

The background of the cover is a complex, layered image. At the top, a pair of hands is shown in a prayer position (Anjali Mudra). Below this, a large, stylized Reiki symbol is visible, which is a variation of the Sri Yantra. In the center of the symbol is a human figure with long, curly hair, possibly representing a spiritual teacher or a deity. The entire image has a blue and purple color scheme with a textured, almost painterly quality.

The 30 Day Reiki Challenge

Duane P. Flowers, PhD

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TotalReikiMastery.Com

Disclaimer and Copyright Information

Before getting started the author would like to clear the way for what this book has to offer in a legal sense. Many types of holistic or naturalistic healing styles are continuously coming under fire for failure to live up to claims made in regard to healing. To make a long story short – Duane Flowers and TotalReikiMastery.Com) make no claims whatsoever and would direct **all** Reiki Practitioners to do the same. Legally, Reiki remains a relaxation technique and nothing more. While it may have some therapeutic benefits as far as healing goes, there are absolutely no guarantees (and if any are made, it is **not** Reiki). Furthermore, legally, **only** medical doctors are allowed to cure, heal, prescribe and/or diagnose and many areas require some sort of medical degree (or at least a massage license) for any type of physical contact. I strongly urge any and all Reiki Practitioners to be very clear about the laws in their state/territory/prefecture to avoid any unnecessary legal complications. Society has not yet fully embraced holistic healing and until it does we must abide by the rules of the wary. Proceed with caution... but by all means... proceed!

The 30 Day Reiki Challenge
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Message from the Author



Hi! My name is **Duane Flowers** and I'd like to warmly welcome you to *the Thirty Day Reiki Challenge eBook*. This work has been extracted from the pages at [Total Reiki Mastery](#) (formerly known as *Reiki - What It All Be Like*), my personal Reiki Blog, due to repeated requests from Reiki practitioners who wanted to have a more accessible version of the popular on-line exercises that they could refer to again and again as needed.

I was first introduced to Reiki in about 1990 and after moving to Japan (*where I have lived since 1994*) I have had the opportunity to study Reiki with some of Japan's greatest living Reiki Masters which I continue to this day. You can read about my earliest experiences with Reiki in my post on [Reiki Lite](#), and you can meet my teachers *Hiroshi Doi* and *Hyakuten Inamoto* through my posts on their respective styles [Gendai Reiki](#) and [Komyo Reiki](#).

In these pages I share with you everything I **can** about the wonderful healing art known as Reiki. I use the word **can**, because there is quite a bit I **cannot** share due to non-disclosure agreements (as is true with information about the *Usui Reiki Ryoho Gakkai*), information given to me in confidence by my teachers and/or other Reiki Masters over the years or information that is exclusive to my own Reiki Training which is called [Hana Reiki](#). As you can see by the volume of information encapsulated in these pages there is quite a bit I can and do share (*and there are multiple hints embedded for that which I cannot*).

Reiki is a unique form of spiritual practice used as a complementary therapy for the treatment of physical, emotional, mental and spiritual disorders. Mikao Usui (1865 - 1926) developed Reiki in mid 19th century Japan, where he said he received the ability of 'healing without energy depletion' after three weeks of fasting and meditating on Mount Kurama in Kyoto. Reiki Practitioners use a technique similar to the laying on of hands, which they say will channel "healing energy" (ki). Practitioners state that energy flows through their hands to bring about healing and that the method can be used for self-treatment as well as the treatment of others. Reiki has no religious affiliations at all and blends quite nicely with any religion or healing modality.

[Total Reiki Mastery](#) is dedicated to learning all there is to know about Reiki through its discussion and I encourage all readers to take part in those discussions so that they can deliver the most current, up to date, state of the art thoughts on Reiki and all the wonderful things that surround this amazing discipline. [Total Reiki Mastery](#) is open to any questions you may have and we will certainly do our best to answer them!!!

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Introduction

Welcome to the Reiki 30 Day Challenge. This eBook is compiled from the Website at [Total Reiki Mastery](#) (formerly known as *Reiki – What It All Be Like*) , and is designed for Reiki Practitioners who would like to increase their knowledge of Reiki, increase their healing capacity through a greater understanding of the energy itself and/or progress on their spiritual path through Reiki.

The study of Reiki is based on what I call the **Three Pillars of Reiki**: Reiki Healing, Reiki Energetics, and Reiki Spirituality. Generally speaking, a Reiki Practitioner is focused on one of these pillars at any given time although the boundaries between them tend to blur if examined too closely.

This book assumes a basic knowledge of Reiki which includes some degree of Reiki training as well as an attunement from a qualified Reiki Master. I will not be discussing the fundamentals of Reiki which are available in hundreds of well written and more than adequate books and web pages. I will also not be discussing Reiki history, many versions of which are also freely available. As such this eBook is more of an advanced Reiki guide intending to allow you to propel your Reiki to ever higher levels.

The best way to accept the Reiki Challenge herein is to progress at your own pace through the challenges presented. It is designed to be done one per day, but you can take longer if you choose. My advice would be to not take too long with any given challenge to avoid getting stuck on any one point. Give it a day and if you don't get it, don't worry... some of these exercises are quite advanced and it may take you several years to get them down.

Best practices for this challenge is to go through it in 30 days, as intended, and then either go back and focus on the areas that gave you trouble or the areas that most interested you. Alternatively you can finish the challenge, and then go back and do it again slowly.

There are forums for the Challenge accessible from the [2008 Reiki Challenge](#) Web site and I would recommend taking full advantage of them to discuss difficult or interesting topics with likeminded Reiki Practitioners.

The best advice I can give you as you get started is to **enjoy!** You'll get much more out of it if you do!

Day 1 - Reiki Goals

Welcome to **Day One** of the **30 Day Reiki Challenge**. I'm really excited to be able to offer this to you and I hope you're just as excited as I am to get started. Even though I designed the course I'll be down in the trenches doing it right alongside of you as I'll be the first to admit that my own Reiki practice is far from perfect and there is **ALWAYS** room for improvement!!!

The 30 Day Reiki Challenge was designed to bring your Reiki to a whole new level. Whether you are a beginner or an advanced practitioner, in a Reiki Rut or just looking for an exciting challenge there is something here for Reiki practitioners of all makes and models, all shapes and sizes and all walks of life. The exercises get progressively more difficult as we go along just because they build on the previous ones. If you follow along, step by step, you should have no problem at all in completing all of the daily tasks and thereby catapulting your Reiki to be **the best that it can be** in all areas of Reiki and, of course, there is support here for you every step of the way, from myself and other Reiki practitioners who have accepted the challenge.



Day One - Setting Long Term Goals

Day One of the **30 Day Reiki Challenge** is all about setting Reiki goals. After all, how will you know if you've reached your destination if you don't know where you're going? The secret to setting good goals is in making them achievable. Goals that are unrealistic or impractical will never be met and will not only be counterproductive, but very demotivating as well. So your Reiki goals need to be reachable, although we do want you to stretch a bit in order to do so.

First off you need to spend some time thinking about your long term Reiki goals. 10 years from now, what would you like your Reiki practice to be like? Think about that for a bit. Even if you want it to remain exactly the same as it is now that will take some effort, as gravity has a tendency to pull things down from their orbits (*which always seem to be in a state of perpetual motion*). Think about your long term Reiki goals in terms of:

- Healing - who, how often, when, where, how would you like your healing practice to look?
- Teaching - if so, how often, what levels, what kind of classes?
- Spirituality - where would you like to be on your spiritual path?
- Energetics - what would you like to be able to do with the Reiki energies?
- Energy Awareness - how would you like your awareness of the energies to have changed?
- Business - if Reiki is your business, what progress would you like to make?

For each of these areas (and whatever other areas are important to you) you need to have clearly defined, detailed, practical goals. Fuzzy goals will not be met, impossible goals will not be met, and unrealistic goals will not be met. Imagine your goals in as great detail as possible. The greater the detail, the greater your chance of reaching your goals.

Imagine you're on your way to a funeral. Outside of the funeral home you see dozens of cars and scores of people on their way in. Some are chatting, others acknowledging each other with a wave. Some laughing, some crying, but once you get inside the atmosphere is much more austere. The laughing is gone and there is perhaps a bit more crying. Voices inside are noticeably hushed compared to outside and things seem to have taken on a much more serious tone. As you walk to the open casket something doesn't feel quite right. Something is out of place... you just can't quite put your finger on it. When you reach the front of the line, you look down and come face to face with... yourself. Yes, you've managed to crash your own funeral. Don't worry... this is quite a ways into the future. You step to the side and three people are each called upon to deliver a eulogy, perhaps one of the saddest things one is ever called upon to do. One is your dearest friend, one is your closest relative and one is a long-time colleague. What do they say about you? How are you remembered? This is the true measure of one's life. What stories do they relate? Do any of them mention Reiki? If so, how so? If not, why not? Compare what they say about your Reiki to what you would have liked them to say. Quite a difference, I'll bet. What you would have liked them to say are your long term Reiki goals and today's task is just the first step in realizing them.

The 30 Day Reiki Challenge is designed to build momentum as it goes along. For example, today's exercise will be used later as part of a *Reiki Visualization Meditation* and you will be adding to that visualization as we go along, step by step, giving it all the necessary components in order to empower it and ready it for realization. So make sure you do each of the tasks to the very best of your ability, as your success will be directly proportional to the effort you put into it.

Day One Challenge

Your challenge for **Day One** of the **30 Day Reiki Challenge** is to sit down and think about your goals... and actually **physically write down your long term Reiki goals** down in a notebook or on a piece of paper. We will be using these pieces of paper later on in the course, so don't neglect to write them down. Write as much as you can in as great detail as you can. Don't spare the ink!

RECOMMENDED READING FOR DAY ONE

Here are a few Reiki Blasts from the Past that are recommended for making sure you get the most out of today's challenge.

[Strategic Reiki](#)

[Planting Reiki Seeds](#)

[The Three Pillars of Reiki](#)

Day 2 - Reiki Action Plan

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 2? Did you complete the Day 1 Challenge? I hope so, because we are going to be building on what we started yesterday by taking our first baby steps towards reaching those long term goals. This is done with the creation of a **Reiki Action Plan** which is basically just a list of the steps needed to reach our goals.

Since you've all spent some time contemplating your **long term Reiki goals**, which was necessary to ensure that we are all heading in the right direction, we are ready to set some **short term Reiki goals**. Your short term Reiki goals consist of those goals that are reachable during the course of the 30 Day Reiki Challenge. The Challenge is designed to stretch you in many other directions as well, not just the one's you've considered for your long term goals, but for today we are going to flesh out your short term goals, determine exactly what you hope to get out of this year's challenge, and get the ball rolling in the right direction.

I know many of you are probably chomping at the bit to get to the hardcore Reiki exercises, and don't worry, they are coming, but these first few days are necessary to lay the groundwork and make sure we are all on the right page, so to speak. **So let's get on with it!!**

Short Term Reiki Goals

To begin, take one of your long term Reiki goals and imagine it is a dot on a map that represents a city on the other side of the country (or on the other side of the world, if you prefer). Your **short term Reiki goals** are the towns and cities (and perhaps even a few tourist attractions) that lie between you and your destination on that path. So the first step towards reaching that goal is to figure out what the nearest dot is. That dot should easily be reachable in the next few weeks.

For each of your long term goals, think about what that first dot represents, that is, what is the first step you need to take in order to reach your final goal. Here are some examples:

- If you want to start a Reiki Business, your first step might be in choosing a location, or deciding on some kind of selling point that will attract clients to you.
- If you want to study Reiki in Japan, your first step might be in saving enough money for travel, or finding a teacher.

- If you want to develop your Reiki scanning abilities, your first step might be to develop your energy awareness sensitivities.
- If you want to develop a strong Reiki meditation practice, your first step might be to find a style of meditation that's right for you.
- If you want to strengthen and refine your Reiki channels, your first step might be to learn some Reiki power boosting exercises.

Even more so than with your long term Reiki goals, these short term goals need to be **crystal clear** and for each one of them they need to pass the **30 Day Reiki Challenge Oprah test**:

Imagine it's a beautiful sunny afternoon. You are sitting on the old porch swing while a gentle breeze does its best to rearrange your hair as it delivers the charmingly sweet floral fragrance from a nearby lavender field. Birds are chirping merrily away and far off in the distance you can hear the contagious laughter of kids at play. You yourself are sitting there with pen in hand thinking about your short term Reiki goals, of course, which really shouldn't require much imagination at all if you've been paying attention. Suddenly you are jarred back to reality when the telephone rings. It's Oprah's people extending an invitation for **you** to come on the show and talk about Reiki, which you happily accept. On the afternoon of the show you show up right on time wearing your favorite **Reiki Rocks Tie Dye T-Shirt**, or whatever your fashion sense tells you is currently in vogue. Oprah asks the usual questions about Reiki and you give her the usual answers (including a nice little plug for the 30 Day Reiki Challenge) and then, without warning, she gets all serious. She wants to know how you're gonna do what you say you're gonna do. And of course her audience is right there with her. You've explained your goal (for example one of those listed above) and she wants to know, step by step, exactly how you're going to do it, so that her listeners who have similar designs in mind can benefit from your experience. **What do you tell her?** Imagine she's pumping you for information, getting every detail out of you, not accepting trivial answers and digging deeper and deeper into your goals and intentions until finally she gets everything she's after. She always does you know.

Take some time and replay the above scenario until its ready for prime time. Then rinse and repeat until each of the long term Reiki goals you mined in Day One has considered and broken down into bite size morsels. Keep digging and clarifying until the results are completely acceptable... **even by Oprah.**

Day Two Challenge

Your challenge for **Day Two** of the **30 Day Reiki Challenge** is to sit down and write out a **20 Minute Reiki Action Plan**. This is a list of as many of the steps determined above as you can write down in 20 minutes with priority being placed on the first and second steps of each long term goal. You can take longer if you like, but I don't want this to seem like an exhaustive (and exhausting) exercise, there will be plenty of time for crossing all the t's and dotting all the i's later. Just do a brain dump of what you came up with while doing the above exercise and write down as many of the steps needed to reach your Reiki goals as

you can. Don't worry if all the dots aren't connected, we'll deal with that later. For now, just focus on the first few and get as much as you can on paper.

Again, actually **physically write it all down** in a notebook or on a piece of paper as we will be returning to these later on in the challenge.

RECOMMENDED READING FOR DAY TWO

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki Kaizen](#)

[7 Ways To Make Your Job Much Easier With Reiki](#)

[Reikiman](#)

Day 3 - Reiki Timelords

Welcome Back to the 30 Day Reiki Challenge! Are you all set for **Day 3**? Now that we have an action plan of what needs to be done, we need to schedule it in a way that makes it doable. Today is the last day of our **Reiki “housekeeping”** before we finally get into some of the stuff y’all signed on for. **Speaking of which...**

****Before we get rolling I have a quick announcement to make concerning the format of the 30 Day Reiki Challenge.** A few folks have asked if there is some kind of schedule or outline and indeed there is. (For those of you who haven’t already skipped ahead) since today is all about **scheduling** I thought it might be nice to share it (the master plan) with you. I’ve purposely kept the schedule kind of loose to accommodate changes... for example, if there is a lot of interest in a certain topic we can spend more time on it without being limited by a hard schedule. But basically what we have coming up next is a module on **Best Practices for Reiki Healing**. There are a few days each for self-healing, hands-on healing and distance healing exercises before we turn to a module on **Reiki Energy Work**, which is all about increasing & strengthening your Reiki channel and Reiki energy flow. This will be looked at both from strictly an exercise viewpoint as well as for direct use in healing, thus bringing all the exercises to date to a juncture... yeah... a Reiki juncture. The final module is about **Reiki Spirituality** and is mainly concerned with bringing advanced visualization, psychic abilities, meditation and other spiritual practices into or daily Reiki practice. Again, the schedule is fairly flexible, but that’s the gist of it. **So what say let’s have at it...**

Day Three - Becoming a Reiki Timelord

Yes, I’m a Doctor Who fan... I’ll admit it... There are **two** main things needed to get covered today and these deal with actually things done. One is **prioritizing** and the other is **scheduling**. On **Day 1** you (hopefully) discovered your **Reiki goals** and on **Day 2** you (again, hopefully) connected the dots between your present situation and your long term Reiki goals in order to determine exactly what needs to be done to achieve them. Now we’re actually going to attempt to fit them in to our busy lives in a way that will make sure they are actually carried out.

First up is **prioritization**, how to know what things we should keep in our schedule and which things we shouldn’t. To that end I use a four quadrant approach based on how **important** something is and how **urgent** it is. It’s amazing how much time we can free up in our lives if we simply eliminate the clutter. The quadrant system I have found which works the best for this is from the work of Dr. Stephen R. Covey and looks like this:

The way this works, is you would ideally take the next week and make a list of everything you do. Then you go through the list and decide which of these things are **important** and which are not. Then you decide which of them are **urgent** (things with a deadline) and which are not. **Quadrant 1** contains all of those things that are both urgent and important. **Quadrant 2** contains all of those things that are important, but not urgent. **Quadrant 3** contains all of those things that are urgent but not important. **Quadrant 4** contains all of those things that are neither urgent nor important.

Notice in the example above that **excessive** TV is listed in Quadrant 4. **Some** TV is very relaxing, and relaxation is important, so, as with all of the determinations you need to decide for yourself what qualifies as important. This will help to see what kinds of things can be completely removed (or greatly reduced) from your schedule.

Now, **in regard to Reiki**, and meeting the time requirements of your **Reiki Action Plan** it is important to concentrate on Quadrant 2. This is the most important quadrant to be concerned with. If we take care of things before they become urgent, we will be much more relaxed, ahead of the game, and actually get a lot more done. Don't worry, you aren't expected to do all of this overnight... it is something to continuously strive for. Many of us spend far too much time in Quadrant 4, which tends to clutter up Quadrant 1. Spending less time in Quadrant 4 will move more things from Quadrant 1 to Quadrant 2 where they can be handled much more calmly and rationally (and even more perhaps enjoyably).

We want all of our **Reiki Practices** to all be in Quadrant 2. This is the quadrant where empowerment occurs. Quadrant 2 is where our true and lasting happiness resides. For more information on this, and a great little primer on **Time Management**, check out the Time Management file uploaded to **Day 3** in the forums.

Now in regard to **scheduling**, I'm a true multitasker at heart, and I'm rarely doing only one thing at a given time. I've heard all of the arguments against multitasking, saying that if you are not focused full on something you can't give it your best effort, but I do believe there are ways around it although eating pizza while on the exercise bike watching TV and doing your homework might be stretching it a bit.

Ideally, we want to dedicate 1 hour per day to our spiritual well-being. Whether this involves meditation, self-healing, self-improvement exercises (for example, affirmations & visualizations) or a combination of these is up to you. Dr. Usui, in the Reiki Principles advises putting your hands in Gassho every morning and every evening and reciting the Reiki Principles. In the West, due to the popular (mis)interpretations, this has been interpreted literally, but in all actuality it doesn't merely mean to just put your hands together and recite the Principles. It means you are supposed to meditate on them. So our **Reiki Best Practices**, which will be outlined in greater detail later, would include a morning and evening prayer or meditation, and while it is not meant to be limited by time, I would recommend at least half hour each. Again, we will discuss the wheres and whys of this later, as well as the importance of meditation and its place in the grand scheme of things (Reiki Wise) but 1 hour should be what you are aiming for.

If you must wake up a half-hour early every day to do so, it would be time well spent. If you have to miss reruns of Prison Break, unless that is your only source of relaxation, it would be time well spent.

Day Three Challenge

Your challenge for **Day Three** is to make a daily schedule that you are comfortable that includes time for meeting all the short term goals included in your action plan from yesterday (not all at once mind you... just enough time so that you are taking positive steps towards meeting those goals, as well as the time needed for your personal Reiki Practice **if** that is not one of your goals. This is necessary to make sure you will have no problems in fitting future installments of the **30 Day Reiki Challenge** into your schedule. Ideally this would include **one hour of meditation every day**, it can be split into 2 half-hour sessions, for example one in the morning and one in the evening, or even 3 twenty-minute sessions, or it can be done all at once, the choice is yours. You can use a written daily planner, an on-line calendar or any basic scheduling software. Again, you need to **physically write it out** or make sure it is printable as we will be returning to these later on in the challenge with some powerful Reiki exercises to empower our schedules.

RECOMMENDED READING FOR DAY THREE

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki on the Run](#)

[Reiki Routine](#)

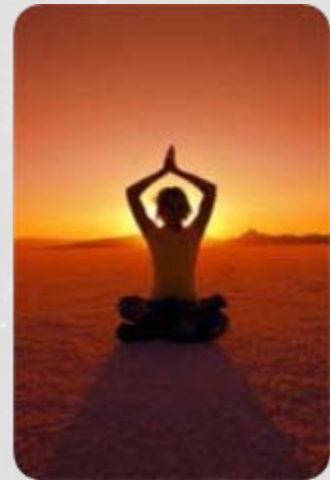
[Reiki Writing](#)

Day 4 - Physical Self-Healing

Welcome Back to the 30 Day Reiki Challenge! Congratulations on making it through to Day 4!!! Give yourself a pat on the back because we've finally gotten the housekeeping out of the way so that we can now turn our attention to what really matters... **Reiki!!!**

30 Day Challenge Healing Module

Today we are beginning the **Healing Module** of the **30 Reiki Challenge** and for the next several days our focus will be on **Reiki Healing** in its many shapes and forms and we are going to begin by looking at some best practices for **Reiki Self-Healing**. As you are well aware, if you yourself are not in good condition you can't really do your best to help others, and the old parable of the trustworthiness of the dentist with crooked yellow teeth also comes to mind (you're right I just made that up... but you get the point). If you are not in good condition you really should probably not be trying to help others in the first place. A well known **Seiki Master** here in Japan advises her patients:



Don't Look. Don't Speak. Don't Listen.

It admonishes them to pull all their energies inside themselves until they are well and not waste any energy on external things whatsoever (unless they are vitally important). Not only is this sage advice to give to all of our own patients, but it is **extremely** good advice to heed ourselves. Generally speaking, too many Reiki Practitioners really are wonderful at helping other people but they completely neglect taking good care of themselves. I sometimes wonder if the image of the **Wounded Healer** is not often self-inflicted for some self-serving purpose or perhaps a remnant from a past life.

Best Practices for Reiki Self-Healing not only includes **regular** self-healing treatments, but also the **right kind** of self-healing treatments. In Day 3 of the **30 Day Reiki Challenge** we talked about setting aside an hour a day for your own personal growth... and Reiki best practices includes using at least 20-30 minutes of that time for self-healing... **a Reiki Tune-Up as it were.**

Physical Self-Healing In Reiki

Healing yourself physically is a bit different than healing yourself mentally, emotionally or spiritually and today we are going to be focusing directly on **Physical Self- Healing**. Here are a few Reiki facts to bear in mind as we go along:

- The older the condition the longer it will take to heal.
- We already have a lot of Reiki in our systems, so we need to do something extra to make it effective.
- The more Reiki you send to the problem, the quicker it will heal.
- Sometimes the root or cause of a given problem is not physical in nature.
- Your body is trying to communicate with you right now!

An hour a day, treating just one physical problem is not an unreasonable demand. Some problems are just plain stubborn, but eventually, if given enough time (and Reiki) they **WILL** yield. Be as patient with yourself as you are with your patients. Hmm... I wonder why those two words are so similar...

Day Four Challenge

Your challenge for **Day Four** of the **30 Day Reiki Challenge** is to do a complete Reiki treatment on yourself. The focus of this treatment, however, is on any **physical problems** you may be experiencing. While you do this self-healing **the challenge lies in listening**. I guarantee you 100% that your body is talking to you right now and trying to communicate something to you. Only if you are quiet enough will you be able to hear what it is saying, and with the help of Reiki, that communication will be amplified to give you a better chance of not only hearing it, but also understanding it. So, for this task, go through each of the 12 Basic Positions, and as you give yourself Reiki, pay close attention to all of the parts of your body that are being directly “touched” by the Reiki, and as you go along try to connect to each part and listen to what it is telling you. **Best of luck!**

RECOMMENDED READING FOR DAY FOUR

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Healing Yourself with Reiki](#)

[Self-Reiki Techniques](#)

[Reiki Hibiki](#)

Day 5 - Emotional Self-Healing

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 5? Did you complete the Day 4 Physical Self-Healing Challenge? Are you taking the time necessary to keep yourself in top condition? I hope so, because we are now going to add to our self-healing best practices to allow us to take another step up the **Reiki ladder of success**.

Just as the dentist with crooked yellow teeth parable rings true with regard to physical healing, so too does it apply (perhaps even more so) to emotional healing. After all, angry therapists don't set much of an example in dealing with anger management (unless, of course, you are Jack Nicholson).

As mentioned yesterday, healing yourself emotionally is a bit different than healing yourself mentally, physically or spiritually and today we are going to be focusing directly on **Emotional Self-Healing**. Here are a few Reiki facts to bear in mind as we go along:

- The older the condition the longer it will take to heal.
- We already have a lot of Reiki in our systems, so we need to do something extra to make it effective.
- The more Reiki you send to the problem, the quicker it will heal.
- Sometimes the root or cause of a given problem is not emotional in nature.
- Your body is trying to communicate with you right now!

Sound familiar? I hope so! Many of the same general rules apply in dealing with emotions, many... but not all, and it is an understanding of the differences (and focus on those differences) that leads to much greater results in emotional self-healing.

Emotional Self-Healing

Emotional Self-Healing is primarily concerned with correcting imbalances created by blocked **emotional energy channels**. While it's generally easier to imagine the **physical energy channels** (even though we can't see them) it is a bit more difficult to imagine the emotional and mental channels that run through our body in basically the same way.

There are maps of emotional energy centers, and many Eastern traditions connect certain parts of the body with certain emotions, but I have always found them to be somewhat lacking and largely inaccurate in my own studies. I am currently of the opinion that we all store our emotions differently, and in different locations, which makes them all the more difficult to track down and apply Reiki to.

Later on in the course when we get into Reiki Scanning we will deal with that in greater detail, but for now we are mainly concerned with developing **the ability to listen** to our own bodies communicate those imbalances to us. Only by doing so can we gain the necessary experience to be able to find these imbalances in others.

I find many emotional energy imbalances to be the result of childhood misunderstandings and/or other problems experienced in our pasts that have left emotional scars. Age Regression Therapy has recently become quite the popular thing in hypnotherapy and in the recommended readings section below you'll find a link to an article using this approach with Reiki. It's not important to completely understand this now as we will be returning to this in the Distance Reiki challenge.

Emotional Intelligence

Just as an understanding of basic human anatomy & physiology is helpful with physical healing, so too is an understanding of the basic anatomy of emotions helpful in emotional healing. The best study of this that I have found to date that works extremely well hand in hand with Reiki is the Emotional Intelligence theory of Daniel Goleman. In the Day 5 Forum I have included a link to a more detailed outline of the theory of Emotional Intelligence, so I'd just like to take a peek at just the necessary highlights here.

The main areas involved in Emotional Intelligence are:

- Self-awareness - knowing your emotions
- Self-control - relevance and appropriate reactions
- Self-motivation - directing emotions toward a goal
- Empathy - recognizing feelings in others, verbal and nonverbal
- Managing relationships - handling interpersonal interactions

I find the areas involving empathy to be most important in your healing work, but an understanding of all of them is highly beneficial. If you have a chance, I truly recommend giving this book a read... it opened my eyes to many considerations I wasn't aware of in the least.

Day Five Challenge

Your challenge for **Day Five** of the **30 Day Reiki Challenge** is to visit Queendom.Com and assess your EQ, or **Emotional Intelligence Quota** (as opposed to IQ). If you like you can purchase the \$6.95 full report, but that is not necessary for this task. Following the test, perform a complete Reiki treatment on yourself. The focus of this treatment is on any **emotional problems** you may be experiencing. While you do this self-healing, once again, **the challenge lies in listening**. And again I guarantee you **100%** that your body is talking to you right now and trying to communicate something to you. So, for this task, go through each of the 12 Basic Positions, and as you give yourself Reiki, pay close attention to all of the **emotions** that are connected to the parts of the body you are treating, and as you go along try to connect to each emotion and listen to what it is telling you. You have to really concentrate to succeed and I know we've all been taught that concentration is not necessary in giving Reiki, which is true, but it is necessary for learning! **Best of luck!**

RECOMMENDED READING FOR DAY FIVE

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Regression and Reiki](#)

[Permanently Alleviating Stress](#)

[The Subtlety of Reiki](#)

Day 6 - Mental Self-Healing

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 6? **Did you complete the Day 5 Challenge?** Did you have any luck in opening the communication channels through focused listening? If not, be patient as it sometimes takes times and there is a good chance that the problem may be solved today as we are going to take look at mental blocks which can often be the cause of our failure to open the necessary channels of communication.

In all actuality, **listening** is the backbone of all effective communication, whether with yourself or others. Most people really are terrible listeners. During the time which they (I say they because I know you don't do this) should be listening and trying to correctly understand what the other person is trying to communicate, most people are busy formulating their response and as a result end up actually hearing very little. It's no wonder there are so many conflicts as a result of this.



Mental Healing

The last two days have been an attempt to listen to your body and listen to your heart as they often have important things to communicate to you. Emotions are fairly easy to deal with and understand because they are generally very honest and open. You can deny them, but you can't change them. Thoughts, on the other hand are much trickier, as they fall under the realm of the mind, and we can (and usually do) fool ourselves into believing just about anything if we set our minds to it. There are really two minds which we have to contend with, which compounds the confusion. One is our **true mind**, and the other is what the Chinese call the **Monkey Mind** and it does its best to hide and or otherwise downplay our true mind lest it become disposable.

Mental healing in Reiki involves techniques for breaking through the incessant blocks of delusion, doubt, uncertainty or diffidence, and/or any other such thought processes that cause mental imbalance. This is not to be confused with mental disease or mental illness, but rather with otherwise healthy minds that have gone out of whack <technical term> due to these energy imbalances. These mental processes are also not to be confused with the

emotional counterparts which oftentimes accompany them. For example, there is the anger that we feel deep in our guts when we are ignoring the **3rd Reiki Principle** as well as the thought processes that go along with it. These two are separate and need to be handled separately for the best chances of success.

Quite often, since they share one of the Level 2 Reiki Symbols, Reiki Practitioners group emotional healing and mental healing together, as if they are the same thing. While there are some similarities, such as the example referenced above as well as the cause of each lying in blockages in the mental or emotional energy systems, the similarities tend to end there as mental imbalances are more times than not caused by blocks in communication between our conscious and unconscious minds. Don't worry; we'll get to the higher conscious mind tomorrow, for now we just need to be concerned with these two.

Mental Self-Healing

As opposed to emotional problems being caused by scarring events in our lives, mental problems are more the result of current misunderstandings, whether deliberate or unintentional (or a bit of both). As was the case with Physical Self-Healing and Emotional Self-Healing, a familiarity with the mechanisms involved with Mental Self-Healing can only be truly understood after one has spent some time in developing an understanding of their own thought processes and the mental blocks that are occurring all the time. Once you see how they work in yourself it is much easier to understand them and subsequently deal with them both in yourself as well as in others.

Also, as was the case with Physical Healing and Emotional Healing, our Mental Healing training in Reiki usually just involves teaching the 12 Basic Hand Positions and allowing Reiki (as intelligent energy) to do its thing. While this is effective, it is not as effective as focusing directly on the problem (which involves actually knowing what the problem is) and concentrating Reiki energy on it. Which is what today's assignment is geared towards. We will be discussing this intelligent energy in much greater detail in the module on Reiki Energy.

The foundation of the system I use in understanding all this I refer to as **Thought Healing**, and the way it works is you go through your standard self-healing ritual, and as you do, pay attention to any thoughts that naturally come to mind. Allow them to enter your mind without attempting to focus on any particular thought or idea. Analyze each thought that passes through as you go through the 12 Basic Hand Positions and eventually you'll have a negative one, one that seem irrational, compared to the others. It will have a dark energy around it which makes it feel heavy, or out of place, or otherwise less healthy than the others. An example of this might be a **judgment** (as this is one of the more common negative thought processes). Judging people or situations as negative when you really don't have enough information to make such a judgment is a really nasty habit and one that is considered a major no-no in Toltec Shamanism and several other esoteric cultures. Since **thoughts are things**, Reiki can be applied directly to them. In Thought Healing we are focusing Reiki directly on any negative thoughts we have.

Day Six Challenge

Your challenge for **Day Six** of the **30 Day Reiki Challenge** is to do a **Thought Healing**. Go through the 12 Basic Hand Positions and pay attention to any thoughts that crop up. If they are negative... give them Reiki. As opposed to the two previous challenges where you were asked to listen, now you are being asked to not only listen, but to discern between good ones and bad ones. Later on we will work on distinguishing between the energetic feel of these so that they can be identified in others. But for now, learn to identify them in yourself so that you have something to work with later on.

RECOMMENDED READING FOR DAY SIX

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Sensory Overload vs. Reiki](#)

[Reiki & the Unconscious Mind](#)

[Reiki and Hypnosis](#)

Day 7 - Spiritual Self-Healing

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 7? I can't believe it's been a whole week already... time sure flies when you're **busier than a long tailed cat in a room full of rockers** as my ole Grandma used to say. **Did you complete the Day 6 Challenge?** Are you ready for the final installment in the self-healing series? I hope so, because **we have a treat for you today!**

Just as physical healing most often requires breaking through blocks in the physical energy body, emotional healing requires breaking through blocks in the emotional energy body and mental healing requires breaking through blocks in the mental energy body, so too does spiritual healing require breaking through blocks in the spiritual energy body. Each of these energy bodies is like a map of city roads, each with a slightly different shape, but similar patterning none the less. I've seen maps of Tokyo with the train lines clearly indicated in one color, subways in another color and buses in yet another color... all overlain on top of each other. **What a mess!** But if you look at just a map of any one of them, they make perfect sense. They don't really have anything in common with each other except they are all forms of transportation, but every once in a while they come together at major stations where people can jump from one to another. This is kind of how the body's energy systems are set up as well, with the physical, mental, emotional and spiritual energy meridians all forming unique networks, and if you looked at them all overlain on top of each other, it too would look a mess. And the chakras are the places where they periodically all come together.

Energy healing, as the name implies, is all about using energy for healing energy. Breaking through blocks, rerouting circuits (if needed), increasing energy channel strength, growing new energy channels (yes they are organic), etc. and in the realm of spiritual healing all of the same rules apply.

Spiritual Healing

As opposed to emotional problems being caused by scarring events in our life, and mental problems being the result of current deficiencies (or believed deficiencies) it's been my experience that spiritual problems generally have their roots in past lives and/or a misconception that spirituality has something to do with religion. I suppose it can... but not if it's done right.

In my experience, the main purpose of **Spiritual Healing in Reiki** is to break through the energy blocks preventing us from progressing on the spiritual path. These blocks are responsible for our **not** understanding what spirituality is all about, not realizing our purpose in the grand scheme of things, not understanding the secrets to living a happy and fruitful life as well as the feelings of despair for knowing there is something more to be gained from life, but just not knowing what it is or even where to look. Only those who have been spiritually awakened are attracted to Reiki in the first place, as they recognize in it a spark, containing just a few of the answers they have been looking for... with the promise of a whole lot more.

Breaking through the blocks associated with spiritual healing and overcoming the emotional and mental challenges (and those related blockages as well) to keeping on the spiritual path of liberation, leads to communication with the universe which in the beginning is sporadic, but with practice and effort comes more frequently and more predictably. Often times, once the body, mind and heart are healed, we naturally start to notice the imbalances in the last remaining energetic system... and thus the conquering of the spirit begins.

Yesterday we wanted you to listen to the monkey mind in order to discern it from the true mind... **today we want you to turn it off.** These are two separate skills needed in two very different situations. For mental healing we want to listen to what our unconscious mind is telling us, for spiritual healing we want to connect to the higher conscious mind, or as Jung put it... the collective unconscious, and see what it has to say.

Accessing the universe by silencing the mind is just one of the portals to enlightenment (we'll be discussing a few of the others in the Module on Reiki Spirituality) and is generally one of the easier ones to perfect (although quite a few Zen Masters would tend to disagree) as it just takes time and effort (the other portals require understanding, which makes them a bit trickier). The first step lies in clearing the blocks, so to that end, and as promised, I have a treat for y'all...

Reiki Spiritual Attunement

Most Reiki attunements are propelled by intention. What this means is that the intention of the Reiki Master performing the attunement plays just as important a role in the success of the attunement as the symbols used and energies accessed. Whether or not distance Reiki attunements actually work has been the subject of debate ever since they were started in the west and I remain convinced that if they are done the right way they can be highly effective... it's just that they are usually not done the right way. More on that later.

Following is a short video which gives a light spiritual attunement designed, by intention, for opening up the crown chakra, clearing out any negative energies or energy blocks and attuning the chakra to Reiki Spirituality. Click [here](#) for the video. If there are any problems accessing that video you can also watch it on **YouTube** by clicking [here](#).

As it says in the video, rise and repeat, so just replay it as often as you feel it is needed to get the intended results. As with all Reiki attunements, if you don't feel anything at all that doesn't mean it didn't work... it just means you didn't feel anything at all.

Past Life Regression

Just a quick note on **Past Life Regression** before we close, as it is one of the few active ways to perform spiritual self-healing (meditation is by far the dominant way... but it is generally passive as far as spiritual healing goes). As the name implies, **Past Life Regression** involves accessing experiences from past lives which have a tendency to muddy up the water, so to speak, in our current lives. People with a spiritual bent in a past life will most likely carry it with them into their current life, while people with reservations or bad experiences will tend to avoid it like the plague. Visiting those experiences, whatever they may be, helps one to gain a better understanding of why we feel the way we do, and it is possible (and often necessary) to heal those experiences, in order to progress spiritually, **Past Life Regression Therapy** is to Spiritual Healing what **Age Regression Therapy** is to Emotional Healing. It is an effective and relatively easy way of clearing out the energy blocks (and learning the connected lessons) right from the source. As with any type of hypnotherapy, it is vital to have a hypnotherapist that actually knows what they are doing. One can be certified in hypnotherapy through a correspondence course, so, just as is true with Reiki, certification is no guarantee of ability. If you allow an inexperienced or otherwise inept person to mess around with your psyche, you are heading for trouble so hesitate on the side of caution should you decide to dig deeper into this as the exercises used in this course for this are all very light and safe... but they only manage to scratch the surface.

This is the end of the focus on self-healing (although it can be argued that **all** healing is **self healing**) as tomorrow we will be turning our attention to applying what we have covered so towards healing others, and adding a whole lot more to the mix.

Day Seven Challenge

Your challenge for **Day Seven** of the **30 Day Reiki Challenge** is to **stifle the monkey!** Do a full Reiki healing on yourself and this time, as you go through the 12 Basic Hand Positions; make an attempt to completely silence your mind. You may only be able to do so for brief moments before the chatter starts up again, but when it does, just switch it back off again. Make a note of any experiences or sensations you encounter. In the early days, my favorite way of doing this was imagining a door in front of me. On the door it says **THIS WAY TO ENLIGHTENMENT**. When you open the door, which you should only do if you're really serious about it, there is a wall in front of you and on the wall there is a large read sign that says **STOP** Whenever you see that sign it is a command for the monkey to stop... and it usually does... **at least for a while...** there is a sign in the hall that reads "Quiet" — it waits for no one — I think that is what makes people different than signs — **Bob Dylan**

RECOMMENDED READING FOR DAY SEVEN

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki and Meditation](#)

[Reiki Advanced Practice Series: Reiki and Meditation](#)

[Reiki and Enlightenment](#)

Day 8 - Physical Healing

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 8? I hope so, because we are going to be starting a new sub-module today on healing others, and extending what we have been practicing on ourselves to other people. One thing to bear in mind as we go along, the challenges presented so far are not all meant to be finished in a day. Some of them take years to perfect and some of them we may never fully master. The fact that you attempt them with an open mind and an pure heart is enough to plant the seeds necessary so that they will eventually grow into whatever we need to grow into... **and the rest really doesn't matter.**



What Have We Learned So Far About Healing

Let's have a quick recap of what we covered in the first part of the Healing Module:

- The older the condition the longer it will take to heal.
- We already have a lot of Reiki in our systems, so we need to do something extra to make it effective.
- The more Reiki you send to the problem, the quicker it will heal.
- Sometimes the root or cause of a given problem is not physical in nature.
- Your body is trying to communicate with you right now!

And:

- Physical Self-Healing is primarily concerned with correcting imbalances created by blocked **physical energy channels**.
- Emotional Self-Healing is primarily concerned with correcting imbalances created by blocked **emotional energy channels**.
- Mental Self-Healing is primarily concerned with correcting imbalances created by blocked **mental energy channels**.
- Spiritual Self-Healing is primarily concerned with correcting imbalances created by blocked **spiritual energy channels**.

What have we learned so far about healing ourselves that can be applied towards healing others? All of the same rules apply, but there is often an additional consideration needed which is essential to bridge the gap between you and others. For example, just because our bodies are trying to communicate with us doesn't mean our patients bodies are trying to communicate with us. **Or are they?**

Each of the 4 Types of healing... physical healing, mental healing, emotional healing and spiritual healing have different qualities assigned to them. Dr. Hayashi, being a medical doctor, was primarily concerned with physical healing, and hence, not much is said about the other types for students of his lineage. The Hayashi Reiki Manual included great detail on hand positions for things like epidemic cerebrospinal meningitis and diseases of the esophagus but didn't address things like forgetfulness, lack of motivation or heartbreak. Had he been a psychiatrist or psychologist we might have seen an entirely different set of hand positions, ones based on the mental or emotional energies bodies rather than the physical ones.

Today we are only concerned with **Physical Healing**, so can, at least for the time being, be content with the Hayashi Reiki Manual.

Physical Healing

As we know, Physical Self-Healing is primarily concerned with correcting imbalances created by blocked **physical energy channels**. When we were treating ourselves we were listening for our bodies to communicate with us. Now, instead, we are indeed listening for our patient's bodies to communicate with us. Since we have all received our spiritual attunements we have access to our higher conscious minds, which is also known as the higher self (or collective unconscious). Let me briefly explain how that works in this situation...

Our conscious minds have the ability to communicate with our unconscious minds. This is called conscious-unconscious communication. Our conscious minds do not have the ability to communicate directly with our higher conscious minds, but our unconscious minds do. So if we develop good communication skills with our unconscious minds, they can be instructed to communicate with our higher conscious minds for us. So far so good? Good! Now the truly wonderful part of all of this is that our higher conscious minds have the ability to communicate with each other. This is the true meaning of Carl Jung's collective unconscious. All of us can subconsciously communicate with each other, but again the first step is in gaining rapport with our own unconscious minds, and the fundamental basis of good communication is what? **Listening!!** Hey, you really have been paying attention... gold stars for the class!!

Day Eight Challenge

In preseason it was recommended that you line up a few people to practice on and the challenge for **Day Eight** of the **30 Day Reiki Challenge** is to perform a hands on physical healing. Now wait a minute, before you go rushing off, there are a few guidelines here. First of all, recall exactly what the physical self-healing was like that you performed on Day Four of the 30 Day Reiki Challenge. You were asked to listen for any signs of communication with your body. There were a few reports in the forums, but hopefully you all took note of what you were experiencing. Today, I'd like you to repeat that process, but this time do so while performing Reiki on another person. Listen for any signs of communication and take careful note of it. Before you start the Reiki treatment, **and this is important**, communicate your desire with your unconscious mind.

Tell your conscious mind:

1. that you would like your unconscious mind to get in touch and stay in touch with your higher self for the duration of the Reiki session
2. that you would like your higher self to get in touch with your patients higher self and form a bridge between the two
3. that you would like your patients higher self to communicate with your patients unconscious mind and report any and all physical conditions or sensations (new or previously existing) as they occur
4. that you would like your unconscious mind to communicate these conditions directly to you as they are reported by your patients unconscious mind

Your unconscious mind and higher conscious minds are more than capable of doing this and it requires extremely little effort at all on their part. The problem once again, is in your own ability to listen for the report as it comes in. As with all things worth doing, practice makes perfect, **so get practicing!**

RECOMMENDED READING FOR DAY EIGHT

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Breaking Through Stubborn Energy Blocks](#)

[Guessing vs. Intuiting in Reiki](#)

[Reiki Radar](#)

Day 9 - Emotional Healing

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 9? Did you complete the Day 8 Challenge? Today we will be focusing on emotional healing, and while we have been treating physical healing, emotional healing, mental healing, and spiritual healing separately during the challenge, the real challenge begins when you go back to treating them all at the same time. Hopefully after studying them individually, will have a greater ability to read the body's energy maps after they've been superimposed on top of each other, as discussed in Day 7 in the discussion on **Spiritual Self-Healing**.

Emotional Healing

As we know from Day 5 of the challenge, Emotional Self-Healing is primarily concerned with correcting imbalances created by blocked **emotional energy channels**, and this is equally true with the Emotional Healing of others. If you took the **Emotional Intelligence test** you should have a pretty good idea about what kind of diverse emotions are involved with emotional healing and how they are quite different from mental healing. One thing to bear in mind is that people are pretty sensitive when you start poking around with their emotional issues, so, just as it is very important while giving Reiki that you do not touch a sensitive part or a burn or other sensitive injury, you also need to tread very lightly when **touching** emotional "**injuries**".

While giving a Reiki treatment, the Reiki energies we are sharing are not only penetrating the physical parts of the body, they are also penetrating the emotional energy body and being spread through the emotional energy system. Physical injuries or dis-ease almost always have an emotional counterpart. Some Reiki Practitioners believe that the physical manifestation of pain or dis-ease is actually just an illusion, or an effect (rather than a cause) of an imbalance in the emotional energy field. Whether or not this is true is not important, what **is** important is taking it into consideration during a Reiki treatment (whether you are treating yourself or others).

Quite often as Reiki Practitioners, people tend to open up to us and talk about things that they otherwise might not. And quite often these are things of an emotional nature. The Reiki Treatment relaxes them to the level that they feel comfortable talking to us and the continued Reiki focuses its own attention on the emotions the patient is feeling at the time. Suddenly they might say something to the effect of "I feel better already" or "I don't know

why I said that” or something like that which may be an indication that Reiki is at play (either that or that they just **really** needed to get something off their chest). Either way, once again, it pays to be a good listener, and this is all a part of emotional healing. The more you understand about healing at the emotional level, the more of these types of things you will notice as they occur and the better your ability to respond to them. As with the physical component of healing, practice makes perfect, and the more experience you get under your belt the easier (and more effective) it will be.

Some Reiki Practitioners like to know what they are treating right off the bat and ask their patients something to the effect of “What seems to be the problem today?” I’ve always loved that doctorly type question... the **seems** part is so true it’s actually scary. Other Reiki Practitioners like to find out for themselves (through energetic scanning techniques that we will be covering later) and impress their patients with a report of what they find. The old standby line after not being able to sense the problem is “Well, I can’t seem to find anything wrong physically... so, what seems to be the problem?” Either way is fine, different strokes for different folks, and all that, so **just continue to do what you do best**.

Day Nine Challenge

Continue to do what you do best, but not today... your challenge for **Day Nine** of the **30 Day Reiki Challenge** is to once again get a friend or family member (or willing client) and go through each of the 12 Basic Hand Positions. As you give them Reiki, pay close attention to any **emotions** that may be connected to the parts of the body you are treating. Once again connect to your higher self using the steps given yesterday in Day 8 of the Challenge, and as you go along, listen to what is being reported to you... but this time you are asking for reports of an emotional nature. Again, you have to really concentrate to succeed, so **best of luck!**

RECOMMENDED READING FOR DAY NINE

Here are a few more articles that are recommended for making sure you get the most out of today’s challenge.

[Permanently Alleviating Stress](#)

[Reiki for Ultimate Relaxation](#)

[Relaxing with Reiki](#)

Day 10 - Mental Healing

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 10? **Did you complete the Day 9 Challenge?** I hope so, because today's challenge is similar in many ways yet distinct in others and it will be very helpful for comparison purposes if you have successfully completed yesterday's challenge. Do you have any experience with mind reading? No? Complete today's challenge and you will!!

Today's Challenge also draws from the Day 6 Challenge for Mental Self-Healing, so completion of that one will help out a great deal as well. So let's just dive in, shall we?

Mental Healing

There is often some confusion between mental healing and emotional healing (and some styles of Reiki just group them together) and there is said to be a fair amount of overlap between them, but I find the differences in the thinking/feeling dichotomy pretty clear cut. Emotions come from the heart and thoughts come from the brain and if you don't try to over-analyze it you should have no trouble in determining which is which.

As we know, Mental Self-Healing is primarily concerned with correcting imbalances created by blocked **mental energy channels**, and today we are going to look at the kinds of things that cause mental blocks and the best way to approach breaking through them. Recall, that when we are working on mental blocks, we are working on the mental energy field which regulates such things as memory, attitude, beliefs, moral and ethical values and filters for perception. For many years I tried to gain some understanding of how the brain actually worked and through such works as:

- How the Mind Works - Steven Pinker
- The Metaphoric Mind - Bob Samples
- The Holographic Universe - Michael Talbot
- Frames of Mind - Howard Gardner
- Gifts Differing - Isabel Briggs Myers
- Lateral Thinking - Edward DeBono
- Thresholds of the Mind - Bill Harris
- The Creative Brain - Ned Hermann

I developed some limited understanding, but it was not until I read *The Structure of Magic* by John Grinder and Richard Bandler, that things actually began to make sense. For those of you that don't know, Bandler & Grinder are behind the science of Neuro-Linguistic Programming (**NLP**) which is a branch of behavioral psychology. There are quite a few NLP Techniques which work very well with Reiki (like setting Reiki anchors and hypnotic language patterns for use in relaxation and overcoming negative beliefs about healing and/or energy work which can greatly reduce the effectiveness of Reiki). I'm not going to go into detail here, but for an understanding of the mental properties involved in healing I would recommend at least an introductory NLP Class (but be warned, good teachers are few and far between) and I also recommend any (or all) of the books listed above.

Mental Problems

So, what kinds of problems need mental healing? And exactly how can we use Reiki to help? Alcoholism, Overeating, Insomnia, Anxiety, Grief, Depression and more technical conditions like Obsessive Compulsive Disorder all qualify as mental problems, or conditions that have gone out of whack due to a mental energy imbalance of one kind or another.

There is a lot of overlap between these and emotional problems as there are emotional components (just like there are mental components of many emotional conditions). As mentioned previously, anger in the stomach (or gut) is an emotional problem while anger in the head is a mental one.

Generally speaking, mental conditions have reasons (and many of those are highly irrational) while emotional problems generally contain the reasons in and of themselves. For example, the pain of a broken heart is caused by the broken heart, yet the reason one overeats, or abuses drugs or can't sleep is usually thought based in nature.

By applying Reiki to the mental energy body, and directly to the condition itself, the energetic imbalance can be corrected, and as a result, the condition will disappear.

One of the funny things with Reiki is that quite often, when dealing with mental healing, once the problem is gone the patient will almost always deny they had it in the first place. If you expect it, you won't be surprised when it happens... **and it probably will.**

Mental Healing With Reiki

I mentioned yesterday that folks are rather sensitive when other people are poking around with their emotions and this is double true with people poking around with their minds. The biggest difference is that it's usually easy to understand people's emotions as they are generally quite honest, but people's thinking is often so irrational that it really makes you stop and wonder exactly what they're putting in the water.

As healers though, it is not our job to question why people think the way they do, we just want to restore them to as close to a sense of sanity as possible, which is often easier said than done, especially if you are dealing with irrational beliefs.

In the Mental Self-Healing Challenge from Day 6 you were asked to attempt to discern between your real mind and the monkey mind. Did you have any success? If not, don't let it get you down, there are Zen Practitioners who have spent 25 years trying to do just that (and another 25 trying to stifle it). Again, an honest attempt is all that is necessary to signal the unconscious mind that this is something you desire and your unconscious mind, being the trusting and loyal servant that it is, will start arranging things to better accommodate your request the next time you ask. Watch **The Secret** for details if you are so inclined...

Day Ten Challenge

Your challenge for **Day Ten** of the **30 Day Reiki Challenge** in case you haven't already guessed, is to perform a Mental Healing on someone. Now, as opposed to emotions (which are stored throughout the body) mental healing occurs primarily in the head, so in this healing you will be concentrating solely on the head. Again you will want to connect to your higher self and give the instructions for relaying information to you, and if you have experience with NLP, you can try setting a Reiki anchor (by anchoring the relaxation and using that anchor to bring them deeper into relaxation and then resetting the anchor). If you don't know what that means, **don't worry about it**, it's not important. For this challenge you are actually trying to read the others person's mind as you give them Reiki, not in the sense of prying information out of them, but more along the lines of listening for the communication with your own unconscious mind to deliver information to you. Some people are better at this than others, so don't worry if at first you don't succeed. **Best of luck to you!**

RECOMMENDED READING FOR DAY TEN

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki & the Law of Attraction](#)

[Reiki and Hypnosis](#)

[Reiki and Abundance](#)

Day 11 - Spiritual Healing

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 11? **Did you complete the Day 10 Challenge?** Was it easy? Any questions?

If you're sick you go to medical doctor (although with the way they are specializing nowadays its getting increasingly more difficult to find a left nostril specialist for white people with blond hair in their forties... but that's a story for another day) if you have mental problems you book a session with your personal 24/7 on-call psychiatrist, if you have emotional problems there are literally millions of help lines and support groups waiting for you, but if you have spiritual problems **who you gonna call?** Used to be that priests were there for that, but it seems the schism between religion and spirituality has grown so wide that it rivals the Grand Canyon, and seeking a "spiritualist" smacks too much of Harry Potter, so the simple (and it really IS simple) act of spiritual healing and the capacity for it in our society has been sadly misplaced. Never fear... **Reiki is here!!!** And I do believe **it's just what the spiritual doctor ordered!**



The question of the day is "How does one go about healing someone spiritually?" And if you've been paying attention over the past few days the answer should be painfully obvious. Spiritual Self-Healing is done by correcting imbalances created by blocked **spiritual energy channels**. Do you need superhuman spiritual powers to do so? No! You only need Reiki! Just as you don't need to be a medical doctor to treat physical problems with Reiki and you don't need to be a psychiatrist to treat mental problems with Reiki and you don't need to be trained in dealing with emotional problems to treat emotional problems with Reiki, so too you don't need to be an occultist, or a palm reader, or a shaman to treat spiritual problems with Reiki.

Having an understanding of what is involved with spiritual healing can assist you a great deal and make your Reiki more effective (just as emotional healing can be more readily done with an understanding of emotional intelligence) and that is exactly what today's challenge is all about.

Spiritual Healing

So what exactly is involved with Spiritual Healing? The spirit or the soul is man's connection to the universe and spiritual healing is needed when that connection is either blocked or broken. The new age movement (which includes Reiki) involves mankind (and womankind... of course) searching within for liberation, enlightenment, empowerment, peace, answers, fulfillment, happiness (not necessarily in that order) or any of a number of other missing pieces of the puzzle, so to speak, and is the result of mankind reaching a point where spirituality has gone full circle to becoming important again. In that spirituality means different things to different people it is sometimes confused, and confusing, but when one realizes that we are basically all looking for the same thing, we just call it by a different name, and take different paths to reach it, one can accept all of them as having something to offer towards that end.

I'm going to resort to the word "God" here, although I don't necessarily use it the same way you do. I believe that by now we've all realized that God isn't some jealous, white bearded old man that lives in heaven. Although, if that's the way God manifests himself, herself or itself **to you...** that's fine. There is a whole module devoted to the spiritual aspects of Reiki that we are working up to (or working down to, or sideways to... as the case may be) so I'm not going to go into any detail here. At this point we are interested in healing the spirit, not necessarily in understanding it.

Spiritual Healing in Reiki

Spiritual Healing in Reiki involves focusing Reiki energy on energetic imbalances in the spiritual energy field. First you have to locate those imbalances if you wish to treat them. The ability to see auras is extremely helpful in doing so, but for those who can't there are other ways. The 12 Basic Hand Positions, for example, bring Reiki energy to most necessary parts and treating the chakras also sends Reiki energy in the right direction. Today, we are going to continue our practice in listening, by connecting to our higher selves and letting our unconscious mind do the heavy lifting... all we have to do is listen, and as I've mentioned before, most people are terrible listeners, so it may be a bit rough for some of you.

Day Eleven Challenge

Your challenge for **Day Eleven** of the **30 Day Reiki Challenge** is to get another of your willing assistants, and perform a spiritual healing. Go through the 12 Basic Hand Positions and listen for communication from your unconscious mind to linger in a certain hand position, go to a certain hand position, or even avoid a certain hand position. Don't question it, just listen and follow. In Spiritual Self-Healing we were endeavoring to silence our mind, but you can't meditate **for** another person (otherwise the rich and famous would keep full-time meditators on staff). Once thing you can do to help, is watch the spiritual attunement

video again (or for the first time if you haven't) and/or have your patient watch it before the session. **You may be surprised at the results!**

RECOMMENDED READING FOR DAY ELEVEN

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki and Auras](#)

[Reiki and Shamanism](#)

[Reiki and Religion](#)

[Reiki and Religion Revisited](#)

Day 12 - Distance Healing

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 12? I know many of you have been waiting for today, as distance healing is one of the truly marvelous features of Reiki, and **I hope I don't disappoint!**

How's your listening doing? Are you able to isolate the right voice to listen to? I hope so because we are going to depend on that voice in our distance healing exercise as well.

Distance Healing

Distance healing has always been one of the more mysterious aspects of Reiki for me. Coming from a family of engineers I was always curious as to how things work, and would make every effort to engineer or reverse engineer any given problem until I was satisfied with the solution, and an attempt to understand Reiki in the same way underwent the same processes, yet in the case of distance healing I was never quite happy with the explanation derived.

Actually, my understanding of the distance healing aspect of Reiki didn't become solidified until completing my **Haumana Training in Hawaiian Shamanism** in 2002. In Hawaiian Shamanism, or **Huna** as it is popularly referred to, there are 8 principles which I believe may have been applied to Reiki in the creation of Huna Reiki, one of the countless Reiki styles I've noticed in various Reiki forums, although I've never been drawn to learn that particular style of Reiki (there really are just too many to keep up with).

In Huna, one of these principles is **"energy flows where attention goes"** and this follows similar principles to those found in many martial arts practices, shamanic traditions and other esoteric belief systems. In our upcoming study of Reiki energy and the Quantum nature of energy itself, we are going to go much deeper into this (at least that's the plan) but the short version is that when you focus or concentrate on something you willingly or unwillingly cause an energetic bridge to be formed between you and that thing you are focusing on. Distance healing is merely the practice of creating that bridge and energetically crossing it in order to perform your healing.

The energetic fabric of the universe is still largely a collection of mysteries and while we will be attempting to unravel some of these mysteries as far as healing is concerned here, I



don't believe it is possible (nor necessarily desirable) to understand them all... we can only hope for brief glimpses into that reality, or brief moments of clarity which in Japanese is referred to as **satori... or enlightenment**.

Distance Healing in Reiki

In Reiki, the same basic rules apply as those for other distance healing traditions, with the exception of the distance symbol, which is unique to Reiki. The distance symbol creates both visually (with the symbol) and auditorially (with the mantra) the energetic frequency necessary to build a bridge between healer and healee. I've found the way the symbol is used and taught varies widely from one Reiki style to another, and the question is not which is right, but which is right for you. And the only way to find that out is to experiment or play with the symbol until you've gained some familiarity with its unique energy and ability. But more on that later...

My own way of performing distance Reiki (and I'm **not** saying that any other way is incorrect) is to make sure I have a very strong link with the person I am sending Reiki to. For me, just drawing the symbol over a picture is not enough, I need to focus on that person very strongly until I feel the connection has been established. If you noticed, during the spiritual attunement video, the first symbol I drew was the distance symbol, in order to create this bridge. Once I feel the bridge, or link has been created, I can then continue with the task at hand. Today's Reiki challenge is your own attempt to do just that.

Day Twelve Challenge

Your challenge for **Day Twelve** of the **30 Day Reiki Challenge** is to perform a distance healing. You can do this healing with whoever you like, and if you want to have some fun, connect with another 30 Day Reiki Challenger in the forums and swap distance healings... this way you can compare experiences as both the sender and the receiver. For this particular healing, I'd like you to use whatever distance healing method you've learned (if you haven't learned any than take a picture of the person you want to send healing to, hold it in your hands and just send Reiki to it). Once again, connect to your higher self before you begin, by communicating your intention to your unconscious mind... tell your conscious (and unconscious) mind:

1. that you would like your unconscious mind to get in touch and stay in touch with your higher self for the duration of the Reiki session
2. that you would like your higher self to get in touch with your patients higher self and form a bridge between the two
3. that you would like your patients higher self to communicate with your patients unconscious mind and report any and all conditions or sensations (new or previously existing) as they occur
4. that you would like your unconscious mind to communicate these conditions directly to you as they are reported by your patients unconscious mind

Sound familiar? I hope so! **Best of luck** and **don't forget to report your results in the forums** so we can all share them.

RECOMMENDED READING FOR DAY TWELVE

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Ho'oponopono and Reiki](#)

[Distance Reiki](#)

[Psychic Reiki](#)

Day 13 - Healing Plants and Animals with Reiki

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 13? Since today is Friday and it's Day 13, does that make it **Friday the 13th**? Luckily I'm not superstitious (he says semi-convincingly as he draws the first Reiki symbol in each corner of the room... three times).

In case you haven't noticed (and I'm using **you** in regard to people in general, not necessarily those taking the Challenge... you guys are obviously not included) we are not alone. Man shares the earth with plants and animals and various other life forms, and unfortunately, the word **share** doesn't seem to be that well understood by the **you** I was referring to above, as is evidenced by the way the Earth and its inhabitants are being treated (or mis-treated as the case may be). I'm not gonna start naming names or pointing fingers, but some people are really coloring outside the lines and if I wasn't doing my dangdest (hmmm... spellchecker not going anywhere near that one) to live by the Reiki principles my feathers might be quite ruffled right about now.

Fortunately, there is something we, as Reiki practitioners, can do about this injustice, which brings us to today's topic of healing plants and animals (and other assorted life forms) with Reiki.

My Reiki Plant Story

My interest in this particular aspect of Reiki came one day several years ago while I was doing my daily (although recently not as daily as it should be) walk around the neighborhood. At the time I was heavily into studying auras and was spending quite a bit of time practicing seeing them. I hadn't gotten to the point where I could see the more subtle hues, but I could see the more prominent ones with no problem.

As I walked past this one particular house, one of the plants in front caught my attention. I looked again and there was nothing special about it and it wasn't until I checked the plants next to it that the thing that had caught my attention was its **aura**.

I had never really considered seeing plant auras before, and never really even though it was possible, and looking around I noticed I could see them everywhere. Some were quite similar to human auras in the way they pulsed and “burned” but mostly they just hugged the shape of their host and were just rather fuzzy (**for lack of a better descriptor**).

Back to the one that caught my eye in the first place, I noticed (or rather sensed) that it was hurting. Physically it looked fine, but energetically it was definitely in pain. Of course, my gut reaction was to give the plant some Reiki, but I didn’t really want to stand there on the street doing so at the time... people give me enough strange looks at is (being a foreigner in a **blatantly** xenophobic country).

So I continued on my saunter, this time fully connected to Reiki and directing as much of it as I could into the plastic water bottle I held in my hands. I did a full lap around that particular block, filling the water with Reiki and then emptied the Reiki Water onto that plant.

I repeated this every day for the next week or so and indeed the plant started showing signs of recovery. But more than that, I had the strongest impression that it was thanking me. It was such a strong sensation that I couldn’t help but **nod** at the plant as if it had actually verbally thanked me.

After that I’ve always kept an eye on my little friend and often thought about it. The thought that lingered the strongest was that that plant really wanted to get better. It was asking for help. It thanked me for doing so. Why would that be? Why would a plant care one way or another if it lived or died unless it was conscious of the process? **That is... unless it was conscious.**

This idea that plants actually care what happens to them put them in a whole new light as there is a whole slew of stuff <technical term> that goes along with being conscious (thoughts, emotions, spirituality, etc.).

That slew of stuff extends to animals as well. The more we learn about the universe, the more theories related to quantum physics and a unified field theory (not to mention the theory of complementarity) that are unraveled, the closer we get to an understanding that matter itself has consciousness, and therefore anything made of matter is in the truest sense of the word, **conscious**.

Healing Plants and Animals

The healing of plants and animals is **basically the same as the healing of people when it comes right down to it**. Reiki is concerned with healing imbalances in specific energy systems and plants and animals have physical, emotional, mental and spiritual energy fields that are peculiar to their species.

Generally, people react to physical problems in plants and animals, that is, blocks or disruptions in the natural physical energy system and so Reiki is used to correct those imbalances, blocks or disruption and tend to **only** treat them.

For the physical healing of another species it is most effective if you have some knowledge about the physical structure involved. For example, when healing dogs or horses, a knowledge of the anatomy and physiology of dogs and horses is most helpful. Do you know where your cat's heart is located? Do you know where your hamster's chakras are located? If you are serious about helping them, this information (and the correct utilization of it) can be most helpful.

Plants and animals also have thoughts and emotions, and imbalances in those energy systems can be the cause of many physical manifestations of dis-ease that they may be experiencing. Some Reiki styles teach that hands-on contact is used for physical problems (where possible) while the mental and emotional fields are like the layers of an aura, and as your hands move further away from the body they are accessing different energy systems, and this may be a good thing to check into for healing plants and animals.

Thus, the same things we've discussed in regard to mental and emotional healing are also true with regard to plants and animals. Of course their psychology is different (but for more domesticated animals it is **not really all that different**) and so many of the techniques work equally well with them. Again, the more you know, the more directed your Reiki will be and hence the more effective.

Being conscious, plants and animals also have a spiritual aspect. **Is your pet iguana enlightened?** Don't laugh, according to certain branches of Toltec Shamanism, lizards have an extremely acute sense of their higher selves and are ritually used to access those realms. Again, the things we've discussed in regard to spirituality also hold true for plants and animals which, according to certain Buddhists, are all **actively seeking enlightenment**.

Day Thirteen Challenge

Your challenge for **Day Thirteen** of the **30 Day Reiki Challenge** is to perform a healing on the plant or animal (or other life form of your choice). It could be a houseplant or a giant redwood. It could be your dog or your neighbor's pet ferret. It can be done in person or at a distance. The choice is yours. As you do so, the challenge is to pay attention to the mental, emotional and spiritual aspects of the healing. Access your higher self for assistance and see if you can tune in to any of these aspects as you proceed. And just a quick reminder.... **YES!!!** We do have forums... they would be quite active if even just 10% of the 500+ people reading this every day participated!!! **Nudge nudge... wink wink...**

RECOMMENDED READING FOR DAY THIRTEEN

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki in Nature](#)

[Reiki and Auras](#)

[Reiki and Chakras](#)

Day 14 - Healing Through Time and Space

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 14? Is the Challenge going as quickly for you as it is for me? Tomorrow is already the halfway mark and in commemoration of your hard work it's going to be a catch-up day for y'all, so nothing new will be introduced, just a quick recap, a few general observations and a chance for newcomers (or oldcomers) to catch up. But we've got some good things to cover before then... so let's get rolling.



Today's discussion centers on healing through time and space and it was a close call, but **Doctor Who** eventually beat out **Back to the Future** for today's designated image (and there was much rejoicing!!!). On Day 12, we discussed distance healing, and today we're taking that concept, and turning up the power of the **3rd Reiki Symbol** another notch (or two) by introducing the time element into the equation.

Healing Through Time and Space

Using Reiki for distance healing is one of Reiki's most beloved perks. With the rising price of gasoline, it can be quite healing on the budget as well, by being able to stay at home and heal from the lanai. But one generally overlooked and underused aspect of the distance healing technique is the ability to send your Reiki energy backwards and forwards in time. Going back to some incident that affected (or afflicted) you as a child, the injury of a car accident, some trauma or emotional roller coaster you experienced during one phase of your life, etc. are all prime candidates for having a bit of Reiki intercede on your behalf.

Going back in time is only one half of the equation. You can also go forward in time. Job interview next week? Important test? Blind date? These too are all prime candidates for having some Reiki waiting when you get there and those more sensitive to Reiki energies can definitely feel the difference. I usually start a week ahead of time by sending Reiki everyday to the classrooms where I will be teaching Reiki **(and also sending something special to the rooms where I will be performing attunements)**.

Reiki Through Time and Space

For those of you with Level 2 Reiki Training, you already know how to use the **3rd Reiki Symbol** (the Distance Symbol). If you can remember it, that is... it certainly is one of the tougher ones for Westerners to assimilate. All you have to do is draw the symbol, set your intention, and fire away.

For those of you who are not yet at Level 2 and for those of you who want to try another approach to Distance Reiki... read on.

The second way accomplishes the same thing that the distance symbol does by contacting your higher self and communicating what you want directly to it. As you recall, access to your higher conscious mind is only possible through your unconscious mind, so you would need your unconscious mind to pass the message along for you... as you've been practicing. Here are the steps again...

Communicate to your unconscious mind:

1. that you would like your unconscious mind to get in touch and stay in touch with your higher self for the duration of the Reiki session
2. that you would like your higher self to get in touch with the time and place you are healing and form a bridge between then and there and now and here
3. that you would like your higher conscious mind to transfer all Reiki energies and their connected healings to you at that time and place
4. that you would like your higher conscious mind to report back to you (through your unconscious mind) any learnings that are important to retain and any other information from the situation that would be helpful

NLP Practitioners might like to **anchor** this connection for future use and Timeline Therapists might like to incorporate some of the in-time and through-time aspects into their own application of this technique.

The same process can also be followed for sending your Reiki backwards (or forwards) in time for someone (or something) else as well. Having some Reiki waiting for the person conducting the interview, or the one giving the test, or your blind date might make them just as comfortable as you will be... making for a much nicer situation all around. And helping your mom out at the time of your birth might make that particular trauma a much more pleasant memory for both of you.

Day Fourteen Challenge

Your challenge for **Day Fourteen** of the **30 Day Reiki Challenge** (I still can't believe it's already been 2 weeks) is to perform a distance healing on yourself for something that happened any time in the past. You can use either of the two techniques outlined above (the distance symbol or access through your higher conscious mind) and you should make a note of exactly how you feel about the situation both **before and after** you do the exercise to see if there's been some change in your perception of the situation.

RECOMMENDED READING FOR DAY FOURTEEN

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki the Way, Reiki the Day](#)

[Regression and Reiki](#)

[Imagineering your Future with Reiki](#)

Day 15 - Reiki Challenge Recap

Welcome Back to the 30 Day Reiki Challenge! Are you ready to take a break yet? I know I am!! You guys have been doing great and you are to be congratulated on your effort so far. Hip hip hooray!!!

Today is a break day so I'm not planning on writing too much. Just a quick recap of what we've covered and an even quicker summary of what's to come.

Where We've Been

Module One of the **30 Day Reiki Challenge** was all about healing. After taking a few days to orient ourselves, we tried to get some idea of our Reiki goals, long-term and short-term and then we did some self-healing (physical, emotional, mental and spiritual). After that we worked on healing others (physically, emotionally, mentally and spiritually). Then we did some distance healing, both sending our Reiki to another place and sending our Reiki to another time. We also talked about giving Reiki to plants and animals (and other assorted life forms).

If you don't have a good crystal (white, clear or rose quartz is best) than try to get a hold of one during the next week. Day 20 is all about programming and using crystals with Reiki. Which area do you find the most interesting? Which do you find the most difficult? Which do you find the most enjoyable? Have any of your Reiki goals changed as a result? Did you learn anything new or was it basically stuff you already knew? Did it make you think? Did it make you listen? Are you hungry for more?

Where We're Going

Module Two is all about Reiki energy and we are going to be fine tuning our energetic skills. We will also be applying these skills to the healing of others (as well as ourselves) and the other areas discussed in **Module One**. Reiki energy is quite subtle, but once you're familiar with it you will start to notice it everywhere.

Module Three is all about Reiki spirituality and we are going to be taking our Reiki meditations to a whole new level along with our understanding of Enlightenment and how to get there.

Day Fifteen Challenge

Your challenge for **Day Fifteen** of the **30 Day Reiki Challenge** is to just relax and think about everything we've covered so far. Think of the progress you've made and how your understanding of Reiki healing has changed. You also might want to brace yourself... **because some really great stuff is coming up!!!**

Day 16 - Energetics Intro

Welcome Back to the 30 Day Reiki Challenge! Are you all set for **Day 16**? Did you enjoy the break? I know I did! Could've probably used a few more days, but it'll have to do. Now I'm well rested and ready to dive into a brand new module. **How about you?**

Introduction to Reiki Energetics

For the next week or so we'll be working with **Module Two** of the **30 Day Reiki Challenge** which deals with **Reiki Energetics** and is all about gaining some degree of familiarity with the subtle nature of the Reiki energy and developing your abilities to manipulate it (in a good way). Most Reiki Practitioners are quite content with drawing the Reiki symbols and running through the hand positions without giving a second thought to the actual energies involved. And that is certainly fine and dandy... **for them...** but if you want your Reiki to be more effective and more powerful, there are dozens of exercises and techniques that will boost your ability to channel increasingly greater and greater amounts of Reiki energy and focus it with laser like precision. **That's what Module Two is all about...**

Gaining some understanding of what it means when we talk about the Quantum nature of Reiki energy, Reiki as the missing link in the Unified Field Theory (which I call the **Reikified** Field Theory) and Reiki as intelligent energy will give you options that you didn't know existed, as well as the proper techniques for selecting which ones are right for you.

One of the cornerstones in developing your understanding (and appreciation) of the subtle Reiki energies is in continual testing and that is one theme we will be returning to again and again. Kind of like the listening in Module One, except you'll be listening with your hands, and your eyes, and as we approach the Third Module... perhaps even your minds. Thomas Edison is said to have tested 10,000 different variations of the light bulb before hitting on the one that worked. Instead of reacting to each experiment like he had failed, he chocked it up as successfully finding yet another way that didn't work.

When I was working at the university level, I was often asked to be an adviser on student dissertations. My initial advice to students would be to find a hole in the area of their



selected topic and attempt to fill it in with their research. Then even if they were not successful at filling in the hole, their research would present one more way that didn't work... just like Edison's failed light bulbs. Far too often, people throw away their research when it fails, and countless people attempt the same experiments, and meet the same results, and likewise throw away their research as being failed so that another researcher could come along and do the same. Some cultures value failed experiments... we would learn more if we were more like them. So don't worry about failure... success is right around the corner... **and we have some great failures lined up for you.**

The study of Reiki energy can be a lifelong study, so don't be discouraged if you don't get it all right away. Many practitioners spend years, if not decades, honing their energy skills and it would be unrealistic to think you can master it all in 30 days... but what you can do is get your foot in the door and catch a glimpse of what it looks like inside, enough so that you can make an informed decision on whether or not it is something you'd like to look a little deeper into... and this particular rabbit hole is like nothing you've ever seen before... nor are likely to ever see again! **So jump on in... the water's fine!!!**

Day Sixteen Challenge

Your challenge for **Day Sixteen** of the **30 Day Reiki Challenge** is to get 3 index cards, business cards or some such identical pieces of paper and draw the 1st Reiki symbol on one of them (it doesn't matter if you are still in Reiki 1, you don't need to be attuned to the symbol to do the exercise). Give Reiki to the card with the symbol on it. Shuffle them and put them face down on the table before you. Hold your right hand over each card and count to 5. Can you tell which card has the symbol on it? Try it again with your left hand. Any difference? Keep these cards next to your bed and when you wake up in the morning, immediately connect to Reiki, shuffle the cards, lay them down and repeat the exercise. You can also repeat it a few times during the day if you like... but don't overdo it... you don't want to burn yourself out on it... as there are more exercises to come.

RECOMMENDED READING FOR DAY SIXTEEN

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[The Reiki Power Symbol](#)

[The Quantum Nature of Reiki Energy](#)

[The Quantum Nature of Reiki Energy - Towards a Scientific Explanation](#)

Day 17 - Intelligent Energy

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 17? How are those energy cards working? Can you easily pick out the one with the symbol on it? If not, just remember, practice makes perfect and if you keep on trying, at least every morning, and perhaps once before you go to sleep, as we progress through the course and we focus more and more on those subtle Reiki energies, **you will get it**. Remember to give that card a good healthy dose of Reiki before trying to find it... later on we'll be trying it without giving energy first... **just a little something to look forward to!!!**

Today I'd like to take a look at **the intelligent nature of Reiki energy**... what exactly that means and why it is important to us as Reiki practitioners.

What is Intelligence?

First let's start off with a simple definition. What is intelligence? Of course everyone knows what intelligence is, it's the stuff that IQ and Aptitude tests measure! Not good enough? Didn't think so... I can't get anything past you guys! Actually, the word "intelligence" comes from the Latin verb "intellegere", which means "to understand". The capacity one has for understanding complex things determines how intelligent they are. There have been many different definitions bantered about and many different ideas of exactly what intelligence is or means, but I think that is enough for our purposes today... i.e., **intelligence is the ability to understand**.

The Intelligence of Reiki Energy

Reiki has been touted again and again as intelligent energy. What exactly does that mean? If we are going by the above definition, than it means that Reiki has at least some ability to be able to understand complex things, although I'm not sure that's entirely true. When I have a headache, I can relieve the pain in a matter of minutes by applying Reiki directly to my head... but if I apply the Reiki to my foot, it doesn't have much of an effect on the headache. So much for the idea that Reiki, through its intelligence, goes directly where it is needed.

In reality, **Reiki will eventually get around to taking care of the headache**, and it may indeed be applying itself to the causes of the headache, rather than the pain itself, but when I'm in pain, I want as immediate relief as possible and determining and dealing with the cause can come later. Being able to manipulate the Reiki energy (in a good way) will allow you to do both.

Reiki basically works by **resonance**. It vibrates at a very high frequency and things that vibrate a high frequency have a tendency to effect things around them that are vibrating at lower frequencies. The more the lower frequencies come in contact with the higher frequencies the more those low frequencies are raised until they eventually reach the same vibrational frequency as the higher frequency. The more direct that resonance is (for example, applying Reiki to the headache) the more quickly the resonance occurs. Lower vibrational areas that are particularly dense (or stubborn) can take some time to effect, but its basic science that eventually it will be affected.

A different theory along the lines that Reiki is intelligent energy and so "it knows where to go" is another thing that may not be entirely accurate. The polar opposites of magnets are drawn to each other by nature, there is no intelligence involved, and so too, Reiki's **positive** vibration is drawn like a magnet to **negative** lower vibrations. There is no intelligence involved in that either. Again, it is possible to develop ones sensory acuity and fine tune one's ability to discern between those energies... and hence make the healings that much more expedient and effective.

Is Reiki Energy Conscious?

Seems to me that intelligence implies consciousness and consciousness implies life. **Is Reiki really alive?** Studies of the last 50 years or so have demonstrated the consciousness of atoms. Their behavior in given situations seem to demonstrate decisions being made and even some degree of attitude. This is true of all atoms. Energy is made of atoms and therefore energy inherently has that same degree of consciousness, so it can be safely said that **Reiki is indeed conscious**. The degree of that consciousness and the qualifications for being a life form, are a bit more involved, and thankfully our study will not lead us into that degree of theoretical understanding. Instead we are looking to a much more practical understanding and useful application of that energy

Tomorrow we will go a little deeper into it, That should be enough food for thought for today.

Day Seventeen Challenge

Your challenge for **Day Seventeen** of the **30 Day Reiki Challenge** is to connect to the Reiki energy. Hold your hands in front of you with your forefingers touching each other. Focus on sending Reiki to your fingertips. Now very slowly move your fingers one-half inch apart and notice the energy connecting them. **Can you see it?** It's best to do it in front of a dark background in natural light (florescent lights tend to bleach out the image). Once you can see it clearly, start to move your hands apart, keeping focused on the energy beam.

See how far you can move your fingertips apart and still see the shadow of energy between them. Write down your results as you will be referring to it later and be sure to report your progress in the forums.

RECOMMENDED READING FOR DAY SEVENTEEN

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Resonant Reiki Exercise](#)

[Breaking Through Stubborn Energy Blocks](#)

[Distinguishing Reiki Energy from Other Energies](#)

Day 18 - Quantum Healing

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 18? Did you complete the Day 17 Challenge? How far away did your fingers go before you lost sight of it? With the upcoming exercises we are going to be working on making that energy stronger (which is partially a strengthening of the energy itself as well as a strengthening of your ability to perceive it) as well as working on increasing the distance that you are able to move your fingers apart and still see it. **Pretty exciting, huh??**



Today we are winding up the theoretical part of the discussion on Reiki energetics with a look at **the Quantum nature of Reiki energy** (which you should have already gotten a taste of from Day 16's Recommended Reading). If you want my advice, don't ask a physicist about this stuff, because they think that any word except physics with the word Quantum in front of it is a load of hooey <technical scientific term> to which my usual response is **a humble, yet spiritual, raspberry.**

The Quantum Nature of Reiki Energy

The universe is Quantum in nature and therefore everything in it is also Quantum in nature. What this means is that Reiki is Quantum too, so the more we understand about Quantum stuff the more we can understand about Reiki energy. Fair enough?

The best way to explain this is through Edwin Abbott Abbott's little book about **Flatland**... a 2-Dimensional (**2D**) place in which its residents have no understanding of 3-Dimensional (**3D**) things. How could it? Everything exists in 2D and they have never had any type of exposure to or experience with 3-Dimensional physics. Imagine this 2D setting... the beings that live there, Flatlanders, might look like this:

Now imagine what would happen if a 3D cat named **Schroedinger**, walked across Flatland. What would the people make of it? They would only see a fleeting, shadowy, black image. What would they think? Would they know it was all one creature, or would they think it was several? Would they know that it was in motion or would they only think several objects appeared and then just as quickly disappeared? Would they break it down into two front paws and two back paws? How would they tell the story to their grandchildren? I'm

sure it would be exaggerated over the years and perhaps even grow into the stuff of myth recounting how a group of them gallantly fought off the 6 headed monster with their flat little baseball bats.

Perhaps the one in the middle on the right, a very superstitious Flatlander would think he saw the ghost of his dead Uncle Merle, pointing him towards the buried family treasure. The gal next to him on top, who doesn't believe in ghosts, might be convinced it was actually a UFO. On the other side of the cat are representatives of the various major Flatland religions (all except the guy on the top who denies seeing anything at all even though he saw it quite clearly) who all believe it was some kind of communication from God, but naturally they all disagree on what the communication meant.

Now the guy on the bottom left hand corner is an interesting chap, whose name just happens to be **TwoDee Einstein**. TwoDee tries to explain to the others that what they experienced was a 3D phenomenon, but since they are all 2D beings, and their minds can only comprehend 2D experiences, they simply cannot understand what they saw as they cannot see the big picture.

Of course, TwoDee was right... but the others weren't having any of it... they were convinced of what they were convinced of and nothing was going to change their minds.

So too, in our reality, we are 3D beings trying to understand a multi-dimensional reality. We can't see the big picture. We can't see the connections. We can't fathom 4D, never mind 238D, which is what Dr. Stephen W. Hawking suggests (based on the atomic number of Uranium). My own position is that I don't really care about how it works, I just care about the practical implications and being able to do as much as we can with the little practical experience we have in the matter.

So the bottom line is that until there is a breakthrough in the understanding of Quantum Mechanics, we are simply not going to understand how it all works. And that's fine, we are not physicists (at least no one has identified themselves as one in the forums) so all we need to know is that there are things going on which we don't understand... **and don't need to in order to make Reiki work both effectively and powerfully... and seemingly like magic!!!**

Day Eighteen Challenge

Your challenge for **Day Eighteen** of the **30 Day Reiki Challenge** is to give Reiki to a glass of one of the following... coffee (leaded or unleaded), soda (low-cal, low-carb or full manic), beer (alcohol free or non), wine (red or white), green tea (any variety) or fruit juice (any type). Pour at least 2 glasses, but only give Reiki to one, for at least 5 minutes). Now compare the tastes of the Reiki'd one and the non-Reiki'd one.

What kind of differences can you notice? If you want to get creative and do a similar exercise like the one I hope you are continuing every day from **Day 16**, (something to the effect of putting the drinks in identical glasses with an indication on the bottom of the one that's been Reiki'd to see if you can pick out the right one) go for it.? The main point is to be able to notice the difference. **Bottoms up!!!**

RECOMMENDED READING FOR DAY EIGHTEEN

Here a fun read that is recommended if you have the time... it's a long one!!!

[Flatland: A Romance of Many Dimensions](#)

Day 19 - A Scanner Lightly

Welcome Back to the 30 Day Reiki Challenge! Are you all set for **Day 19**? Did you complete the Day 18 Challenge? I hope so, because today we are going to be extending that ability to detect Reiki energy to its use in giving generalized Reiki treatments.

So far, in our energy module, we've discussed the intelligent nature of Reiki energy as well as the Quantum nature of Reiki energy. This has shown us that things are not exactly what they appear to be. Our understanding of the exact nature of Reiki energy is no more advanced than the Flatlander's understanding of the cat. So instead of blaming Reiki on God, or Atlantis, Ghosts or self-delusion, we can safely accept that it is part of a multi-dimensional reality the pieces to which we are just beginning to unravel.

Keeping that in mind it becomes possible to suspend belief where Reiki is concerned, and stop thinking by the old paradigms of Aristotelian or Newtonian logic which just don't apply anymore, and allow that even though we don't exactly understand what's happening, we have more than enough understanding to effectively put what we do know to some practical use.

If you've been keeping up with the challenges, you should now easily be able to detect which card has Reiki, as well as the effects that Reiki has on beverages. Those two exercises alone should be enough to prove to you that there is something at work here even though very few people can actually see it (with their eyes that is). If you still can't pick the right card, don't worry about it, it takes some people longer than others, but I've yet to find anyone that couldn't ultimately do it with practice.

Reiki Scanning

In traditional Japanese Reiki there are two terms which you should be familiar with, **Hibiki** and **Byosen**. Hibiki refers to the tingling, buzzing or vibrating sensation you feel in your hands when they encounter some type of energetic phenomenon. For example, when you are holding your hands over the card with the Reiki symbol on it, Hibiki is the feeling you get when you've discovered the energized card.

Byosen refers to an energy disturbance caused by the negative vibration emitted by a diseased part of the body. In today's challenge you are going to be scanning either your own body, or someone else's by slowly sweeping your hand like a metal detector about an

inch above the body and instead of trying to notice the Hibiki in your hands caused by the card with the symbol you will be trying to notice the Hibiki caused by Byosen in the place you are scanning.

Today's recommended readings go into a little more detail on scanning so you might want to give them a glance if you haven't been keeping up with the recommended reading.

Day Nineteen Challenges

We have two challenges for you in **Day Nineteen** of the **30 Day Reiki Challenge**. The first is to scan someone for **Byosen**. Just follow the steps above and instead of listening to your unconscious mind for communication (as was the standard practice in the healing module) you will be listening to your hands, as it were, and trying to sense the Hibiki that occurs when your Reiki hands have detected some Byosen. If Byosen is sensed, just continue to give Reiki to that spot until you no longer feel the Hibiki... and then move on.

The second challenge is for those of you who can find the card with the **First Reiki Symbol** on it. The second part of that exercise is to draw the **Second Reiki Symbol** on one of the two blank cards. When you give Reiki to the cards, draw the symbol that is on the card in the air over the card and proceed to give the card Reiki for about 5 minutes. Now when you try to find the card, you not only have to find the card with the first symbol, but you have to identify it as the first symbol (and the same is true for the second symbol). One excellent suggestion made in the forums was to practice first with the cards facing up to get a feel for the energy you are looking for. So in this extended version of the exercise you are trying to distinguish between the energy of the first symbol and the energy of the second symbol... they are quite different one you get to know them... and see if you can put your psychic powers to the test and guess what the next step in the exercise is...

RECOMMENDED READING FOR DAY NINETEEN

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki Hibiki](#)

[Reiki's Byosen Scanning](#)

[Reiki Reiji](#)

Day 20 - Essential Reiki Oil

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 20? I can't believe it's already been 20 days... this will be over before you know it! I hope y'all are enjoying it as much as I am, it truly is a pleasure to be able to present this material in this format.

Today we're bringing a discussion of Essential Oils into play in order to gain an understanding of another energetic aspect of Reiki. Then, as our Day 20 Challenge, I am introducing the most powerful Reiki boosting technique that is known to date.



Aromatherapy & Reiki

I considered several different healing modalities to discuss today, all of which can be used in conjunction with Reiki and all present something unique to the treatment, but I settled on **Aromatherapy** as it has the most to offer from the energetic aspect I wanted to convey (although Feng Shui and Ayurveda came the closest). A (very) superficial understanding of how Aromatherapy works will go a long way towards understanding the healing energies of Reiki.

The essence of Aromatherapy is that different oils have different healing qualities. This is because their energetic constitutions are different (based on their chemical properties). I'll spare you all the details, but you can check out Rosemary Caddy's work for more information if you are interested. Humans too, have unique energetic constitutions which are highly evolved versions of those found in plants (well... theoretically, anyway). Understanding this more evolved system is much easier after you've developed an understanding of a few of the simpler structures.

Different oils have different strong points, some are more useful in physical healing, some in emotional healing, some in mental healing and some in spiritual healing. They all have very high resonant frequencies, which become even higher when Reiki is added to them. And even higher yet when the oils themselves are actually attuned to Reiki. This excited energy of high frequencies is very contagious and spreads to lower frequencies, encouraging and enabling them to raise themselves to those higher vibrations. Remember, **energy is conscious**, so it must feel a mental need or an emotional desire to "evolve" so to speak, and as we know, Reiki can be quite persuasive.

So, we all realize by now that emotional dis-eases are the result of imbalances in the emotional energy field and emotional healing is primarily concerned with correcting those imbalances by unblocking (or otherwise correcting) the flow of energy in those emotional energy channels... which if their energy is allowed to flow smoothly will correct any and all perceived dis-eases. This holds equally true for physical, mental and spiritual healing as well. The Essential Oils used in Aromatherapy, each having their own energetic strong points are each also very persuasiveness, and when coming into contact with a dis-eased form will attempt to raise its vibration.

One ancient method of using Aromatherapy, which more closely resembles Ayurveda than current schools of Aromatherapy, holds that all dis-eases have a unique odor, and that by determining exactly what that odor is, one can apply the exact opposite odor for neutralization (a plus 10 neutralizes a minus 10). Practitioners of that Ayurvedic branch often spent 20+ years in training to be able to properly classify the scents, which is probably why that particular variation has been all but lost to the ages. Thankfully, we won't be undertaking any such training here, but its understanding is quite enlightening should you care to dig into it.

It is also said that a few hundred years ago man's olfactory acuity was greater than that of dogs. The saying "smell a rat" could be taken literally as it was as easy to smell if someone was lying as it is nowadays to recognize the scent of lavender. Just as dogs can recognize their master's odor at the front door man could recognize the smell of an enemy's army at great distances if they were foolish enough to attack downwind. It probably helped that they didn't bathe quite so often, but that's beside the point.

What this all amounts to is that there are extremely subtle energetic qualities, which, although extremely subtle, have enormous power. Distinguishing between the traditional Reiki symbols is quite easy, and once one has mastered them, it is quite enjoyable to try out other styles of Reiki (or similar modalities like Chios or Ra~Sheeba) and getting to know their symbol's energies as well.

Lavender Reiki

By the same token it is likewise quite enjoyable to work with essential oils, one at a time, and extend your effort towards gaining a familiarity with their unique frequencies. When you are familiar enough with a particular oil, and can distinguish its energy, you can reproduce it, at which point you have essentially attuned yourself to that oil and can dial up that frequency and imitate its effectiveness as needed. **Lavender Reiki** (as far as I know a yet to be created Reiki style) would be the result of such an effort. Once you have attuned yourself to this frequency, you would then be able to attune others to it, et voila, Lavender Reiki. Just rinse & repeat for the 100+ other oils in vogue. **Think about the power of that statement!**

I'm sure that this idea will be abused in the future as some of the countless Reiki Businessmen (and women) who are involved in Reiki only to make a quick buck (the Internet is becoming more and more packed with them and I cringe every time I see what they are getting away with) see its potential, so **finding a real teacher of such a practice will require some effort... unfortunately.**

Day Twenty Challenge

Your challenge for **Day Twenty** of the **30 Day Reiki Challenge** is to perform **Hatsurei Ho**. Hatsurei Ho is a technique used monthly by the Usui Reiki Ryoho Gakkai for the purpose of strengthening one's Reiki channels. There are many variations of it kicking around, but for today's challenge the following variation, incorporating some Yogic Pranayama for a much more powerful experience, is used.

Here are the steps:

1. Sit comfortably in a chair with your hands on your lap and your palms facing up (play some relaxing meditation music if desired).
2. Focus your attention on your tanden (the area just below your navel).
3. Say to yourself "I am now beginning Hatsurei Ho."
4. Put your right hand on your left shoulder and sweep down to your right hip (see video below for demonstration).
5. Put your left hand on your right shoulder and sweep down to your left hip.
6. Hold your left arm out straight with your hand facing up, put your right hand on your left shoulder and sweep out to your left hand.
7. Hold your right arm out straight with your hand facing up, put your left hand on your right shoulder and sweep out to your right hand.
8. Raise your hands up and connect to the Reiki energy.
9. Put your hands on your lap with your palms facing up and again focus your attention on your tanden and concentrate on your breathing.
10. As you breathe in, imagine Reiki energy as a white light entering the top of your head and filling your tanden.
11. Breathe in slowly and count to four as you do so. Pace it so that your count is synchronized with your breath to fill your entire lungs.
12. When your lungs are full, hold your breath to the same count of four.
13. As you breathe out, imagine that Reiki energy is spreading out in every direction.
14. Breathe out slowly and count to four as you do so. Pace it so that your count is synchronized with your breath to empty your lungs.
15. When your lungs are empty, hold your breath to the same count of four.
16. Breathe in and out in this manner for 5-10 minutes.
17. Put your hands together in front of your chest as if you were praying (this is the gassho position).
18. Follow the same breathing pattern as above... as you enter the meditative state don't be concerned with the breathing, but return to it if you return to a non-meditative state.

19. As you breathe in, imagine Reiki energy as a white light entering through your hands and filling your tanden.
20. As you breathe out, imagine Reiki energy spreading strongly from one hand into the other.
21. Breathe in and out in this manner for 5-10 minutes.
22. Say to yourself "I have now finished Hatsurei Ho."

As mentioned in the below recommended reading, making this exercise a part of your daily Reiki routine is highly advisable as it is the most powerful and effective way of growing your Reiki channel and evolving it to its greatest capacity and ability.

RECOMMENDED READING FOR DAY TWENTY

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki's Hatsurei Ho](#)

[Reiki and Aromatherapy](#)

[Reiki Energy Orbs](#)

Day 21 - Supercharging Crystals

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 21? How was the **Hatsurei Ho**? It has both energetic and meditational aspects which may very well make it the perfect Reiki exercise. The more you get used to it, the more you will discover other aspects of it that are equally intriguing... especially on the spiritual front.

Today we're going to talk about using crystals with Reiki, as well as charging, programming, deprogramming, and attuning them. They make wonderful additions to your Reiki tool kits and I highly recommend picking up a few if you haven't done so already.

Using Crystals With Reiki

There are many different ways that crystals can be used with Reiki. The most common is to use them to amplify your Reiki during healing. This is done by simply passing Reiki through a clean crystal, which can increase the power of the Reiki or diffuse it, depending on your intention. There are many methods available for cleaning crystals and the one that I find that works the best is placing them in sea salt or sea water for at least 24 hours (this might damage some softer crystals, so you might want to use another method for those). Later we will talk about programming crystals, and that is another very good method for cleaning them.

To use crystals for healing, there are a few different techniques and you should choose the one that works best for you. Some people simply hold them in either the right or left hand (depending if you want more yin or more yang in your Reiki) and channel the Reiki through it for amplification, some hold them in the air in the opposite hand and use them as antennas to amplify their Reiki, and some use them as scanners (they have to be programmed for this.... more below).

When holding them in the hand you are healing with, you can control if the Reiki energy is focused (like a laser beam) or diffused (spread out). This is set with your intent and once set can usually last through the entire session, but the intent can be reset whenever you feel it has been lost (which does happen) or you'd like to change its focus.

Charging Crystals for Reiki

If you have an upcoming session and you would like to prepare ahead of time, your crystals can be supercharged with Reiki. Simply connect to Reiki, hold your hands together (gassho works best for me) and apply Reiki for as long as you like... of course, the longer you apply it the higher the charge. You can also charge the crystals and give them to others to use as they effectively hold the charge for quite a long time.

Another way I've used crystals with Reiki in the past is for getting to hard to reach places. Several years ago when I hurt my lower back, it was quite difficult reaching it to apply Reiki. So I supercharged a crystal and taped it to my back. It worked wonders!! If you do so just make sure you don't sit back against any hard chairs... ouch!!

Programming Crystals for Reiki

By far, my favorite use of crystals lies in their programmability. There are hundreds of way they can be programmed to perform certain functions. Here are a few:

- Different crystals can be programmed with different Reiki symbols for instant connection to those exact frequencies.
- Crystals can be programmed for specific types of healing (mental, physical, emotional or spiritual).
- Crystals can be programmed for specific purposes (back pain, stress release, insomnia, etc.).
- Specific energies can be programmed into crystals, like the specific frequencies of the essential oils discussed in Day 20.
- You can program big crystals to clean smaller ones... then you just clean the big one from time to time.
- Big crystals can be programmed to protect smaller ones when they are not in use.
- Crystals can be programmed to assist with attunements.

There is no limit to the applications you can program crystals to assist with, all you have to do is hold them in gassho, set your intention and apply Reiki until you feel that it's been fully programmed. The only way to know really when it has is to test it. Previous exercises for getting you used to the different frequencies will prepare you to do just that. When you can easily distinguish between the symbols, you will be able to distinguish between crystals that have been properly charged with those symbols... just as easily as if they are written down.

Attuning Crystals for Reiki

When using aromatherapy, there is at least a 100% increase in the power of the essential oils when they are charged with Reiki. The oils themselves not only last longer, but they smell nicer, mix better with other oils, and you can use a lesser amount and get the same results... **and for expensive oils like Rose or Lotus that can be quite nice.**

For Reiki Masters, actually attuning the oils multiplies their power at least another 100 times (your mileage may vary) and this is true of crystals as well. Attuning crystals to the Master Level of Reiki gives them incredible power and that, combined with their consciousness, when added to Reiki's own consciousness, presents a formidable challenge to even the most stubborn energy blocks. I highly recommend attuning your oils and crystals, and if you are not a Reiki master, get a Reiki master to do it for you.

Distance Charging and Programming

One final application that I'd like to throw out there today is that you can charge and program (and possibly even attune) crystals using **Distance Reiki** if you like. Instead of sending the Reiki to a person, use your favorite distance transmission technique to send it to a specific crystal. When I do this I use a photograph of the crystal I am programming or attuning (the same way I do with distance attunements) and just proceed as normal. I actually perfected my distance attunement technique by practicing on crystals I had placed in other locations. Then it was easy enough to check and see what they had actually received.

This is equally true for other people's crystals as well as your own, so feel free to spread the Reiki love! If you would like to keep other people from charging your crystals you need to protect them. You can either program crystals to act as a kind of force field to keep out unwanted energies, or you visualize your crystals surrounded by a white light... or both!

In closing for today, please remember that some of these abilities and techniques are quite advanced (like distinguishing between the energy of the different symbols) and can potentially take years to master... but if you don't begin your journey, you have very little chance of arriving at your destination.

Day Twenty-One Challenge

Your challenge for **Day Twenty-One** of the **30 Day Reiki Challenge** is another advanced Reiki energy boosting exercise. This one is a **Gendai Reiki** technique called **Jiko Joka Healing** and was designed to clean and balance the energy channels in order to make them more effective... kind of like Space Clearing in Feng Shui, for those who are into that. Here are the steps:

1. Stand with your feet shoulder width apart and your eyes closed (you can play some relaxing music if you like).
2. Relax completely and imagine that your feet are rooted very deeply, connecting you to the center of the Earth.
3. Raise your hands high into the air and connect to the Reiki energy in whatever way you normally do.
4. Feel the Reiki energy as it enters your hands and spreads down through your arms.
5. Slowly bring your hands in front of your chest with the palms facing down.
6. Push your hands down all the way to your feet (as far as you can without spraining your back).
7. As you push your hands down, slowly but forcibly exhale through your mouth, making the HAAAA sound, and imagine all your spent, tired, used energy is being pushed deep down into the Earth.
8. When your lungs are empty, slowly stand back up keeping your palms facing down, breathe in through your nose as you stand, pulling fresh, new, clean energy in from the heavens.
9. Time it so that your lungs are full as your hands reach high above your head and slowly turn your hands so that the palms are facing you.
10. Repeat this for as long as you like... sweeping your hands down (palms facing you) breathing out through your mouth with a forceful HAAAA breathe as you send spent energy down into the earth and sweeping your hands up (palms facing you) as you breathe in through your nose and bring in fresh energy from the heavens.
11. As you breathe in, fresh energy is entering your body through your crown chakra and your hand chakras.
12. As you breathe out, tired energy is being expelled through your root chakra and your feet chakras.
13. Optionally, you can imagine golden energy entering as you breathe in and black energy as you breathe out. Slowly imagine this black energy changing to gray as the channels start to get clean, and eventually to white as you finish... indicating that the recycling is done, and the channels are cleared and clean.
14. When you finish, exhale all the remaining energy through your feet and as you stand up shake your hands vigorously to clear your mind.
15. Give your gratitude to the earth and heavens for their assistance and support... and you're done.

Best of luck... it might look like a lot, but it's pretty easy once you get the hang of it and I'd recommend continuing for at least 10-15 minutes and repeating it at least once a month.

RECOMMENDED READING FOR DAY TWENTY-ONE

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Breaking Through Stubborn Energy Blocks](#)

[Reiki and Crystals](#)

[Reiki and Chakras](#)

Day 22 - Reiki Usability Testing

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 22? How did it go with the **Jiko Joka Healing?** Pretty cool, eh? Today is the last day of the **Reiki Energetics Module** as tomorrow we are going to be starting the 3rd & Final **Module on Reiki Spirituality**. I hope you've all received the Spiritual Attunement located (here and/or here) and are as excited as I am about that Module... from the little **(ahem)** information I've been able to get from you guys it seems that is the most interesting for you as well... **and I am really looking forward to it!**



As you've no doubt noticed, things changed a bit when we moved from the Healing Module to the Energy Module. If I had to pick a keyword for the **Reiki Healing Module** it would be **compassion**, as IMHO, that is the driving force behind healing of all shapes and sizes. If I had to pick a keyword for the **Reiki Energetics Module** it would be **testing**, which is the key to success in gaining any degree of understanding of the subtle Reiki energies.

While the healing aspect of Reiki contains more art than science, I think the energy aspect is more science than art. Of course there are elements of both involved in each, but predominantly, energy is much more quantifiable, objective and testable than healing. When we are working with Reiki energy, we are more like scientists, working in a laboratory, which is internal, as it is conveniently located in our hands. When we are performing any type of healing we are working on external forces, whether in another person's energy fields or our own external (at least from the point of view of our consciousness) physical, emotional, mental and spiritual energy fields. So training in Reiki energetics takes on a much more scientific demeanor.

The Importance of Testing

How do babies learn to stand? Testing! How do we make it through school? Testing! How do we learn to drive? Testing! How do successful companies get and remain successful? Testing! Notice a pattern here? Dr. Usui spent years developing and perfecting Reiki... and what was the majority of that time spent on? You got it! Testing!! No matter what the popular literature says, he didn't just wake up one morning with the entire Reiki system, developed and complete, at his fingertips... so to speak. He didn't just dream up the

attunement process... it was developed specifically for Dr. Hayashi who did not have the ability to see and guide the energies as Dr. Usui (and others) did, so a procedure needed to be developed... and that was done through rigorous and dedicated testing.

Have you ever put any of your Reiki abilities to the test? If you are Reiki teachers, have you ever tested your students Reiki to see if your attunements actually worked? If you are one of the developers of any of the multitude of Reiki styles out there, did you actually test your system, or just dream it, package it and sell it? Have you tested which of your hands is stronger when giving Reiki? Have you tested if there is any difference in the energy between the two hands? Have you tested drawing the first symbol clockwise or counterclockwise and compared the results? Have you tested if your Reiki is coming out of your palms or your fingertips?

Do you really need to test? **No!** If you are satisfied with what you have, there is no reason to do any more. But if you are interested in achieving faster results, more effective healing, more powerful attunements, supercharged crystals, distance healing power or any of the hundreds of other possible high-performance results achievable only through testing, than that is the only door to success.

I'm not talking about the standardized type of math tests you were forced to take in high school, I'm talking about the exciting, adventure filled tests of learning to walk. When you were a toddler, did you just sit down and give up when realized the amount of testing needed to learn to stand up? Or did you motivate yourself, by watching everyone else do it, stand up... fall down... and try again... this time by balancing on your big toe instead of your heel... fascinating stuff really. But I'm glad I don't have to do it again, thank you.

Reiki Usability Testing

In Reiki, the kind of testing I recommend is called usability testing. You choose one aspect of the countless possible things you can test, and decide on a good way to test it, and test. If the results are useful, you keep them, if not, throw them away and test it another way, or test something else. So it's all based on usefulness or usability, if you can use the results for improvement do so, if not discard them... this is exactly how we all learned to stand... and then walk... and then run... and then dance... and then shuffle (which is right around the corner for those of us who aren't already there).

This brings us full circle back to the first few days of the course when we spent some time determining our long-term and short-term Reiki goals. Once you've decided where you are going, it is much easier to get there, and you easily gauge your progress along the way. How is this done? You got it again... testing! So I'm going to close this module with that in mind, before offering another technique for improving the energetic quality of your Reiki... and encourage you to start testing... keep meticulous notes... and keep right on testing until you've got it perfect... **or as close as you are willing to settle for.**

Day Twenty-Two Challenge

Your challenge for **Day Twenty-Two** of the **30 Day Reiki Challenge** is to perform **Solar Energy Training**... another advanced Gendai Reiki technique developed by Hiroshi Doi for improving the energetic quality of your Reiki by performing a deep cleaning of the energy channels at the cellular level. Here are the steps:

1. Stand with your feet shoulder width apart and your eyes closed (you can play some relaxing music if you like).
2. Relax completely and imagine that your feet are rooted very deeply, connecting you to the center of the Earth.
3. Raise your hands high into the air and connect to the Reiki energy in whatever way you normally do.
4. Feel the Reiki energy as it enters your hands and spreads down through your arms.
5. Imagine the sun brilliantly burning bright orange, red, or golden yellow in front of you (if you have high blood pressure visualize it in blue or green and radiating only energy... and not heat).
6. As you imagine that sun, with your hands still in the air, face your palms towards each other with the sun between them, about a foot apart, and as you count to 10 visualize the energy of the sun entering through your hands, so that you can feel it down to your elbows and so that the sun and your hands become one.
7. Now, lower your hands, with one on each side of your face, and count to 10 as you feel that powerful energy cleansing and healing your entire head.
8. Now, lower your hands, with one on each side of your neck, and count to 10 as you feel that powerful energy cleansing and healing the entire region.
9. Now, lower your hands, so that they are over your chest, and count to 10 as you feel that powerful energy cleansing and healing entering and radiating from your heart chakra.
10. Now, lower your hands, so that they are over your stomach (about two inches **above** your belly button), , and count to 10 as you feel that powerful energy cleansing and healing entering and radiating from your solar plexus.
11. Now, lower your hands, so that one is over your tanden (about two inches **below** your belly button) and the other is over your sacrum (your lower back opposite your other hand), and count to 20 as you feel that powerful energy cleansing and healing the entire area.
12. Your tanden is your body's battery, allow your hands to remain there until you feel your battery is completely charged with the energy of the sun.
13. You will know when your tanden is charged, because the energy will start to overflow and emanate a powerful healing vibration in all directions.
14. Enjoy this sensation for as long as you like and then open your eyes slowly.
15. When you finish, exhale all the remaining energy through your feet and as you stand up shake your hands vigorously to clear your mind.
16. Give your gratitude to the sun for its powerful assistance and support? And you're done.

RECOMMENDED READING FOR DAY TWENTY-TWO

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki Kaizen](#)

[Strategic Reiki](#)

[Where Does Reiki Come From?](#)

Day 23 - Spiritual Essence

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 23? How did you find the **Solar Image Training**? It is extremely powerful and is another exercise I would add to your Reiki routine at least once a month. Today we are beginning our module on **Reiki Spirituality** and will (hopefully) be discussing such things as Awareness, Enlightenment, Liberation and Advanced Meditation... so buckle your seat belts... **we're about to blast off into the unknown.**

What is Spirituality?

So what's all this spirituality stuff about anyway? Is it just some new age religion? Doesn't it contradict my 'real' religion? Is there more to it than just meditation? How do I get started? Where does it end? Honestly? **I don't know...** as these questions all depend on your own personal interpretations of many thoughts, words and ideas... so what say we try to build a framework upon which to understand some of it... at least a little...

I tend to think of spirituality as identification with the part of us that is separate from our physical bodies, separate from our thoughts and separate from our emotions. It is that part of us that is immortal, the part that reincarnates, the part that dreams, and the part that listens to the incessant chatter going on inside our heads with a detached tolerance. In our discussions on the Quantum Nature of Reiki we learned that things are not quite what they seem and that there are forces at work that can be observed, but not understood, **that falls in the realm of spirit.**

The old theory of physics taught us that everything is made up of atoms and that these atoms are in turn made up of protons, neutrons and electrons orbiting around a central nucleus. In between these protons, neutrons and electrons there is basically empty space. Quantum physics teaches that the space isn't exactly as empty as we once thought and there is some indefinable quality to that 'empty' space, making it in all reality, not empty.

In that the space inside all of the atoms is connected in much the same way as the air on Earth is all connected (it's the same air flowing through my house as yours), the atoms themselves are connected by that space and thus our atoms, are also all (inter)connected. So everything and everyone is physically connected to each other by this not empty space, allowing a connection not only to each other, but to the entire universe, and hence the unknown. **Exploration of that unknown is the essence of spirituality.**

So that part of us that is “separate from our physical bodies, separate from our thoughts and separate from our emotions” is what we refer to as spirit and is in fact physically connected to the rest of the universe.

Spirituality vs. Religion

So where does religion and God fit into all this? Again, by my own interpretation, **they don't.... but they can.** If you'd like to think of this connectedness as Christ Consciousness you are more than welcome to. If you'd like to fit it into your religion (or fit your religion into it, as the case may be) there is no reason you shouldn't. I generally find most of world's religions rather limiting when it comes to true spirituality... the principles are there, but they just don't really teach them anymore.

If you follow virtually any religion to its ultimate goal you'll find they all meet at the same place, even though they take different paths to get there. It doesn't matter if you call it Heaven, Buddhaland, Nirvana, Shangri-La, Passaic, or any of a hundred or so other transliterations... its all the same place. A bigger question is, what happens after you get there? Do you just sit around playing a harp for the rest of eternity? What comes next? I think that's a question that spirituality tries to answer before we actually arrive, and exploration of that unknown leaves behind a trail of techniques which is what we regard as spirituality.

Reiki Spirituality

So how does all this fit into Reiki? Well, originally, Reiki was **created as a spiritual path to enlightenment** and there are many Reiki practitioners that still treat it as such. Most Reiki Practitioners outside of Japan, however, trace their lineage through Dr. Hayashi, who, as a medical doctor, was more interested in the healing aspects of Reiki than the energetic or spiritual aspects. And thus his own Reiki teaching tended to lean that way as well leaving that aspect somewhat lacking in emphasis.

The thing with Reiki is that it has the power to perform spiritual healing just as easily as it can perform physical, mental and emotional healing... so if your spiritual channel is blocked (for whatever reason) Reiki will break through those blockages and allow the natural spiritual processes to flow even if that is not your immediate intention. Since most Reiki Practitioners are not so concerned with this aspect of Reiki in the beginning, they don't focus on spiritual healing, so it takes a little longer to happen... but eventually it does, and virtually anyone seriously involved with Reiki for any length of time eventually finds his or her way to one of the spiritual paths that Reiki has to offer.

As we embark on this spiritual journey into Module 3 of the **30 Day Reiki Challenge** you might notice once again a change in the atmosphere. Just as the healing module had a distinct tone from the energy module, so too will you find the spiritual module to have its own voice. As mentioned previously, the keyword for the healing module was **compassion**, the keyword for the energy module was **testing** and I do believe the keyword for the

spiritual module is **awe** as the sense of wonder and fascination just seems to glow brighter and brighter with each rung you climb up the ladder to self-realization, liberation & enlightenment.

It really should just fill you from head to foot with an utter sense of awe and amazement. And remember what the Kung Fu Panda said... **there is no charge for awesomeness!**

Day Twenty-Three Challenge

Your challenge for **Day Twenty-Three** of the **30 Day Reiki Challenge** is to revisit your Reiki goals and see where spirituality fits into the big picture. Determine what aspects of spirituality are of the biggest concern for you right now and think about what needs to be done to realize them. If you meditate, meditate on this. Meditate on exactly where you are and exactly where you need to go. If you don't meditate... try it. If you are having specific problems with your meditation practice, be sure to bring them up in the forums as there are some EXTREMELY advanced (although EXTREMELY silent) Reiki Practitioners here and some good questions may be just what we need to lure them out of their caves in the snowy mountains of the Himalayas in order to answer them.

RECOMMENDED READING FOR DAY TWENTY-THREE

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki and Religion](#)

[Reiki and Religion Revisited](#)

[Reiki and Meditation](#)

Day 24 - Bridging Practicality and Spirituality

Welcome Back to the 30 Day Reiki Challenge! Are you all set for **Day 24**? Did you find any revisions to make to your goals? Checking your goals every so often and revising them as necessary is a good practice to get into if for no other reason than to make sure your still on the right track.

Today I'd discuss an issue that has wreaked havoc on mankind for millennia... how to best balance the principles of a **practical life** with those of a **spiritual life**... which, as anyone who has ever endeavored to do say has found, is much easier said than done.

Many people, once finding a spiritual path, have a very difficult time keeping their feet firmly on the ground when following it... as the lifting aspects of that path tend to lift them right out of their shoes. In the past, people either embarked on a spiritual path from either a very young age or a very old one. Younger folks and older folks tend to have fewer responsibilities and obligations than folks who are working, trying to raise a family, trying to make ends meet, etc. Which makes it a bit of a balancing act.

Younger people that choose a spiritual path often enter the priesthood or join monasteries and the like. Older people (which is the majority of spiritual seekers) consider it off and on throughout their lives and once they retire and the kids have moved away, can more readily dedicate themselves to it with fewer worries or causes for concern of what it will do to their practical well-being. As we get older we naturally begin to contemplate themes of a 'what's up next?' or a 'where do we go from here?' nature, so this explains the sudden interest by the silver generation.

But what about the rest of us? Here I'd like to look more at the tweeners, those too young for retirement, yet too old to join the priesthood and must stay fully grounded for one reason or another. Do Reiki and other forms of spirituality naturally exclude them? Of course not... but it does require some effort in order to have the greatest chances for success.



As a full time worker (with two part-time jobs on the side) as well raising two young children I quite often find myself in the position of struggling to balance the responsibilities involved with wearing these various hats. The biggest challenge for me personally is not so much in managing the time facet, but in see-sawing between the accompanying mental processes.

Being Spiritual in a Practical World

Eckhart Tolle once quipped that “if you really think you are enlightened, go spend the weekend with your mother” and while that might not ring true for everyone, it certainly did for me. I didn’t even need to spend the weekend, one phone call did the trick. Mother’s have a knack for instantly zeroing in on the weak link in one’s spiritual chain and pointing it out oh so subtly... again and again and again. But seriously, with the economy the way it is, chaos reigning supreme in politics as well as the weather, constant flare ups between gang and country alike, and mounting problems in just about every imaginable nook and cranny, how is it possible to surface above the water (see below) and remain there for any length of time?

Well... here’s one secret they don’t teach you in 3rd Grade Social Studies Class... the universe has no awareness of time. If you can stop the monkey mind for just 5 seconds... that’s long enough for the universe, and the universal, to plant a seed. So it’s not really how long you meditate, but how deep you meditate that counts. If you can get deep enough to reach that state of bliss and wonder, it doesn’t matter how long you stay there because there is no sense of time. And Reiki helps you to do just that by clearing blocks that keep you from it!

Not everyone can disappear into the mountains for personal retreats, go on extended walkabouts, or meditate for several hours every day. Heck, not everyone can calm their minds long enough to have any type of meditational experience at all. Most people tend to believe that the only way to enlightenment is through meditation, and while that is certainly the most popular way, there are many paths to enlightenment and not all of them require meditation... we will be discussing several of the alternatives later on (although meditation will be our main avenue).

Being Practical in a Spiritual World

Henry David Thoreau once revealed that the secret to happiness is to “simplify, simplify, simplify” and while it required a move to Walden for him to be able to do so, we can create our own Waldens in our minds whenever we choose to do so. Daily Reiki meditations help us to deal with practical issues more calmly, more rationally and more enjoyably. Meditation in and of itself is a very strong practice and when you combine it with Reiki it becomes that much more powerful. Meditating on practical things ahead of time allows us to rehearse, mentally and emotionally prepare, and take us above the situation for an unemotional bird’s eye which can reap many rewards.

Gendai Reiki founder Hiroshi Doi likens enlightenment to being in cloudy water and finally reaching the surface and getting your first real glimpse of the sun. And that is actually relatively easy. **The problem is staying there.** Gravity never lets up and the same forces that we had to contend with our entire lives don't suddenly disappear just because we've embarked on a spiritual path. The more time we spend with our head in the clouds, so to speak, the more mundane things like paying rent, arguing about politics, watching reruns of M*A*S*H seem to pale in comparison. (Okay, maybe not the M*A*S*H one, but you get the picture). So how do we go back to these things that used to be the highlights of our day once we've seen the sun? Once again... **Reiki to the rescue!!**

The ability to function in a practical sense is important, and the only thing limiting our ability to do so (have you guessed it yet?) are blocks in our energetic systems. This is one of the reasons for the monks in training sweeping the steps for hours on end... finding spirituality in even the most mundane of things builds that ability.

Bridging Practicality and Spirituality with Reiki

I tend to look at these as yin (spirituality) and yang (practicality), although as with all yin/yang dichotomies there are aspects of both in each. The inability to bridge the two and create a balance between them in your life is the result of something blocking your ability to do so... and fortunately for us, those blocks are energetic in nature and hence Reiki can dissolve them, and as we've learned, targeting specific blocks with Reiki dissolves them much more quickly.

Once you have built a bridge between the spiritual and practical aspects of your life you can jump back and forth between the two sides much more easily and quickly... it's just always important to remember which side of the bridge you are on.

Day Twenty-Four Challenge

Your challenge for **Day Twenty-Four** of the **30 Day Reiki Challenge** is to perform the **Bridge Meditation** described in the **Reiki Bridge Meditation** post in the recommended readings below. Although this time we are doing it with a twist. The instructions in that post call for the creation of a bridge connecting you to the source, but in this case we are building a bridge between our practical selves and our spiritual selves. Of course when we start our meditation we are in a practical frame of mind, as we feel ourselves entering the meditation we simply start building a bridge and directing it to our spirituality as we cross. When we get to the other side we have effectively built our bridge. Now the fun begins. Transport yourself back and forth to either side of the bridge and notice the differences. Notice what's involved on the practical side and what's involved on the spiritual side. Notice all the details of each. Notice how we think and feel on either side.

Notice the things that are different as well as the things that are the same. Continue for as long as you like, hopefully at least until you have a clear understanding of both or until your meditation takes you to that deep place where we lose control yet internalize and assimilate the desired information completely on an unconscious level. Try to process as much as you can on a conscious level before this happens though as doing so will solidify the experience in your conscious mind. Best of luck to you... happy travels!!!

RECOMMENDED READING FOR DAY TWENTY-FOUR

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki Bridge Meditation](#)

[Did Ye Get Healed?](#)

[Guessing vs. Intuiting in Reiki](#)

Day 25 - Ready, Set, Meditate!

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 25? Did you complete the Day 24 Challenge? I hope so, because we are going to need that bridge to get where we're going! In most new age spiritual practices, one form or another of meditation generally lies at the heart. Today I'd like to take a look at what meditation is all about and how to best fit it into your Reiki Practice. I break meditation down into three basic types: hard core, soft core, and no core, and use three of India's greatest spiritual masters as (unofficial) gurus for each. Let's take a look at them to see which is right for you.



****NOTE**** I am not an expert on meditation or on the great masters of India, the following are just based on general perceptions and experiences. **The only guru is the one within.**

Hard Core Meditation

"The seeker is he who is in search of himself. Give up all questions except one: 'Who am I?' After all, the only fact you are sure of is that you are. The 'I am' is certain. The 'I am this' is not. Struggle to find out what you are in reality. To know what you are, you must first investigate and know what you are not. Discover all that you are not—body, feelings, thoughts, time, space, this or that—nothing, concrete or abstract, which you perceive can be you. The very act of perceiving shows that you are not what you perceive. The clearer you understand that on the level of mind you can be described in negative terms only, the quicker will you come to the end of your search and realize that you are the limitless being."

The (unofficial) guru for Hard Core Meditation is Sri Nisargadatta Maharaj and this type of meditation is prevalent in such practices as Zazen, or Zen Meditation, where the practitioner sits down with a determination to force himself or herself into enlightenment. This is **Yang Meditation** at its finest. The fundamental question to ask yourself is "Who Am I?" and once you clear away the noise, and the monkey mind, and all of the wrong answers to that question will be the correct one, the experiencing of which, in all likelihood will lead you to the realization that "I Am That."

Nisargadatta had a somewhat forceful approach and could bring people to an enlightened state merely through his stare and his asking them "**Who are you?**"

Soft Core Meditation

"Meditation is sticking to one thought. That single thought keeps away other thoughts; distraction of mind is a sign of its weakness; by constant meditation it gains strength."

The (unofficial) guru for Soft Core Meditation is Sri Ramana Maharshi and this type of meditation is found in the sweeping the stairs style meditations, or walking in the forest style meditations, or as he did, sitting in a cave in the hills. This is **Yin Meditation** at its finest. Ramana style meditation is based on simplicity, and while similar to Nisargadatta (who came later) in many ways (both are heavily steeped in Advaita) they are markedly distinct in style. Ramana had a very warm and caring approach and could also bring people to an enlightened state merely through his stare, which had an inviting depth and warmth like no other. Ramana is unique in that every major religious group in India agreed that was fully enlightened by the age of 16.

No Core Meditation

"Meditation is one of the greatest arts in life-perhaps **the** greatest, and one cannot possibly learn it from anybody, that is the beauty of it. It has no technique and therefore no authority. When you learn about yourself, watch yourself, watch the way you walk, how you eat, what you say, the gossip, the hate, the jealousy-if you are aware of all that in yourself, without any choice, that is part of meditation."

The (unofficial) guru for No Core Meditation is Jiddu Krishnamurti and this type of meditation, contrary to the name, has a rather deep yet unclassifiable core. If anything, this tradition is steeped in a scientific understanding, yet honestly, it goes far beyond science. In his life, J. debated spirituality with everyone from quantum physicists to religious leaders and as far as I can tell he never lost. As opposed to Ramana and Nisargadatta, J. spoke perfect English and had a knack for explaining even the most abstract spiritual ideas in a concise and easy to understand way.

Reiki & Meditation

So where does Reiki fit into this mediation stuff <technical term>? Since the ultimate goal of Reiki is to reach enlightenment (which actually is just the first step... but more on that tomorrow) Reiki is designed to aid us in that pursuit in many ways. Here are a few:

- The spiritual body cannot be healed unless the physical, mental and emotional bodies are healed first. This does not mean perfect health in these areas, but perfect flow of energy to allow for the energy of enlightenment to enter and do its thing.

- Dr. Usui's advice to us to meditate every morning and every evening (which is what he meant by "put your hands together in gassho every morning and every evening) shows that he placed these daily Reiki meditations in quite high esteem.
- Two of the other Reiki principles (don't worry & don't be angry) are products of a misunderstanding of the dimension of time, a correct understanding of which can lead directly to the silencing of the monkey.
- Another of the Reiki principles (work hard) refers to the development of discipline and an ethic of discipline which is necessary for the correct mental state leading to enlightenment.
- Using Reiki to help you balance your life (as discussed yesterday) makes this daunting and elusive quest more effective and enjoyable.
- An understanding of and experience with the Reiki energies can lead us to an understanding of the way things work which will make the path easier to follow.

I believe that experience is a far superior teacher than any guru (and true gurus like those above would be the first to admit so) and that anyone telling you the best spiritual path to take or the best way to meditate, unless like those above, they have the ability to **see** such things, really doesn't know what they are talking about. There are countless paths to take and countless ways to meditate and the discovery of the right one for you is not only an important experience and exercise in and of itself, but it is by far the quickest path to enlightenment. So if you are interested in reaching enlightenment in this lifetime, find your path and discover the best way for you to walk it now... delaying will only put it off for you to deal with in another lifetime, and things might not be as good then as they are now. The stars are in alignment now, the forces are supporting you, the new age revolution and age of enlightenment is upon us... the timing will never be better... so what are you waiting for? **Ready? Set? Meditate!!!**

Day Twenty-Five Challenge

Your challenge for **Day Twenty-Five** of the **30 Day Reiki Challenge** is what I call **The Flame of Life Meditation**. Light a candle, connect to Reiki, put your hands in gassho, and look deep inside the candle flame. Stare as deeply and intently as you can while concentrating on your breathing. Breathe in through your nose to the count of 4, hold it to the count of 4, breathe out through your nose to the count of 4, and again hold it to the count of 4. As you breathe in, imagine Reiki energy entering your crown chakra and circulating through your body. As you breathe out, imagine it is leaving. Keep your attention on your breathing while focusing on the flame. Anytime you lose count, just pick it up again from wherever you are. Anytime your eyes drift away from the flame, just guide them back again. After about 5 minutes, close your eyes and visualize the flame. Keep up your breathing, and again keep your focus on that flame. If you lose the image, open your eyes and get a good visualization of it going again. Then close your eyes and continue for as long as you like. When you are finished you will not only be full of new life-force energy and Reiki, but well relaxed and ready to face any challenge.

RECOMMENDED READING FOR DAY TWENTY-FIVE

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[The Reiki Principles - Don't Be Angry](#)

[The Reiki Principles - Don't Worry](#)

[2nd Reiki Principle Revisited](#)

Day 26 - Next Stop... Enlightenment!

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 26? **Did you drop by today to learn the secret to enlightenment?** Hope so... because that's just what you're gonna get! Read on!!! And you might want to pop up some corn because we've got some videos for you to watch of people explaining things much more clearly than I ever could.

What is the Secret to Enlightenment?

Okay... let's cut right to the chase. The secret to enlightenment is simply to **lower the bar**. There... now that you all know the secret, I guess I'm done... not so fast? Okay, I'll connect the dots for those who demand details.

There are many different interpretations as to exactly what enlightenment is, and therefore the terms are often confused, especially when going from one language into another. By my reckoning, everyone reading this is already enlightened... or you wouldn't be on a spiritual path. So let's see if we can get some idea of what I mean...

What is Enlightenment?

According to the Buddha, enlightenment is "the end of suffering" and although that seems like an oversimplification, it is, in fact, incredibly deep. Most importantly, he doesn't tell you what enlightenment is, he only tells you what it isn't. No suffering. By making it a negative, he keeps it from becoming a belief or a goal. How can you aim for or believe in something that isn't? Dr. Usui used the same wisdom when creating the **5 Reiki Principles**... don't be angry and don't worry are in the negative form for exactly the same reason... to preclude them from becoming goals that can be attained with a "now what" or a "what's next" mentality.

Tomorrow we will be talking about different paths to enlightenment, but for today, in order to explain this concept of suffering, I bring to you a truly enlightened individual with a clarity that burns through spiritual blocks almost as effectively as Reiki itself. Ladies and gentlemen... give it up for my own de facto spiritual guide and mentor... **Mr. Eckhart Tolle**...

For those of you who are unfamiliar with Eckhart's work, even after his recent joint venture with Oprah, I'd highly recommend giving him a read. The Power of Now is an amazing book and his recorded audio and video recordings are even more amazing (I'd stay away from the ones he did with Oprah, they pale in comparison to his other works). He is truly gifted and has made many things crystal clear for me.

There are two other modern day gurus-that-aren't-really-gurus which I also highly recommend giving a listen to, these are **Adyashanti** and **Gangaji**. In that I realize **Eckhart** isn't for everyone (although I can't imagine why), perhaps one of these is more to your liking. While Eckhart does not have a guru of his own (his understanding comes from his own experiences and intense study of many spiritual traditions following a spontaneous awakening while sitting on a park bench), Adya spent many years in traditional Zen practice and Gangaji studied with **Papaji**, a follower of **Ramana Maharshi** (who we discussed yesterday). Here is a clip of Adya discussing enlightenment.

Although he seems very young, Adya packs a strong message and he understands what he's talking about with great mental clarity and focus. And for yet another spiritual flavor, here is Gangaji with her beautiful and powerful take on things.

So there are three examples by enlightened individuals concerning their own paths. No one forced them onto these paths, they chose them themselves and you must do the same. In Japan (as in many cultures) there are still forced marriages taking place all the time, the matchmaking practice of the family (or professionals) choosing the spouse, and while this system works, it does not guarantee a good match. The same is true with your choice of a spiritual path. There is a greater chance of success if you choose your own path, and it is important to remember that you are always free to change. Adya, after 14 years of rigorous Zen practice decided that perhaps it wasn't the right path for him, and within a year of choosing a path catering more to his personal style, he was enlightened. Of course the Zen training he did remains vitally important even though it wasn't responsible for the final push. Everything you do while on the spiritual path adds to your spiritual understanding, so no time is lost... **as if time actually mattered!**

Back to the Bar

Previously I said that the secret to enlightenment is to lower the bar. What this means is that enlightenment is just the first step, not the final result. It is not a goal, but a beginning. When you first realize that there are more to things happening in the universe than meets the eye... you are enlightened. When you realize the merit of a spiritual path or a spiritual pursuit, you only do so because you are enlightened. You are only led to a Reiki Practice in the first place because you are enlightened.

Once you are enlightened, the real work begins. Once you are above the water and can see things clearly, you must put great effort into staying above the water. **Enlightenment is an awakening.** The picture above shows a ring. We are born completely enlightened and are programmed out of it by the suffering and challenges the world has to offer. Returning to

that original state is no superhuman achievement, we are just brought back full circle to where we started. We are once again complete and can then start our journey from there. If you think enlightenment is some superhuman achievement, you are aiming too high... lower the bar... **you are already enlightened or you wouldn't be reading this** (for those of you who have stuck with it). After enlightenment comes **liberation**. Once you are on an enlightened path the goal is liberation. The ultimate freedom. So you see... **you are already enlightened... as Gangaji says, you can stop looking!**

Day Twenty-Six Challenge

Your challenge for **Day Twenty-Six** of the **30 Day Reiki Challenge** is to perform an **Enlightened Meditation**. You are enlightened, or you wouldn't be here. This meditation continues where we left off yesterday, but adds a new dimension to the meditation. Repeat yesterday's **Flame of Life Meditation...** here are the steps again:

1. Light a candle and connect to Reiki.
2. Put your hands in gassho, and look deep inside the candle flame.
3. Stare as deeply and intently as you can while concentrating on your breathing.
4. Do a 4-4-4-4 Breathing (breathe in through your nose to the count of 4, hold it to the count of 4, breathe out through your nose to the count of 4, and again hold it to the count of 4).
5. As you breathe in, imagine Reiki energy entering your crown chakra and circulating through your body. As you breathe out, imagine it is leaving.
6. Keep your attention on your breathing while focusing on the flame.
7. Anytime you lose count, just pick it up again from wherever you are.
8. Anytime your eyes drift away from the flame, just guide them back again.
9. After about 5 minutes, close your eyes and visualize the flame.
10. Keep up your breathing, and again keep your focus on that flame.
11. If you lose the image, open your eyes and get a good visualization of it going again.
12. Once you can clearly visualize the flame, play the following video.
13. Focus on the visualized flame while listening to this special recording.
14. The music will eventually take you, so don't worry when it does... fight it as long as you can and when you can't fight it any more, let the music take you.
15. When the song ends, remain in the peace for as long as you like.
16. Repeat this meditation as often as you like.

The **Gayatri Mantra** is the granddaddy of all mantras and has been popular as a guide to an enlightened state for thousands of years and **Deva Premal** delivers it with beauty, grace and impact. It translates to:

We meditate on the glory of the Creator;
Who has created the Universe;
Who is worthy of Worship;
Who is the embodiment of Knowledge and Light;
Who is the remover of all Sin and Ignorance;
May He enlighten our Intellect.

And here are the words in case you want to learn it:

Aum Bhur Bhuva Svah
Tat Savitur Varenyam
Bhargo Devasya Dhimahi
Dhiyo Yo Nah Prachodayat

RECOMMENDED READING FOR DAY TWENTY-SIX

[The Power of Now by Eckhart Tolle](#)

Day 27 - Spiritual Paths to Freedom

Welcome Back to the 30 Day Reiki Challenge! Are you all set for Day 27? Did you complete yesterday's meditation? Of course the effects of a meditation aren't instantaneous... **but they certainly can be!** The more we meditate and the more we make meditation part of our daily routine, the better we get at it and the deeper we can go. There have been dozens of intense scientific studies involving the effects of meditation on brainwaves and brain functioning and while there are always arguments, the results look fairly conclusive to me, that is, **meditation improves the functioning of the brain and hence, the quality of life.** And since this module is concerned with the spiritual quality of life, **a good meditational practice comes highly recommended.**



There are many different paths to Nirvana, Liberation, Moksha, Heaven on Earth, Full Enlightenment, Self-Actualization, Self-Realization, or whatever else you wish to call it. Generally, teachers teach what they know best, Eckhart Tolle got his start by teaching about the path through suffering because he knew that path best, having lived it, and was able to relate it with a clarity that showed countless people how to understand their own suffering as a spiritual path in and of itself. Once he understood it and assimilated the teachings offered by it, he immediately understood other paths as well (a bird's eye view has that advantage) and explains them with equal clarity so that students can chose which resonates best with them.

Today I'd like to look at some of the various paths discussed, and give a word or two about each, that you might also get an idea of what's available and find the one that suits you best. A **note** of caution though... this list is not exhaustive as there are potentially hundreds of trails... many of which have yet to be blazed... so don't feel you need to limit yourself to these. They do, however, offer a starting point.

Freedom from Suffering

The path to freedom through emotional suffering is based on the idea that we, as humans, create our own pain and suffering and eventually, when it gets to be just too much to bear, we will have had enough, and will be ready to do something about it. At that point we will **surrender to what is**, rather than continue to fight it. We will accept the present moment for what it is and stop fighting it. We will accept ourselves for who we are and stop fighting it. And once we finally surrender, **honestly and truly surrender**, we will know peace and in that peace will be a clarity that will allow us to see what we've been fighting (which are just delusional ideas and thoughts that we have created ourselves in our own minds... and then suffered from fighting against these things that never really existed in the first place). **When we've had enough, we will surrender.**

In every situation we have basically 3 choices... ignore it, accept it, or change it. When we are done ignoring the situation, and when we are done trying to change the world, we will accept it like it is... and that requires a surrender that many of us have yet to declare. This is and always has been the number one path to liberation and further answers the question many people ask to God... **why is there so much suffering?** Why don't you do something about it? Well, suffering is a door to freedom... and if you end the suffering, you close the door. Suffering is transformational once you realize that you are the cause of your own suffering and that you have the ability within to transcend it once you've had enough.

Freedom from Ego

The path to freedom through dissolving the ego revolves around the idea that from childhood, the ego, or self, is encouraged to grow. The sense of I, or me, or me-ness, or my is derived from identification of ourselves with things outside of ourselves which is encouraged starting in early childhood. That ball is mine, so I am the one with the ball. That ownership is part of who I am, of what makes me special, of what makes me superior to the one without the ball. As we get older we find more things to identify with, and to personally identify ourselves with. That car is mine, that house is mine, that person is mine, that job is mine, that idea is mine. We then spend a tremendous part our lives trying to add to this sense of self... **which is an illusion.** Hence, we always want **more...** but are we ever truly happy when we get more? Maybe for a (very) short time we are... but it isn't long before that want of **more** causes us to suffer again just as soon as we realize that Johnny's ball is bigger... and so I am now less than I was and need to rectify that insult.

Nothing outside of us can make us whole or happy. Nothing outside of us has anything to do with whom or what we really are. Understanding this is easy, doing something about it requires some effort and tremendous mental discipline. The ego does not want to be dissolved and will fight you every step of the way. But once you decide to do it... it really doesn't have much choice but to obey. **Sit ego, sit!**

Freedom from the Monkey

As you can see, the two paths mentioned above are not traveled through meditation, so meditation is not the only direct path to liberation. It can be though, and one way is through the silencing of the mind. Stopping the chattering monkey, as it were. The thing to realize here is that **the mind is part of us, we are not part of the mind**. Our minds are tools that should be used as **we** like... they should not be using us. Who's in charge here anyway? We use our minds for thinking, for solving problems, for creating, for imagining, etc. Like an appliance it should be turned off when not in use. Through a lack of discipline we have let our minds gain control so that switching them off seems parallel to switching ourselves off.

What's it like to turn off the mind? It's like dreaming. We are in a total experiential state. We can fully function, but do not feel the need to continually judge, condemn and/or criticize everything that is happening around us. While we are on this path we first learn to turn our mind off for brief moments. With more practice we can do it for greater lengths of time until finally it stays off... until we need it... as it should be.

Freedom Through Presence

Eckhart Tolle may have reached an enlightened state through suffering but due to the resulting clarity he achieved he was able to see a better way and The Power of Now is based on this way. For various reasons I also believe this particular path is the one Dr. Usui taught, although there are no surviving records to verify this. The Power of Now is based on the understanding that the present time is all that is real and is all that matters. The sense of **past and future are illusions**. Time is not linear in nature, in fact it more closely resembles a cloud than a straight line... one that is always changing its shape.

The past does not exist, you cannot reach out and touch it, it is just a collection of memories. Likewise, the future does not exist either, you can't touch it. It solely resides in your imagination. How much needless suffering is caused by anger and worry? Dr. Usui admonishes us to give up these two practices and through this path, this is much easier than just constantly reminding ourselves not to be angry or not to worry. Anger resides completely in the past. We have a memory of something that made us angry in the past and react to it. And it continues to bring forth these angry feelings into the present time. It is a decision to hold on to that anger just as much as it is a decision to let it go.

Worry is a product of the future. It is not real. You are just imagining a bad outcome and your doing so doesn't only cause you to suffer in the present moment, but it also adds power to that idea and according to the laws of manifestation may actually cause it to happen. **Don't Worry, Be Happy** may have been a one hit wonder, but the advice is sage. If you were playing close attention to **Master Oogway** in **Kung Fu Panda** you may have heard him say:

The past is history

The future is a mystery

But the present is a gift...

That's why they call it the present!

Freedom through Logic

As Krishnamurti taught, if you eliminate all the wrong understandings all you have left is the correct one. Great thinkers like Thoreau, Einstein, Plato, Wittgenstein, Carroll, Lincoln, Twain, Shakespeare & Shaw had an uncanny ability to see through false ideas so that all that remained was the truth. This ability is another path to enlightenment (in the popular sense) although it takes a great mind to do so. You don't have to be a genius but, again as Krishnamurti taught, you need some degree of discipline to not let your mind wander off on its own (at least not too far). If you have this capacity, this path may be more to your liking. Consider the options...

Those are a just a few of the paths available just to give you some idea of the diversity or range of paths out there (and some of them are **way** out there). There are numerous books available for guidance and any of the above would need at least a book to explain them adequately, my attempt was to give you a taste... and having done so it's time to turn to the challenge...

Day Twenty-Seven Challenge

Your challenge for **Day Twenty-Seven** of the **30 Day Reiki Challenge** is to repeat the spiritual attunement... only this time we are going to add something to it to make it **100x** more powerful and **100x** more effective. To do so, **play** the video, I've included it again below for your convenience, and pause the recording anywhere between 55 seconds and 1 minute. Right after I ask you to bow your head so the energy can enter in through your crown chakra click the || on the bottom left under the picture to **pause** it. While it is paused, make sure you **feel** a strong connection to the Reiki energy. **Draw** the **First Reiki Symbol** with your right hand over the palm of your left hand and put your hands together in gassho. **Feel** the added energy of the first symbol. If you are? Reiki master do the same thing with the **Reiki Master Symbol** and again hold your hands in gassho and feel the energy. Now is the most important part... **draw** the **Third Reiki Symbol** (the distance symbol) over the screen and **hold** the intention to connect directly through time and space to the attunement. Don't just connect to me (or you will be getting the current me)... **connect to the me giving the attunement**. It's very important to distinguish between the two. Only when you can strongly feel the connection, **continue the video** and do the attunement. For the strongest effect **repeat** the attunement in this way 3 times. If you have the time, repeat yesterday's **Enlightened Meditation** after the last attunement.

RECOMMENDED READING FOR DAY TWENTY-SEVEN

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Follow the Reiki Brick Road](#)

[Reiki and Enlightenment](#)

[Reiki and Suffering](#)

Day 28 - Advanced Meditation

Welcome Back to the 30 Day Reiki Challenge! Are you all set for **Day 28**? I can't believe 28 days has already gone by... only 2 more days till the end... I miss you guys already!! Today's topic is advanced meditation, and besides a discussion on how to deepen your meditative practice, I also have a meditation secret to reveal which has enabled me to **meditate deeper than a Zen Monk with Zero Effort**. It's not for everyone, but it certainly works for me and I'm happy to share it with you.

As was true in the **Reiki Energy Module** as well, the key to the **30 Day Reiki Challenge** idea of advanced meditation lies in **testing**. The practice of constant testing sees to it that you are always moving forwards (or inwards as the case may be) and meditation is no exception. There are many ways to test, and exactly how you do so is up to you, so here are a few suggestions of things to test for.

Frequency

How often do you meditate? I would recommend a minimum of once a day, although Dr. Usui recommended twice a day. As previously mentioned, time is an illusion, so once you are able to get into the meditative state it is not important how long you stay there, just popping in for a quick hello is enough. Keep a calendar, schedule or journal indicating how often you meditate and make sure you are working towards at least once a day (depending on your Reiki goals).

Duration

Just popping in for a quick hello is enough for regular meditation, but for **Advanced Meditation** we are looking for something more. A one-hour meditation yields completely different results than a 5-minute meditation. You should be trying to make your meditations good meditations. If you are just sitting there bored out of your skull, you are not achieving much. How long can you remain in a blissful meditative state without fidgeting and wishing you were catching up with The Simpsons. This is what you should be measuring, how long you are able to comfortably stay in that state. Decide on what your goals are in this respect, and strive to reach them. Keep this information in your journal as well.

Depth

While it is rather difficult to measure the depth of one's meditation with any type of scientific accuracy, it is possible to rate it yourself. To do so just assign a number, on a scale of 1 to 10, on how good you think the meditation was. If you are always scoring 1's you might want to rethink your approach. Again, decide what your goals dictate, and then make a note of how often you are reaching the level you desire. Once you have reached 10 on a consistent basis you can recalibrate the tool and continue. This may sound like a very simplistic approach, but it really does work... after-all if you cheat, you are only cheating yourself.

Location

Which is easier, meditating in a quiet room or meditating in a crowded park? Yeah, I'd have to opt for the quiet room, too. Which yields a better meditation? This time I have to go for the park. In order to go beyond the noise you need to go much deeper, which offers a richer meditation. Crowded trains here in Japan are full of meditators, first drowning out the hum of the train and then drowning out the noise of the conversations around you and finally drowning out the feeling of being in such a confined place takes you deeper and deeper and deeper... of course the guy with his head on your shoulder, drooling and snoring like a pig with a deviated septum has probably gone just a little bit too deep.

Experiences

Keep a Journal of your experiences and write down things such as frequency, duration and depth as well as any thoughts that are cropping up, any problems you are experiencing, and techniques or methods that prove helpful, etc. and go through the journal every once in a while looking for patterns or recurring themes. After a few months these journals will be very helpful in charting your progress.

Music

Make special note of what kind of background music, ambient sounds, chanting, etc. works for you. Chances are there is more like it available if you know what you are looking for.

My Secret Weapon

For almost three years now I have been meditating every day for a minimum of one hour with absolutely no effort at all on my part. This secret weapon has allowed me to achieve the absolute deepest levels of meditation, and they are getting deeper all the time. The secret lies in brainwave technology. The exact program I use is called Holosync and while it is rather overpriced, the results for me have been astonishing. Every day for 1 hour, I put on a pair of stereo headphones and play whatever level CD I am on at the time. Within 2 minutes I am in a profoundly deep meditation during which I keep the Reiki energies flowing. There are similar programs available but I have found the Holosync one the best fit for me. You can get their free CD and try it yourself (again... it's quite expensive) or try one of the others. Only you know which is best for you.

Bonus Secret Weapon

Another one of my secret weapons for achieving incredible results in meditation is, surprisingly enough, **Yoga**. I have turned my regular Yoga practices into extended meditations. I'm convinced this is how Yoga was meant to be done right from the beginning... but the Western approach has sacrificed depth for popularity and has made it easy (and therefore more appealing) by removing all the difficult parts. Like Reiki, more and more people are starting to appreciate Yoga for the spiritual discipline it is, and are not settling for the easy way. Check out the recommended reading below for further detail. By balancing the body physically, Yoga also balances the mind... and the spirit. It is a fascinating art and I highly encourage you to check into it if you haven't already. Meditation is a discipline and the more effort you put into it the greater the rewards will be. Advanced meditation turns it into more of a discipline and the rewards increase in proportion to the frequency, duration and depth of your meditations. Reiki's ability to break through energy blocks also includes breaking through the blocks that are hindering your abilities to meditate deeply and effectively... doing so will make you happier, healthier and you'll live a much longer, richer and fuller life... **guaranteed!!!**

Day Twenty-Eight Challenge

Your challenge for **Day Twenty-Eight** of the **30 Day Reiki Challenge** is much less experiential than that of the last few days. Your mission, should you decide to accept, is to decide exactly how meditation fits into your daily Reiki practice. Think about your meditation goals and decide how you can best test them. Then write out your plan in detail... if you are having trouble with this... meditate on it!

RECOMMENDED READING FOR DAY TWENTY-EIGHT

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Reiki and Yoga](#)

[Reiki Marathon](#)

[The Reiki Tunnel](#)

Day 29 - Bringing It All Together

Welcome Back to the 30 Day Reiki Challenge! I do believe we are almost at the end of the line for this year's **Reiki Challenge**. **Day 29** is already upon us and I feel there is so much I've left out... I guess it will just have to keep until next year's Challenge! Before tomorrow's grand finale I am going to attempt to tie our three modules together into a coherent whole... let's see how far I get...

When I first saw the above image I thought it was three separate rings... with another quick glance I noticed it wasn't... and the three modules covered during the Challenge immediately sprang to mind. We really have covered a lot of ground over the past 30 Days and although we've broken things down into three modules, it really is all just one... **Reiki!!!**

We can look at the healing aspect of Reiki (including all the things we discussed in that module) as being separate from the energy aspect (and the things discussed in that module), but ultimately, it is the Reiki energy that is doing the healing. It is the blocked energy channels that are necessitating the healing in the first place, so there really is no line to be drawn between the healing and the energy. We can further try to separate the energy aspect from the healing aspect, but the Reiki energy we are channeling in order to the healing is, for all intents and purposes, spiritual energy, so again it's like looking at the two sides of a the same coin. We can try to separate the energy aspect from the spiritual aspect, but in the end the energy itself is of a spiritual, etheric nature and while in many ways similar, it is a far cry from the energy running through the power lines to feed our TVs, it creates the wherewithal to learn about a whole other kind of energy.

The Quantum facet covers all three modules in that Quantum Physics is primarily concerned with the nature of energy (the energy aspect) which has an intelligent ability to find and break through energy blocks (the healing aspect) and maintains a consciousness that can bridge us to the unknown (the spiritual aspect). Furthermore, the meditational facet spans all three modules as well, as self-healing, a study of Reiki energetics and unlimited spiritual pursuits can all be achieved during (and used to promote) mediation.

The Three Pillars of Reiki (Reiki Healing, Reiki Energetics and Reiki Spirituality) are each quite able to stand alone, independent of each other, but it is only through a study of them as one complete system that Reiki can be truly understood. In [Hana Reiki](#), my own style of Reiki this integrated understanding is of primary concern. In the beginning, Reiki is presented as an integrated whole, then it is broken apart, and finally it is put back together

in much the same way we have done here. The difference being, the first integration is general integration while the second integration is personal... **as only you can decide how to integrate Reiki into your life.**

Balancing Your Reiki

So how do you ensure that all of the components of your Reiki practice are continually growing? Well, I think that would be a great consideration for your Reiki goals. And through periodic testing you can gauge your progress and make sure you are growing the way you would like to be. Here are a few things to keep in mind though...

- Reiki is organic... like a garden... and should be allowed to freely grow without being pruned or stifled
- Focusing on one aspect at a time may suit you better than focusing on them all at once (understanding the individual components is invaluable)
- Focusing on all of the aspects at once may suit you better than focusing on one at a time (understanding the big picture is invaluable)
- None of this stuff <technical term> can be forced, everything in Reiki needs to grow at its own pace and in its own way
- There is no one correct way, you have to find what works for you, and no one can show you that, you have to discover it yourself
- You should prepare for surprises... for example, things don't always work the same way twice
- Just because something works for someone else doesn't guarantee that it will work for you... but it may...

One of the most beautiful things about Reiki is that it means different things to different people. It's not a one-size fits all deal or something that can be put in a box. Finding out how it fits best into your life is part of the wonder. Find out how all these pieces fit together for you, is what personalizes it and makes it special. Don't cheat yourself out of the experience. Take all the time you need and learn everything you can about what Reiki is and more importantly, **what it is for you!**

Day Twenty-Nine Challenge

Your challenge for **Day Twenty-Nine** of the **30 Day Reiki Challenge** is to go back to Day 20 and repeat the **Hatsurei Ho Challenge** again. This time, do so with integration in mind. Hatsurei Ho has something in it for all three aspects of Reiki. By doing Hatsurei Ho you are performing a very powerful self-healing that gets more powerful every time you do it because you are increasing the capacity of your energy channels every time. Steps 10 through 16 are a very powerful energy exercise. Can you feel the energy? Can you control it? Every time you do Hatsurei Ho your perception of the energy will grow and so too will your control. During today's challenge deeply focus on that energy during this phase. Steps

18 through 21 is the Hatsurei Ho meditational aspect and if you want to supercharge your Hatsurei Ho, go back to Day 26 and completely replace the meditational component (Steps 18 through 21) with the **Enlightened Meditation** and the Gayatri Mantra. Try to include as many of the things discussed over the last 29 days into your Hatsurei Ho. During the meditation, reflect on everything we've talked about.

Make the goal of the meditation an attempt to integrate **the Three Pillars** and every aspect of the challenge into your Reiki practice. Repeat this as often as you like as it is the last formal challenge you will be given... tomorrow's challenge, being the last day, will be a bit different in nature. **Best of luck to you all!**

RECOMMENDED READING FOR DAY TWENTY-NINE

Here are a few more articles that are recommended for making sure you get the most out of today's challenge.

[Bushido - The Soul of Reiki](#)

[Ho'oponopono and Reiki](#)

[Psychic Reiki](#)

Day 30 - Where Do We Go From Here?

Welcome back to the final day of the 30 Day Reiki Challenge! 30 Days sure flew by quickly!! Before winding up I'd just like to say that it's been my distinct pleasure to host this challenge and I'd like you all to give yourselves a big round of applause for sticking with it. I hope you've been able to stretch your Reiki in ways you hadn't considered before and that a seed has been planted sparking your interest in growing your Reiki garden into a veritable forest.

So What's Next?

Well I'm sure each of us has our own separate paths to follow. Personally I am interested in digging deeper into this mysterious energy called Reiki and my own goals involve study in related areas to see which aspects might support Reiki in general as well as my own Reiki path specifically. I've developed **Hana Reiki** as my own style and both practical and theoretical applications are being added to it on a daily basis. Soon I will be adding a distance Reiki course to the menu as well as a forum for **Gendai Reiki Masters**. I also plan on returning to the Challenge next year with all new exercises and explanations based on whatever I happen to discover on my journey.

Early on in the Challenge you were all encouraged to flesh out your Reiki goals, both long-term and short-term, and now is the time to take what you've learned here, adjust your goals if necessary, and get down to it. The more you put into your Reiki Practice, the further it will take you. I know there are hundreds, if not thousands, of people who have sent in their hundred dollars and received their Reiki manual and certificate and believe that is all that's involved in being a Reiki master. I equate that to receiving a master certificate in Yoga... just because you have the certificate does that mean you can do the difficult poses? Of course not and Reiki is no different, except the poses are energetic and spiritual ones. Of course you can gain some knowledge from reading the manual, and the energy channels opened up by an attunement (if done correctly) are powerful in and of themselves, but without the proper cultivation, nurturing and care, that seed that is planted will soon wither and die.

If your Reiki wasn't going any place, hopefully you have a few ideas of where you can be taking it (or where it can be taking you as the case may be) to achieve what you are after. As mentioned previously, there are basically three alternatives in any situation... ignore it, accept it like it is, or take some action. You can choose to ignore everything in these pages,

read through these pages and say “that’s nice” and then do absolutely nothing, or build up enough internal motivation to make some changes (in whatever way you deem best). There’s a fork in the road ahead... **whatcha gonna do?**

Some Closing Words

In closing I’d like to thank you all for taking part in this year’s challenge and I hope to see you again next year. Feel free to drop by anytime, I’ll continue blogging regularly on these pages, as usual, although the next few days might be spent discussing how to heal **30 Day Reiki Challenge Withdrawal symptoms...**

Make sure I can get in touch with you either by (a) signing up on the forums or (b) registering on the blog (the right hand column on this page under **Meta**) (c) send me a message via the contact link (the right hand column on this page under Pages) or through any one of the numerous social networking sites (Facebook | LinkedIn | Twitter | MySpace, etc.) and stop by the site regularly as I always endeavor to find something of special interest to Reiki Practitioners.

That’s all for now... thanks again and best wishes!! **Please don’t hesitate to contact me at any time should you feel I can be of assistance.**

Day Thirty Challenge

Your final challenge for the **30 Day Reiki Challenge** is to make it to the next challenge which will be held sometime next year! Until then, **Reiki the Way, Reiki the Day!**

Conclusion

In conclusion I would just like to thank you all again for giving me the opportunity to present this material to you. It has been one of the pleasures of my life to present this **30 Day Reiki Challenge** to you. I hope you found it as inspirational to read as I did to write.

The practice of Reiki is an individual thing. Since it means different things to different practitioners there is no *one size fits all* formula for success. There are also no guarantees... with the possible exception of the one that says *the more you put into your Reiki practice the more you will get out of it*. So it really is entirely up to you.

I encourage each and every one of you to immerse yourself in Reiki as deeply as time and energy permits to see exactly how deep the rabbit hole goes. I've been involved with Reiki for many years and I still find awe inspiring things that I never knew before with tremendous frequency.

Next year's Reiki Challenge is already shaping up to be an event to be remembered and will no doubt surpass this one in both scale and depth, so be sure to clear some time in your calendar so you can join us live as we present new challenges to you on a daily basis.

In the meantime, best wishes for your Reiki practice... may it consistently be all that you hope it will be.

The background of the page is a deep space image featuring a vibrant nebula with orange, yellow, and blue hues, interspersed with numerous bright stars of varying sizes. A large, semi-transparent white rectangle is centered on the page, serving as a backdrop for the title text.

Recommended Readings

2nd Reiki Principle Revisited

I've been mulling over some of the various interpretations of the Reiki Principles, and the 2nd Principle begged some attention. When taken with its intro it reads... **Just for today, don't worry...** and I found this mulling quite an enjoyable Reiki exercise in and of itself.

First I think it's important to remember to always include the intro for each of the principles, sometimes we take the "Just for today" part and incorrectly keep it quarantined from the rest. While I was at one of Doi Sensei's recent Koryukai, he played a beautiful recording of a musical rendition of the **5 Reiki Principles** (in Japanese of course) and the refrain of "kyo dake wa" (Just for today) kept resounding at various intervals reminding us of this. The thought that came to mind was that we really don't know what tomorrow will bring, so just for today, everything is okay, don't worry (and that sentiment can be carried over to the other precepts as well).

Of the various interpretations, such as...

- **Worry Not**
- **Thou Shalt Not Worry**
- **Do "not worry"**
- **Don't Be Worried**
- **Don't Cause Worry**
- **Etc.**

... I really have to stick with **Don't Worry**, but that's just me... if one of the other variations suits you better, by all means, feel free to use it.

A while back there was a movement (I believe it was started by the well-intentioned NLP folks) to change all of the negative precepts to positive statements rather than negative ones. I recall seeing some Japanese transliterations of the same sort as well. Something about the mind processing negative statements differently than it does positive statements. In my opinion that is completely changing the spirit of the Reiki principles. Changing it from "**Don't Worry**" to "**Be Happy**", or whatever they had in mind, changes it from a principle to a checklist based 'okay what's next' kind of attitude which, I'm fairly certain, is **NOT** what Dr. Usui had in mind.

Worry not is probably acceptable, it's just not the way we (at least I) talk. As was discussed in my post on the 3rd Reiki Principle Revisited the dual understanding inherent in this type of language, i.e., don't worry as in **don't be worried**, and don't worry as in **don't cause other people to worry** is interesting, although I'm not sure it reflects the true nature of the principle, which is no doubt more concerned with one's own spiritual well being than that

of others who may or may not be on a spiritual path at all (at least not consciously).

Thou Shalt not Worry rings a bit too biblical for me, and in an attempt to draw a clear line between religion and spirituality I would tend not to use language that confuses the two. God can use words like thou, but as for us mere mortals I'd try to avoid a holier than thou attitude.

I find **Do "Not Worry"** an interesting alternative as well, although when spoken it's hard to distinguish it from 'do not worry'. The prospect of "not worrying" as a practice in and of itself is appealing. Practicing 'not worrying' is perhaps closer to what Dr. Usui had in mind, but I think the same attitude is included when we just say "Don't Worry" which includes the practice of not worrying as well as the specific action of not worrying... if that makes any sense.

Likewise, **Don't Be Worried** refers to, at least by my understanding, the specific action of not worrying... and not necessarily the practice of not worrying and, although it's just a matter of semantics, it doesn't ring as clear to me.

As stated above, I find **Don't Cause Worry** a bit too presumptuous. I tend to allow others to follow their own spiritual path without imposing my own beliefs on them. Some people love to worry... who am I to deprive them?

If you have any other interpretations or if there are any major ones I've missed, please feel free to shout them out. I'd love to include them in the discussion.

Also be sure to check out my post on The Reiki Principles - Don't Worry if you haven't already. I just wrote it in February but it seems like a lifetime ago, and the cloud-like nature of time is uniquely intriguing.

7 Ways To Make Your Job Much Easier With Reiki

I was talking to a Reiki practitioner yesterday who works in an office in downtown Osaka who wanted me to tell her one way that Reiki could actually make her job easier and eliminate the stress that accompanies her to work every day... always going above and beyond, **I gave her seven...** here they are:

1. **Give Reiki to the people around you...** your colleagues, customers, employees, employers, etc. will all be much easier to work with if they are dosed with Reiki on a regular basis
2. **Give Reiki to the things around you...** computers, office machines, heavy equipment, etc. all accumulate negative energies which Reiki can eliminate, reducing the stress experienced when something doesn't work
3. **Send Reiki ahead in time...** appointments, meetings and upcoming stressful situations will be much more relaxing if Reiki is there waiting when you get there
4. **Keep charged Reiki crystals lying around...** constantly generating Reiki in stress-related areas will keep them as calm as if they had been masterfully Feng Shui'd
5. **Reiki the coffee...** that fuel that keeps most companies afloat will not only taste better, but will spread Reiki healing to whoever drinks it... and most companies drink a **LOT** of coffee
6. **Spread the word about Reiki...** tell your colleagues all about Reiki so that they too can help in spreading the joy
7. **Do a quick Reiki meditation during your breaks...** these simple relaxation exercises are guaranteed to take the edge off
8. *****BONUS*** REMEMBER THE REIKI PRINCIPLES...** if you take them to work with you, and refuse to worry, get angry, etc., just for today, you will go a long way towards being extremely happy in anything you do

So there you have it. These simple applications can be used in virtually any job and will keep you **smiling, happy and healthy** all the live long day.

Breaking Through Stubborn Energy Blocks

One theory as to **how Reiki actually does what it does** is that **it dissolves blocks in the body's various energy systems** and this has piqued my curiosity of late... especially in regard to difficult healings and stubborn blocks. So I'd like to take a look at this in more detail here.

The body consists of a network of energy channels and the free passage of energy through these channels creates a healthy system. Obstructions anywhere along the way create an imbalance of sorts and dis-ease is often the result. Systems such as Acupuncture, Acupressure, Reflexology and many types of Massage Therapy seek to manipulate things in such as way as to allow for the free passage of energy strictly on a physical level.

In Reiki (as well as in other esoteric arts), it is also believed that there are also mental, emotional and even spiritual energy channels that can just as easily become obstructed and systems such as Hypnosis, Neuro-Linguistic Programming (NLP) and even many forms of Psychotherapy deal with mental and emotional blocks while many forms of religious worship and meditation deal with spiritual blocks. While Reiki Level One deals primarily with the physical blocks, Reiki Level Two goes more deeply into Mental and Emotion Healing while Reiki Level Three deals with those stubborn Spiritual Blocks standing between us and Enlightenment. I say primarily, because, as I've mentioned on several occasions, there is no controlling where Reiki energy goes or what it does during our healing sessions... we just point and shoot and Reiki does the rest... so there actually is quite a bit of mental, emotional and spiritual healing going on even while Reiki Level One Practitioners are performing Reiki on themselves or others.

This brings us to the subject at hand, which is dealing with stubborn blocks occurring in the physical, mental, emotional and/or spiritual energy channels. Reiki Level Two offers some assistance by way of the power symbol which can be used to break through more stubborn blocks as well as the mental/emotional symbol which works specifically on mental and/or emotional energy blocks. Even with the use of these symbols (as well as with the all powerful master symbol) there are those blocks which refuse to budge and I generally find that **the older these blocks are, the harder they are to remove.**

What is needed in these cases is of course more Reiki (more frequent sessions and the assistance of others) as well as some of the more advanced practices that we have discussed on these pages (including many more that will be discussed in days to come). I personally find the key to be found in the personal development of **persistence, determination and focus.** I've mentioned before my love of Sudoku and I find **the same rules apply** to difficult energy blocks as to difficult puzzles. When one particular Sudoku refuses to yield under my barrage of Ninja Sudoku Attacks. I've got to knuckle down, double my efforts, take the phone off the hook and attack it again (maybe after a good night's rest). Ultimately they will yield and in the case of energy blocks there are cases that

they won't... and in those cases we must accept that there is a higher power at work here and that **perhaps the healing of the symptoms we are working on is not in the highest interests of that person** (for reasons that we may never understand).

I hope this doesn't lead to a defeatist or 'why bother in the first place' attitude because I truly believe that **in most cases**, healing **is** in the person's highest good and that if the blocks aren't dealt with in this lifetime they will be passed on to the next in order to be dealt with then. We are offering the highest form of healing that is currently available to be used in cases where it is acceptable and this has **a very high rate of success** as is witnessed by the thousands of Reiki healing stories we've all heard. The bottom line is that it is not our decision to make... we can only do what we can. **And I recommend we all do...**

Bushido - The Soul of Reiki

The Japan of Mikao Usui's time was a vastly different place than it is today... in fact it was Dr. Usui's generation that is largely responsible for transforming Japan from the feudal state it was into the democracy it has become. Yet, while a before and after snapshot would instantly reveal these vast differences, the uncapturable (by photograph anyway) heart remains largely the same. Aspects derived from such cultural influences as Shinto and Bushido remain are still interwoven into current Japanese culture. This would have been much more pronounced during Dr. Usui's time which, while a time of great upheaval and change, was still a time when life was simpler and much easier to understand. I'd like to take a quick look at how the effects of Bushido, the way of the Samurai, would have had a tremendous influence on Dr. Usui's life and can also be found deep within Reiki. In this case it would not require much of a stretch of the imagination at all to say that Bushido is in fact... the soul of Reiki.

It's interesting to note that in most of the available pictures of Dr. Usui he is wearing kimono (traditional Japanese attire) while Dr. Hayashi, in many of those pictures is wearing a western style suit. This is representative of Japan of the day, as dramatized in **The Last Samurai**, half the country was looking forward while the other half was still clinging to the traditional ways. It's easy to see from the photos which way Dr. Usui was leaning. The history of that time is truly amazing and there is currently an ongoing TV drama, called **Atsuhime** which is running for one year chronicling the life and times of Princess Atsu, the wife of the 13th Shogun, who was caught right in the middle of these historic changes. Princess Atsu has captured the heart of Japan and every Sunday evening millions of households tune in and are transformed back to a time when things were simpler... yet all too complicated.

It's also important to remember that Dr. Usui was a martial artist and served as somewhat of a bodyguard in his earlier days, and the discipline required can only be compared to a military boot camp... instead of lasting 8 weeks though, one continued for a lifetime, constantly perfecting the skills they deemed necessary for peak performance in the future. This discipline is actually the core of Bushido, the cultivation of the mental and emotional (and often, but not always, physical discipline) necessary for peak performance of that disciple in the future. That discipline may be the art of swordplay (kendo), or may just as easily be the arts of flower arrangement (ikebana), tea ceremony (sado), calligraphy (shodo), incense burning (kodo) or any of a number of more spiritual pursuits.

Many people think of Bushido as strictly a military disciple, but this is simply not so. The fighting spirit can be applied to any aspect of one's life and I believe the discipline involved in the seeking of perfection to be the basis of the fourth Reiki principle... work hard. The ability to continue studying, to fight those things that are preventing you from continuing to master your art, to persevere in the face of adversity, etc. are all contained within that principle. In all actuality, it may be the most important of the 5 Reiki Principles, in that, just as is true with the just for today part, work hard must be applied to the other principles and is not meant to be taken independently.

Let's look at that a bit more closely. The first Reiki principle recommends that we "be thankful". This can be taken on its own as a prime directive in how to respond in given situations or it can be taken much deeper. When we combine this principle with the first part of the Reiki Principles it becomes "Just for today, be thankful". It is now transformed into much more than a response directive and becomes more of a way of life. Being thankful for each day, and all of the things that comprise it contains a very light, uplifting and inspiring energy which helps to raise us up out of the water, as opposed to its negative counterpart (whatever that personally happens to be), which is some type of heavy negative emotion, which in effect drags us down under the water where we are constantly required to struggle to reach the surface.

Now if we take that one step further and apply the fourth principle, we are admonished "Just for today, work very hard at being thankful". This suggests that there is perhaps a great deal of discipline involved in being able to perfect this principle and that it may in fact take a lifetime to perfect this attitude of gratitude. Having the discipline necessary to live your life this way each day is the ultimate goal of Reiki. Having the passion for Reiki to dedicate the necessary effort to do so, the motivation to do this day after day and the determination to see it through is what Dr. Usui taught... hands-on healing is a rather aspect trivial aspect in the light of this.

Returning directly to the concept of Bushido, I'd like to introduce you to a most interesting fellow named Inazo Nitobe (1862 - 1933) who is featured on the Japanese 5000 Yen bill. While there is very little known about the life and times of Mikao Usui, there is quite a bit known about Nitobe, as he himself was quite a prolific writer, and I believe there are many parallels to be drawn between the two. Dr. Usui was born in 1865 and Nitobe was born in 1862, so they are roughly of the same generation. Jujiro Nitobe (Inazo Nitobe's father) was a retainer to the local feudal lord and Uzaemon Usui (Mikao Usui's father) was reportedly a military commander which would have also placed their families at roughly the same level. Both men were caught up in a Japan that was desperately trying to catch up to the western world, shed the shackles of feudalism and enter the modern age in order to compete with the Western states that had recently forced their way into Japanese society. Both men studied abroad in order to gain firsthand experience with western technologies and civilization in order to bring that knowledge back to Japan.

I often wonder if the stories that Mrs. Takata tells about Dr. Usui were not in fact about Inazo Nitobe instead. Nitobe was Christian (Dr. Usui was **NOT** Christian as Mrs. Takata contended), Nitobe was a professor at Daiichi High School and Kyoto Imperial University (Dr. Usui was **NOT** the principle of Doshisha High School or Doshisha University in Kyoto as Mrs. Takata contended), Nitobe studied for 3 years at John's Hopkins University in Baltimore and is widely recognized for being one of the first Japanese students to conduct university studies in the United States (Dr. Usui did not study at a university in Chicago as Mrs. Takata contended) and the list goes on. Was she perhaps confusing the two or drawing her own parallels as Nitobe was quite famous in his day.

Nitobe's own path was that of a statesman and politician, yet I am most fascinated by a book he published in 1900 called **Bushido: The Soul of Japan** in which he clearly and meticulously explains this intriguing concept in the words of one who knows. Since this book was originally written in English it is therefore not a translation and makes it unique in that we can directly hear his words. One quote from that book that I am particularly fond of is **"simple living is the path to Enlightenment"** which is not only one of the tenets of Bushido, but was also part of the Japanese Imperial Military Code of Ethics (which was written by Nitobe in 1905) and would have therefore been a strong guiding force for the early Gakkai members who were among Japan's military elite at the time.

I could continue in this vein indefinitely, and perhaps at some point I will return to it as I feel it is of utmost importance in understanding Dr. Usui, and by extension Reiki, but I think you get the picture... if not, **please do let me know.**

Did Ye Get Healed?

There is a song by **Van Morrison** (one of my all-time favorite artists) that is kind of my **Reiki theme song** and here are the lyrics for you... it's found on the albums Poetic Champions Compose and The Best of Van Morrison and I recommend checking it out (all of his stuff for that matter).

The part about "**I begin to realize magic in my life... see it manifest in oh, so many ways**" perfectly describes for me the way Reiki manifested itself in my life (in oh, so many ways) and that once you are exposed to those wondrous, subtle Reiki energies, you start to notice them more and more and begin to wonder how you ever missed them before.

And, indeed... **every day is gettin' better and better!!**

I wanna know did you get the feelin'?
Did you get it down in your soul?
I wanna know did you get the feelin'?
And did the feelin' grow?

Sometimes, when the spirit moves me
I can do many wondrous things
I wanna know when the spirit moves you
Did ye get healed?

I begin to realize
It manifest in my life
In oh, so many ways
Every day I wanna talk about it
And walk about it
Everyday I wanna be closer

I wanna know did you get the feelin'?
Did you get it down in your soul?
I wanna know did you get the feelin'?
Did ye get healed?

I begin to realize
Magic in my life
See it manifest in oh, so many ways
Every day is gettin' better and better
I wanna be daily walking close

**It gets stronger when you get the feelin'
When you get it down in your soul
And it makes you feel good
And it makes you feel whole**

**When the spirit moves you
And it fills you through and through
Every morning and at the break of day
Did ye get healed?**

Distance Reiki

The idea of **Distance Reiki** (or long distance Reiki as it is called by some) is certainly not a new one, it is one that has been receiving a lot of attention lately so I thought I'd throw in my 2 cents while the throwing is good. To do so I'd like to break this down into two parts... **distance healing** (sending Reiki healing to another time or place) and **distance attunements** (sending Reiki channeling abilities to someone who is not present).

Distance healing has never presented a problem for Reiki practitioners. The idea of sending Reiki energy to someone or something in need is as easy as dialing the phone. Dr. Usui even dedicated a special symbol to assist in the practice of distance healing. Serge King, in his discussion of Huna (the ancient Hawaiian Shamanic practice) sums up this ability in one of the Huna Principles (as opposed to the Reiki Principles of Dr. Usui). This principle states that **energy flows where attention goes** and that really hits the nail on the head. Once you are attuned to Reiki energies you have the ability to focus on virtually anything you like and effortlessly send that Reiki energy there.

The other part I'd like to look at is distance attunements as this is where the controversy lies. **In the original Reiki training there was no such thing as a distance attunement** and there are 2 sides to this equation... one that distance attunement is just as possible as distance healing, and two that distance attunements require much more than the simple transfer of energy. Hiroshi Doi discussed this issue in regard to his own styles of Reiki quite succinctly here, and I believe he is 100% correct in his analysis. The long and short of it being that distance attunements are possible, but there is much more to it than the simple transfer of energy. Without the proper understanding of and familiarization with Reiki energy I personally don't believe it is possible at all, but even though I don't necessarily agree with some of the practices that are going on out there, I am certainly not discounting the possibility.

Dr. Usui himself claimed that he was not the ultimate authority on Reiki energy and Reiki practice. On a scale of one to ten he gave himself a three in Reiki ability. He realized that Reiki was still evolving and he had no desire to put it into a box or stifle its growth. There are no right and wrongs in Reiki and there is no right or wrong way of using Reiki energy for distance healing or distance attunements... but **let's not over simplify it** too much... ok?

Distinguishing Reiki Energy from Other Energies

Another interesting question popped up today... that of “**How do I know if it’s really Reiki energy I’m dealing with?**” While the answer is simple, it may not be quite so obvious.

In order to answer this question we need two different forms of energy... one Reiki and the other Non-Reiki. We also **need to be able to sense Reiki energy**. This comes naturally for some and others must work at it. **Sensing the subtle Reiki energies does not require any supernatural or innate powers...** just a little bit of practice for those who don’t pick it up naturally along the way. Scanning for energy disturbances, fine-tuning your Reiki Radar or developing the sensitivity in your Reiki Eyes or Reiki Ears are all excellent ways to increase your observational powers.

Once you are able to sense Reiki energy you should easily be able to sense other energies. Now comes **the fun part...** once you can sense these energies you can practicing distinguishing between them. In Reiki Games I discussed different activities for distinguishing between different Reiki Practitioner’s energy, different Reiki symbol’s energy and detecting objects that had been drenched in various Reiki energies. **Distinguishing between different forms of energy is just an extension of these activities.**

As with all types of Reiki energy work, practice makes perfect and with the necessary effort soon you will find that **distinguishing between different forms of energy is as easy as distinguishing between different colors.**

Follow The Reiki Brick Road

Once one has become a Reiki Practitioner there are basically 3 paths that can be followed... I base these on the 3 Pillars of Reiki and each has their own unique “personality”, if you will, their own practices and requirements, although, ultimately, they all lead to the same place, so no matter which one you’re on you are in the right place and you are always free to change paths if need be.

The Healing Path

Most Reiki Practitioners follow **the Healing Path**, although this does not mean that they are not free to take side trips along one of the other paths. Those that do Reiki for a living or combine it with other healing modalities like Aromatherapy, Acupuncture/Acupressure or EFT (just to name a few) are also most likely on this path as are doctors, dentists, nurses and other caregivers who make frequent use of Reiki for healing.

Practices commonly found on the Healing Path include traditional “hands-on” healing, mental healing, emotional healing, spiritual healing, healing of animals, distance healing, Reiki Shares, Reiki healing circles, etc. Rather than one specific route, there are many routes on the healing path (as with other paths) so that the practices of two people on the healing path can be quite diverse. There are also many different styles of Reiki, each of which has their own practices and beliefs, so again, two people on the same path may behave quite differently.

The Energy Path

Those Reiki Practitioners who are more interested with Reiki Energetics are most likely on the **Energy Path** where the important thing is to gain familiarity with the actual energy. Some styles of Reiki are much more interested in the energy and in energy work and spend very little time, if any, doing any type of actual healing.

Practices commonly found on the Energy Path include exercises to detect Hibiki or Reiki energy, distinguish between the energies of the different Reiki symbols, distinguish between Reiki and other forms of energy, grow and strengthen one’s energy channel(s), Byosen Scanning, Reiji and beaming Reiki through the eyes. Practitioners on the healing path. For example, may do energy exercises, but they are well aware which path they consider “the path with heart”.

Due to the Quantum Nature of Reiki Energy, practitioners on the Energy Path have taken great strides in proving that there is indeed a relationship between this new rather mysterious branch of physics and ancient mysterious shamanic-like disciplines. Reiki is just one of the fields that are bridging these two seemingly unique yet quite similar schools of greater understanding.

The Spiritual Path

Those who are seeking enlightenment through Reiki are on the **Spiritual Path**, and while this may very well be is the path that Reiki was originally designed for, over the years the other paths have attained equal status among Reiki Practitioners.

Practices on the Spiritual Path are generally based on meditation and advanced meditation techniques and there is quite a bit of crossover between Reiki and Buddhist philosophy and epistemology. The Usui Reiki Ryoho Gakkai, the Reiki Society that Dr. Usui established, also makes use of the Meiji Emperor's Tanka in its meditational practices. The Meiji Emperor himself was said to be enlightened and guided Japan through its age of enlightenment, so it is only natural that his words (of which the only surviving remnants are found in his Tanka) would be used as aids in this endeavor.

As stated above, it doesn't matter which path you are one, none are superior and you may very well shift from one to another at different stages in your Reiki development. There are also those who prefer a perfectly balanced approach to Reiki, seeking to develop each of the pillars equally, and again, there is no problem with that either... **as long as you know where you are and where you're going you shouldn't have much of a problem getting there**

Guessing vs. Intuiting in Reiki

Last night I met up with a few Reiki friends at a pub in Osaka, and so naturally I introduced them to the **Reiki Beer Game** as discussed in my post on Cooking with Reiki. Not only did the cold beer take some of the sting out of the hot summer night, but it led to a most interesting discussion.

As you recall, in that game, one glass of beer is given Reiki and the players must choose which one it is. After a couple of rounds of repeated failure on their part, the conversation drifted towards a discussion on the **difference between guessing and intuiting**, which led to some interesting observations.

By my own analysis, the long and short of it is that **guessing relies purely on statistics** while **intuiting relies purely on skill**. There are generally two voices simultaneously going on in your head (maybe more, depending on exactly how damaged you really are). One is the voice that won't shut up. This is the one that the Chinese traditionally refer to as "Monkey Mind" and it is the one that Zen Practitioners endeavor to permanently silence as their solution to the enlightenment koan. This is where the skill of intuition comes into play... that is, the skill required to ignore, stifle, silence or otherwise void that voice.

The other voice is that of your true self, the one that Victor Frankl discovered in the concentration camps and this is the one that provides the answer to Nisaragadatta's question of "**Who are you?**". When the monkey mind finally shuts up... who is it that notices? **That** is your true inner self... the one connected to the universal presence or (collective consciousness as Jung put it). This is the one that led Eckhart Tolle to enlightenment through his analysis of the statement "Sometimes I can't stand myself". Meaning sometimes **I** (the true inner self) can't stand **myself** (the monkey mind) whereby it is clearly seen that the **I** and the **myself** are completely different entities. Perhaps a closer analysis of Descartes' "cognito ergo sum" or "I think therefore I am" will demonstrate that **the I that thinks** is **different** than the **I that am...** logically rendering the statement incorrect.

Guessing is the process of logical deduction, whereas **intuiting** is the process of being very quiet and listening for the answer (which isn't always easy in a crowded bar... although I do think that is the ideal place to practice...because it takes you to a much deeper level if you can focus amidst all the confusion). **Intuiting** is a skill... I believe we are all born with it, but before long we grow up and learn to reason our way through life rather than trusting the universe to offer solutions.

One of my comrades asked about the difference between men and women in this respect, as it seems that women are generally much more intuitive than men. Actually I believe we are equally intuitive, it's just that women tend to listen to the voice more, while men generally ignore (or even blatantly defy) it. Either way, as a skill it needs practice and refining before mastery can be attained.

Other questions came up, such as the right brain/left brain dichotomy, inductive processes vs. inductive processes, thinking vs. feeling or sensing vs. intuiting (in Myers-Briggs terminology) chunking up vs. chunking down (in NLP parlance), concrete vs. abstract thought patterns, biorhythm accuracy, etc. which led to the typical philosophical debates of the type generally reserved for pubs in the wee hours.... after which it's all a blur. All of these, no doubt, are related somehow, yet, for our purposes in Reiki the how's and why's are not as important as the results we are seeking in techniques such as Byosen Scanning and Reiji, although they make great fodder for our daily meditations.

Healing Yourself With Reiki

One theory of energy healing is that **the root of all disease is found in tired energy**. In this post I'd like to take a look at exactly how this idea impacts Reiki, especially in regard to the often overlooked practice of Reiki Self-Healing (a.k.a. Self-Reiki).

Self-Reiki

As mentioned in my post on Self-Reiki Techniques, many Reiki practitioners do not spend enough time healing themselves. If your body is not working at 100% of its ability, how can you expect to effectively help others? Recall the parable of the **Goose that laid the Golden Egg**? Caring for the goose should've been of utmost concern and the number one priority! By performing Reiki Self-Healing that is exactly what you are doing... caring for the goose!

Replacing Tired Energy

Tired energy (energy that has lost its ability to vibrate at a productive frequency) needs to be continually replaced with fresh, vital energy. In its most basic sense this is exactly what Reiki does. Infusing tired energy with **super-powered Reiki energy** revitalizes it and keeps it fresh. Spent energy leads to energy blocks and these energy blocks can have adverse effects on many seemingly unconnected parts of the body.

For example, if the lungs are full of tired energy they can't supply the brain with the necessary oxygen, which in turn causes dullness, tiredness & general fatigue. The brain needs a lot of fresh oxygen for peak performance and people who have a tendency to use their brains more, need more oxygen than those who don't.

Since brain energy is a priority, the body sends oxygen there first, leaving other areas wanting if there is not enough to go around. In such a case the stomach and digestive system will not be getting the energy they need and accordingly, the liver and kidneys will not be getting enough oxygen and energy to maintain their ability to filter out pollutants, aggravants and spent energy from your system. Meanwhile good energy will be lost every time you go to the toilet, while bad remains, and the blocks will continue to grow in size and effect. Poor liver condition also leads directly to poor skin condition where rashes, discoloration, acne, and other types of skin disease and **no matter how good the nutrition you are receiving, it is not worth anything if it is not digested properly**.

Simply giving the necessary energy to your lungs can prevent all of this from happening and **regular Reiki self-healing treatments do just that**.

Anatomy and Physiology

In my post on Assorted Reiki Body Parts and Intelligent Energy, I discussed the importance of a general understanding of **Anatomy and Physiology** in understanding the root causes of problems so that Reiki can be given directly to those areas (which is much more effective than giving Reiki to the whole body and allowing it to find its way to diseased or tired areas) and this is true for understanding your own anatomy as well as that of others. When giving a Reiki treatment (to yourself or others), giving Reiki directly to the cause of the symptom will have much more long lasting effects than merely giving Reiki to the symptom.

Also, as discussed in the above referenced post, scientifically, Reiki can be said to work on a resonance basis (recall the guitar string vibrating as a result of another guitar's string being plucked) and Reiki Resonance takes time. Be patient! Especially with yourself because, generally speaking, Reiki practitioners have a much higher level of Reiki already circulating through their bodies and so more is needed to reach the level where the currently circulating Reiki can't reach. Sometimes the Reiki Hibiki that is most easily noticed points to the effect and not the cause.

It's been my experience that self-healing usually takes longer than healing others, and healing Reiki practitioners usually takes long than healing non-Reiki practitioners, but blasting Reiki directly into the root of the problem tends to have much quicker results... **and, of course, we want our goose to be healthy!**

Ho'oponopono and Reiki

In Ancient Hawaiian Shamanism (**Huna**) there is an exercise called **Ho'oponopono** which has some extremely interesting (if not important) implications for Reiki. I trained in Huna with both Serge King and Tad James in Hawaii and, as is true with many Reiki teachers and Reiki trainings, the two forms of Huna were quite distinct... almost as if they were two completely unrelated systems... except for the energy, which I found to be quite similar. This is reminiscent of Traditional Japanese Reiki teachers who place more emphasis on the energy lineage rather than the training lineage (which is a bit off the beaten track and will hence be discussed at another time).

A Little About Huna

Basically, **Huna** is a modern name for an ancient system, it is one of the original arts and sciences of healing and spiritual development hailing from Hawaii and barely surviving (along with hula) attacks from well meaning missionaries and politicians. Huna shares many characteristics with other ancient shamanic systems, such as: guardian spirits, 5 elements, breath-work, dream-work, herbology, energy healing, numerology, astrology, etc., but for our purposes today involving Reiki Healing, the energy healing aspect is what we are primarily concerned with.

There are extensive volumes that can (and have) been written about Huna, so I can only hope to scratch the surface of one aspect today to give you a glimpse of what lies beneath and how it might be applied to Reiki. That aspect concerns **Aka**, which is the energy that surrounds us and connects us to people, places and things. This is not to be confused with **mana**, which is energy which comes from within and equates to the **ki** that we use in Reiki. A simplified explanation is that ki/mana is aka that is brought inside through breath-work or other exercises.

Aka Cords, are Aka connections between people, places and things. The stronger the connection, the thicker and stronger the Aka Cord and an experienced Kahuna (Huna Shaman) has the ability to see those connections just as some people in other traditions have the ability to see auras and chakras. People that you sense a strong connection with... well, you literally have a strong (aka) connection with and energy can freely flow back and forth along those aka connections. Sometimes this is good, and sometimes it is not so good.

A Little About Ho'oponopono

There are many variations of Ho'oponopono, and different branches of Huna teach it differently, just as the attunement process, Reiju and Hatsurei Ho vary from teacher to teacher in Reiki. Ho'oponopono itself can be translated as "making right" and is designed to use different exercises and techniques to restore balance to your energetic system.

A simple Ho'oponopono exercise involves deep "ha" breathing, visualization of a stage, arena, raised platform or some such screening area, calling in those people who you no longer need/want a connection with, confirming your love/respect/forgiveness/appreciation for that person and cutting the cord. This stops the two way energy flow, and in cases where that connection was taking more than it was giving, you will immediately feel a surge in energy as your balance is restored which is quite an interesting sensation.

I've performed Ho'oponopono where immediately afterwards the person involved contacted me out of the blue, sometimes after many years, just to see how I'm doing. To quote Mr. Spock... **"Fascinating..."**

Great caution should be exercised when performing Ho'oponopono as it is an extremely powerful practice... and once a cord is cut, you can't just switch it back on. If you cut all of your connections... you really will be all alone, and you never know when you might rethink your life and choose to come out of your cave or descend from the mountain... as it were.

Ho'oponopono and Reiki

While Ho'oponopono can be considered in and applied to many aspects of Reiki, today I am going to address the use of Ho'oponopono in distance Reiki healing. First off, I believe that whenever you perform a healing on someone you create an aka connection with that person. This is true for hands-on healing as well as distance healing. Someone performing a lot of distance healings is making a lot of connections with a lot of dis-eased people. After the healing, those aka connections are still there and without cutting them, you may be expending a lot of energy unwisely.

While performing Reiki, Reiki itself connects to the other person through you and that connection never really touches you. However, there is another connection being created, and that is, according to Huna, the aka connection which you may not want to keep around after the healing as it will continue to draw energy from you. Dr. Usui died rather young and it seems many energy healers are often low on energy or predisposed to early exits... so to speak. Perhaps there is some connection.

An easy solution would be to cut the connection with people you have no need to keep it with, using the above exercise after every distance healing. This is done, not only for protection, but also to keep your energies at full force and in balance. Care must be taken, as this is an extremely powerful exercise with far reaching implications.

In Neuro-linguistic Programming (NLP) there is one practice of separating the emotions from the experience in any given situation, so that when you release negative emotions you don't lose the learnings/knowledge that came along with the experience. Memories, knowledge and experiences can be stored in these ethereal aka connections, and simply cutting them can impractically remove the knowledge from your access as well... so you really do need to be careful in dealing with things like this.

I'll pick up this discussion at a later date, but for the time being, suffice it to say that there is an extremely interesting aspect of energy work contained in the relationship between Huna and Reiki... and especially in the practice of Ho'oponopono.



Imagineering your Future with Reiki

Imagineering is a relatively new (but vogue) term for **engineered imagination** and involves using the imagination to effectively realize, create, or catalyze events for manifestation at some point in the future. In this post I would like to look at the process of **Imagineering your Future with Reiki**.

Imagineering takes visualization one step further by breaking it down into its constituent components and when done correctly it has the makings for a wonderful meditation. To begin you **decide on a realistic desired outcome**, for example, say you want to go to Hawaii next summer, this is much more realistic than wanting to become an NBA superstar (unless you are over 7 feet tall, that is....). Once you have your desired outcome in mind **find something that represents that desire...** in our Hawaii example, get a picture of you at the beach, or a beautiful sunset, or a postcard from Hawaii (or any other beach resort)... anything that you can use to represent that dream will do. Give it Reiki and keep it in your Reiki Box if you have one. Now, **meditate on it...** just allow all the obstacles in the way to become clear and let your unconscious mind do the rest. Whenever your thoughts stray from the beach... gently bring them back and continue.

The secret to imagineering lies in the clarity with which you can visualize the outcome. If there is one particular obstacle that continues to pop up, make dealing with that your meditation until it is dealt with... but **never let the final goal stray too far from the mediation...** try it... you'll like it!!

Permanently Alleviating Stress

According to today's newspaper, the word "**stress**" is Japan's "**most recognized and frequently used loanword**" passing top contenders like "volunteer" and "recycle" for the first time. The Cultural Affairs Agency reported that 98.5% of those surveyed were familiar with the word, prompting an official to comment that this was a "reflection of the current state of Japanese society, in which many people feel stress".

I strongly feel that this is not only the current state of Japanese society, but also that of many nations, and may single-handedly be responsible for many of the unrealistic and unfathomable events happening more and more frequently in the world today.

Through Reiki, I was able to banish stress long ago and in this post I would like to look at the mechanisms involved in quickly, easily and permanently alleviating stress through Reiki. Of course it will require some effort, but it's a satisfying effort that will only leave you wanting more. After all, **no pain, no gain!**

Causes of Stress

First I'd like to take a look at the main cause of stress, as I see it. Of late, the world has grown more and more complicated and time consuming. Scheduling enough time for proper relaxation is proving more and more difficult. With so much to do and so much to think about our minds are **overworked and underpaid** so that at night, while we should be peacefully sleeping and dreaming about all those wonderful possibilities that await, there is so much happening in our minds that we can't achieve the level of relaxation necessary for the internal processing, organization and restructuring that needs to be done.

This has a tendency to leave us confused and on edge. Imagine not sleeping for a week... how disoriented you would be... over the years that has slowly been building up and is the result of overstress. Some people are better able to handle it while others are not, causing them to do highly irrational things that no one in their right minds would even consider. Now imagine thousands, if not millions of people experiencing this on a daily basis and going about their daily routines as if all is well. They do, of course, have responsibilities which they can easily see... the means get a bit blurred though, and merely just has to check the newspaper headlines to see the results.

As discussed in my post on Reiki Sustained, Dr. Masaru Emoto has scientifically shown the effects of the environment on water molecules, and since our bodies are over 80% water, this is something that has extremely important implications. Living in a stressful environment deeply affects us at the cellular level, and it is at the cellular level that it must be combated. Enter Reiki...

Alleviating Stress with Reiki

In the first level of Reiki we learn how to use Reiki energies for physical healing. One way of understanding how this is accomplished is with the **Hana Reiki Dam Metaphor** (oh no, not another Damn Metaphor)...

Imagine a dam blocking a river and holding back a million tons of water. That dam was designed by people descended from beavers (or so certain mythology leads us to believe) according to certain scientific formulations and calculations. Too much water or other natural disasters can cause the dam to collapse, as it was designed with certain practical limitations in mind. Likewise, if the density (or weight) of the water changes to such an extent that the dam cannot hold back the heavier water any longer, it will collapse. The human body has many rivers of energy flowing through it and energy blocks can be caused by any number of things, causing dams to occur. In the case of the river holding back the water, these dams are a good thing (at least for a certain percent of the population) but in the case of the human body, these dams are bad (unless they are intentionally created as in mudras and bandhas) and are the sole cause of dis-ease. Applying Reiki has the same effect as changing the density of the water and eventually, once enough Reiki has been given, the internal dam will burst, allowing the body to return to its normal healthy state.

Stress, is the result of mental energy blocks. If the rivers of our consciousness were flowing unobstructedly we would not experience stress, as our minds are designed to process and restructure information in such a way as to keep us mentally balanced. In cases where obstructions occur, the simple application of Reiki is all that is needed to burst the internal mental dams, and, again, allow the mind to return to its normal healthy state. Second Degree Reiki Practitioners learn more specific applications of Reiki for mental and emotional healing, but First Degree Reiki Practitioners have all the tools necessary to effect the changes needed.

Stress and Meditation

As discussed in greater detail in my post on Sensory Overload, **meditation really should be a part of your daily Reiki practice**. Not only does a Reiki meditation allow the subtle Reiki energies to do their thing, but it also allows the benefits of meditation, in terms of bringing your mind to an alpha state (or deeper), in allowing you to relax to the extent necessary to keep things running smoothly. In days of old, things were much simpler and people took great pleasure in the simpler things. Images of women washing linen in the river, Zen Masters sweeping the steps to the temple, Van Morrison's window washing meditation, Ma & Pa Kettle sitting on the back porch enjoying the sunset, all lay testament to the fact that people had the ability (and sense) to meditate naturally, while doing things of a repetitive nature, and keep their minds healthy and strong. As stated above, our minds are overworked and underpaid and without these simple distractions, the internal dams are growing denser and denser and the world is getting crazier and crazier as a result.

For those of you who just skipped to the bottom hoping for a quick overview or summary... here you go... **meditate and do Reiki everyday (or combine them in a Reiki meditation) and you will be permanently, painlessly and effectively alleviating all stress from your life.**

Planting Reiki Seeds

Many Reiki Masters believe that from the moment you are attuned to Reiki it becomes fully functional. Others believe it takes many years for the Reiki to become properly activated (and even then only after dedicating the necessary discipline and commitment). Which one is right? The answer is “yes”.

Instant Activation

In Reiki, there are generally multiple transmissions of Reiki energy given to students as they move from level to level. These are either called Reiju or Attunements and their practice varies from style to style. Western Reiki usually makes use of Reiki Energy Attunements which are designed to place Reiki Energy in the vital points of the Human Energy Field for the complete integration of Reiki energy into the student's energetic system. This is usually done multiple times for every Reiki level being taught as the body can only take so much at one time.

In Traditional Reiki, there was no attunement, per se; rather Reiki energy was transmitted by a series of mini-attunements, called Reiju. These are periodic installments of Reiki energy designed to gradually strengthen the Reiki Practitioner's Reiki channel. This works energetically on a resonance system basis whereby energy of a higher vibrational frequency has the tendency to raise lower vibrations until, ultimately, they are the same. This may occur the first time and it may not, depending on what frequency your energetic system is running at.

Either way, in both of these transmission systems one is able to do Reiki the moment Reiki has been received. This is one of the wonderful features of Reiki that separates it from other natural healing systems.

Gradual Activation

Once Reiki has been switched on, so to speak, it is by no means fully functional. It is working completely, that is true, and for many, the level of Reiki energy achieved by that simple attunement is enough to satisfy them. However, it is only through maintaining a regular Reiki practice, consisting of self-healing and exercises like Hatsurei Ho, can one's Reiki be taken to ever higher levels.

The body has a tendency to store tired, used and wasted energy and we are generally not aware of this. Many Reiki Practitioners make the mistake of only giving themselves Reiki when they are sick or when there is some noticeable problem. Regular doses of self-Reiki push out the spent energies the body accumulates in order to keep them from forming energy blocks that we would no doubt not be aware of for quite some time. This constant reinforcement of Reiki and replacing of old energies with new Reiki enhanced energies is part of what makes Reiki become fully functional.

Hatsurei Ho, as discussed in my post on Hatsurei Ho, is an exercise designed to strengthen the Reiki channels. Dr. Usui would not have insisted on the use of such a practice and/or endorsed it as one of the three key Reiki practices, if there was no reason to. Again, most Reiki Practitioners have no desire to strengthen their Reiki channels, and are satisfied with what they have, but for those who are interested in such practices, there are many exercises to grow your Reiki in many different ways.

The Reiki Seed

Having been given Reiki does not mean that there is some kind of sudden and miraculous transformation of our natural state of being. My own experience was more that it gradually opened my awareness to subtle energies and things that I was not aware of before Reiki, allowing me to focus on these things that I previously had no idea existed.

Learning Reiki is like being given a Reiki seed which must be cared for in order for it to grow and develop into the type of Reiki necessary for our own spiritual development (whatever we personally reckon that to be). Reiki can be likened to an orchard with three trees in it (each based on one of the Three Pillars of Reiki) that, once fully grown, the branches all seem to connect at the top so it appears like they are all interconnected.

Another metaphor is that of a garden. Reiki, since it is organic in nature, it needs to be nourished so that it can grow. What is the state of your Reiki Garden? Are you watering it every day? Are you spending the amount of time necessary to see that it grows into a beautiful garden that you can sit in everyday for a wonderful Reiki meditation? Or did you just get your attunement and figure it would grow on its own? I'm sure that however you are caring for your Reiki Garden and however you have chosen to grow the Reiki Seed you were given is right for you, if not, **it's never too late to pull a few weeds!**

Psychic Reiki

No this isn't a new style of Reiki... at least not that I'm aware of. **Psychic Reiki** refers to that aspect of Reiki that fosters psychic development as a side effect. I'd like to take a closer look at that here.

Yesterday in my post on Planting Reiki Seeds I spoke of one's Reiki garden. In this garden there is a plant growing next to one of the trees that is the vine of psychic ability. For some people has yet to manifest and remains a seed under the ground. For others it's a very small shoot, while for others it is a vine that climbs up the tree and intertwines with the branches of all the trees, connecting them and passing energetic vibrations between them.

My own take on this psychic ability is that we are all born with some type of psychic abilities, but for most of us we **un**learn them at a very young age. First, it's important to separate what is psychic and what is not.

What Are NOT Psychic Abilities?

I believe there are certain innate abilities that we s humans have that are not exactly psychic abilities but are often mistaken for them.

In days of old, man had a much greater sense of smell than dogs did and there are some aboriginal tribes in which the people have retained that ability which can be incredibly powerful if one knows how to use it. For example, every emotion has an odor connected to it. Love, hate, interest, disinterest, jealousy, etc., all have unique aromas. If someone was telling a lie, you would instantly know because of the emanating odor. If someone wasn't interested in what you were saying, you would pick up on that non-verbally so that even if you keep missing the yawns you would understand the feeling.

I believe that we all still have this sense of smell, but it is not cultivated so it is generally ignored at a conscious level. However, at an unconscious level we are still able to recognize it, so that when you have the feeling that someone is not being forthright in their statements, you have a feeling that they are lying, but I don't believe this to be a psychic ability, just a long lost innate ability that has not been developed.

The ability to connect to the **collective unconscious** (as Jung put it) that connects all human beings together is another innate ability. In the original Reiki Kanji, as discussed in my post entitled Some Japanese Reiki Pictograms (Kanji) I discussed the 3 squares in the middle of the first Reiki Kanji which denotes the 3 mouths of the Shaman (which refers to our 3 minds - conscious, unconscious and higher conscious). Most people have not developed the ability to communicate with their own unconscious minds (conscious-unconscious communication), which is necessary in order to (consciously) communicate with the higher conscious mind (or collective unconscious) which is where the bulk of human knowledge and experience is stored.

The ability to see auras and get a feeling about a person before they even speak, or the ability to pick up inflections in their voice-tones that are not consciously noticeable are all, in addition to the buried sense of smell and connection to the collective unconscious, **NOT** psychic abilities and can be developed to very high degrees if one wishes to put in the required time and effort.

What Are Psychic Abilities?

Now that we know what psychic abilities are **NOT**, let's take a look at what they are. I believe psychic abilities are gifts received from the universe and often genetically passed down from one generation to the next, oftentimes skipping a generation. The ability to see the future, out of body experiences and lucid dreaming, scrying or crystal gazing, tea leaf reading, etc., are more than likely psychic abilities which are **not** inborn and therefore

while some people can easily do them, others cannot, no matter how hard they try.

In my Reikiman post I mentioned the age-old abilities of advanced Indian Yogis have called **Siddhis**. These superhuman abilities, which are defined as "magical or spiritual powers for greater control over the self, others and the forces of nature", include such abilities as transformation of elements, manifestation of objects, the ability to relocate at will, etc. Basically all of the things that quantum science suggests that we should be able to do but can't simply because our minds tell us we can't. If these are to be considered psychic abilities, then they are not inborn, but can nevertheless be attained if one is willing to go far enough.

ESP, or extra-sensory perception is an innate ability, perceptiveness to that ability being the key. Once one quiets their mind to a level where they can notice other things that are happening around them, the ability to perceive grows proportionally. Reiki fosters that ability and stimulates an awareness that was not immediately discernible... and **if you are still enough, you will easily notice it.**

Regression and Reiki

Here is an advanced and **extremely potent Reiki technique** combining Reiki with the power of visualization with an even more advanced technique bringing hypnosis into the mix. Use with caution as the effects are difficult to reverse.

What is Regression?

Regression, or Age Regression is the process of returning to an earlier stage of life in order to explore a memory. Regression therapy is generally used in hypnotherapy (and similar branches of psychology) with mixed results and is always coming under attack for being quite dangerous if not handled carefully, but don't worry, the way it is used in this procedure it is quite harmless and can be of tremendous benefit if done correctly.

The Basic Technique

For the basic technique, all you have to do is **connect to Reiki** and **meditate on or visualize** a particular event in your life that you feel Reiki would have helped out with. Picture it as clearly as you can and actually feel yourself in the body of the past you. This is all that is really involved in regression at the most superficial level (which is as far as we are going for this exercise). Once you have the situation clearly in your mind, and you can feel yourself present in that time, you want to **draw the third Reiki symbol** in order to connect your present time to that situation. When you have done that you can then use your body as a direct channel to **send Reiki** back in time to that event.

If you have been practicing the exercises for noticing the flow of Reiki energy **you will clearly feel that it has been activated** which is an indication that something is happening. And after you feel it flowing you will then be able to direct those Reiki energies either to yourself or to those others that were present in that situation. This is different from using the distance symbol to send Reiki healing back in time because **the added power of the regression is allowing you to use the Reiki energies as if you were actually doing it at that time.**

The Advanced Technique

In the advanced technique you need a hypnotherapist to help you out, preferably one that knows about Reiki. They know all about regression therapy and will be able to regress you to a much deeper level than you can with meditation or visualization. **Make sure they understand that you do not want to psychoanalyze or in any other way attempt to understand the situation** (that is beyond the scope of this practice and can be harmful if the hypnotherapist does not know what they are doing). You only want to **use the power of regression therapy to connect to the situation as deeply as possible.**

Once you are regressed and connected at such a deep level you will lose the power to remember what you are doing there, which is why you need the hypnotherapist to be present and which is also why self-hypnosis doesn't work in this situation (unless you have recorded a script to allow you to do so... but I don't recommend it).

As in the basic technique, you want the therapist to guide you in drawing the third symbol (and other symbols if you choose) and directing the Reiki energies either to yourself or others that were present in that situation. Again, **don't try to analyze or in any way judge it**, just be present there and allow Reiki to do its thing.

My post on Reiki and Hypnosis gives you a few more pointers on combining these two healing modalities for maximum effect... **use them wisely!**

Reiki & the Law of Attraction

This report goes hand in hand with yesterday's post on Abundance. The **Law of Attraction** has been called the most powerful law in the universe and has been around in one form or another for thousands of years. The basic premise is that by focusing on something you can attract it to you... **whether positive or negative!!!**

What Exactly is the Law of Attraction?

In **Huna**, a form of **Ancient Hawaiian Shamanism** there is a principle that states that **"Energy flows where attention goes"** and this energy, drawing from the **Law of Abundance** can manifest something out of nothing (as discussed here) just by focusing on it. In fact, the more you focus on something, and the greater the intensity and clarity, the more powerful that energy is that is doing the manifesting. People who focus on positive things in their lives generally receive positive things, while for those that focus on the negative... the road seems mighty long.

What is the Relationship between Reiki and the Law of Attraction?

In a perfect world we would have the time, energy and resources to do all the things we need to do. In a perfect Reiki world this would include dedication to our daily Reiki practice, which would include a daily Reiki meditation. As we discussed in **Reiki & Meditation** (here and here), one of the benefits of Meditation, is that it allows us to quiet our minds so that we can hear the unconscious thoughts that need hearing. Another benefit is that it allows us to spend some time focusing on things that need focusing on. During our daily Reiki meditations we can allow ourselves to focus on things we need, changes we'd like to make, and thoughts we'd like to pursue and **by adding Reiki to the Law of Attraction equation we can greatly amplify the effects of both.**

You've heard the expression: **be careful of what you wish for 'cause you just might get it...** well this is exponentially true in this case, i.e., be careful of what you wish for and apply Reiki to... because the odds grow more and more in your favor with each application.

Reiki & the Unconscious Mind

The unconscious mind is capable of many amazing feats that consciously are impossible to understand. Reiki, when combine with the unconscious mind, knows absolutely no limits. In fact, Reiki and the Unconscious Mind make an **uber-powerful** team.

Conscious, Unconscious and Subconscious Minds

What exactly are the conscious, unconscious, and subconscious minds? If you went into a huge unlit warehouse late at night armed only with a flashlight, the conscious mind represents everything you can see when you turn the flashlight on. The unconscious mind represents everything else in the warehouse and the subconscious mind represents everything outside of the warehouse. The unconscious mind knows all kinds of stuff that our conscious mind has stuffed away in boxes and subsequently forgotten. **The unconscious mind is continuously trying to tell us stuff**, but our conscious minds are generally too active to listen, so these gems often go unnoticed. During meditation, the conscious mind is quieted, allowing it to communicate openly with the unconscious mind (which in turn has the ability of communicating with the subconscious mind... but we'll discuss that another day).

Reiki & the Unconscious Mind

Due to the Quantum Nature of Reiki, its energy is just as impossible to understand as the unconscious mind. Also, due to this Quantum Nature, we simply cannot fathom the true extents of the power of Reiki. When coupled with the power of the unconscious mind, Reiki is capable of some truly superhuman feats and the only thing stopping them from happening are our own beliefs. You see, our belief systems dictate what is and what is not possible in our worlds. If we believe something is possible... than it is. Remember the famous words of Henry Ford - **"Whether You Believe You Can, Or You Can't, You Are Probably Right"** so it all comes down to our beliefs... and **how can we possibly believe something we can't fully understand?** Personally, I believe there is much more to the Reiki energies than I can ever understand, and the unconscious mind is much more powerful than I can ever understand... so when you put these two together, you have one heckuva combination.

Reiki Advanced Practice Series: Reiki and Meditation

In this article I would like to look at the innate connection between Reiki and Meditation as well as how these two disciples can be used together to support and enhance each other. Reiki and Meditation are both spiritual practices and as such a spiritual inclination is needed for their mastery. Without this key element there is no point in trying, as it is not something that can be picked up along the way.

The main point to bear in mind when incorporating meditation into your Reiki practice is that, like Reiki itself, meditation is a discipline... and no discipline can ever be mastered without effort. Reiki Masters who receive Reiki training but never put the time into disciplining it are really not Reiki Masters at all.

The original Reiki training involved months, if not years of dedication in order to master it, and so Reiki Master certificates being handed out over the Internet in return for a quick payment may be valid, but the practitioner still needs to put in the work in order to make it effective. This is where discipline comes in.

There are many meditation training systems to choose from, and those endeavoring to learn meditation are encouraged to try several different styles until they find the one that resonates with them. All meditation systems are not created equally, some are rather severe while others are more lenient, so it is important to find the right one for you, otherwise the practice will be very difficult to maintain.

Zen Meditation revolves around the ability to control your thoughts and the ultimate goal is to stop thinking all together. This state of non-thought opens your mind to a new dimension of reality and for some it comes quite easily while others have to work for it... some harder than others. Typical Japanese Zen Meditation centers around training the mind to focus on one thought at a time. Traditionally, Zen koans are often used which are quite abstract and basically unanswerable questions that allow the mind to expand. As you meditate on these paradoxes, your mind will wander... you just need to remember to bring it back to the puzzle at hand whenever your thoughts stray, and in this way you learn to discipline your mind.

In a Reiki Meditation the same principle is followed. That is, you choose something to focus on (which is generally one of the Reiki Precepts (a discussion of which can be found [here](#)) one of the Reiki Symbols (a discussion of which can be found [here](#)) or some specific application of Reiki (such as an intended distance healing)). Again, just as in Zen Meditation, whenever your mind wanders... you just need to bring it back to the Reiki principle you are focusing on (or whatever the focus of the mediation is) in order to discipline your mind and deepen your Reiki practice at the same time.

This may seem daunting at first and you might be thinking that it is all just too much... I know, I was there before and felt the same way and for many years that alone kept me from even attempting such an endeavor. Finally, I found the system that was right for me and it was all downhill after that. The rewards are substantial, and if you really want it you will get it... any obstacles you encounter along the way are just tests given by the universe in order to prove that this is something you really want. Once you convince the universe that you are sincere and that you are not going to give up... it will concede, but as mentioned above, a spiritual inclination is needed... and luckily... that is all you really do need to get started.

Reiki and Abundance

I've heard it said that **if the wealth of the world were split equally between all the people, then each person would have about \$5,000,000.00** and that the reason this math does not currently add up has to do with what is called abundance and the development of an abundance mindset. Today I would like to take a closer look at this abundance mindset and how it relates to Reiki.

The Law of Abundance

If you don't believe that you can create something out of nothing than please tell me where ideas come from. With a brief flash of insight, **where there was once nothing... there is now something...** and that something can be quite substantial. All of the world's greatest musical creations, books, paintings, sculptures, inventions, etc. have all come out of nowhere and been manifest from nothing. The more that these ideas (that were once nothing) are pondered, formed and perfected... and the more thought power that goes into their development, the greater the creation. The abundance mindset stipulates that there is more than enough money, power, love, food, energy, and happiness to go around, and all you have to do is to accept this... and develop the ability to **focus on what you want...** for the manifestation of that abundance in every area of your life.

Reiki & Abundance

One of the first principles I was taught when I was first learning Reiki is that there is more than enough Reiki to go around. There is one particular Reiki meditation where you **open up your Crown Chakra and allow Reiki energy to just pour into your being** and through your energy channels until you are completely sated... and that the source of this Reiki energy knows no limits. Taking this meditation one step further, it is possible to direct your thoughts, and with them the full power of Reiki... to whatever it is you want/need... and therefore guiding your thoughts and Reiki energies together to the manifestation of anything you need. This is the law of abundance in action!

If you are not applying the law of abundance to every area of your life... **why not?**

Reiki and Aromatherapy

Reiki & Aromatherapy are (in more ways than one) a match made in heaven. And off of the top of my head I can easily think of several applications where one can enhance the other so well, that it would be a shame to perform one without performing the other... because in its most fundamental form I believe Aromatherapy to be nothing more than the exploitation (in a good way) of the healing ki of various plants. That is to say that because of the extraction processes involved, essential oils are imbued with the life-force of the plants they are taken from.

One of the many ways in which Aromatherapy is used is with an Aromatherapy massage. And as Reiki practitioners switch on the Reiki while performing the massage a new dimension of healing is introduced. Reiki frequencies are different than the frequencies of essential oils (that's a topic for another day) but suffice it to say, they complement each other extremely well, whether performing a self-massage or graciously massaging another person.

My own belief is that **Reiki stimulates the essential oils to amplify** whatever it is that they do. For example, Marjoram oil is one of the most relaxing oils for me (your own mileage may vary) and when using it in conjunction with Reiki that relaxation is multiplied exponentially. The same is true of the happiness enhancing qualities of Bergamot, the memory enhancing qualities of Rosemary, the skin restructuring properties of Carrot Seed oil, and so on down the line. I would highly recommend Aromatherapy training for all Reiki practitioners... and as a special aside for the Reiki Masters in the audience... try giving an attunement for the essential oil or blend you are using and watch the results... I guarantee **you won't be disappointed**

Reiki and Auras

Aura viewing is an integral part of my own approach to Reiki teaching as it is very easy to teach and much easier to perceive than the more subtle Reiki energies. Wikipedia defines an aura as a “subtle field of luminous multicolored radiation surrounding a person or object as a cocoon or halo. An aura may be held to represent or be composed of soul vibrations or chakras, and may reflect the moods or thoughts of the person it surrounds” and from my own perceptions I find this to be a very highly accurate and enlightening summary.

The Reiki energies are a bit difficult for many people to sense, yet advanced techniques such as Byosen (Reiki Scanning) depend heavily on it. Going through the entire Reiki series of hand placements is sometimes not an option due to time constraints, and so those able to immediately sense energy blocks, or energy surges, or any other type of energy disruptions and apply Reiki energy directly to those blocks will find it much more advantageous. The problem, again, lies in the ability to detect these subtle energies. My own solution is to first teach aura viewing, which can be accomplished in about 10 minutes, and then using that new found ability to help in sensing other subtle energies... like Reiki.

The approach I use to teach Aura viewing, although strange at first has met with 100% success. I have never had a student fail to see auras (although I find it much easier after they've received their first attunement). The approach I use (although I'm sure there are many) comes from this little book:

The book includes a pair of **Aura Glasses** which allow my students so see just the faintest trace of an aura... and with practice that trace will blossom into full fledged aura viewing. The wonderful part comes after they can easily see the auras and realize that they have been there all along... they just never seemed to notice. Such is true with the Reiki energy... it's been there all along... most people have just never noticed.

Reiki and Chakras

As opposed to the ability to see Auras (discussed here), the ability to see chakras is much more difficult, but you don't have to be able to see them to take advantage of their existence. One excellent description of chakras found at Wikipedia defines them as such:

A chakra is a center of activity that receives, assimilates, and expresses life force energy. The word chakra literally translates as wheel or disk and refers to a spinning sphere of bioenergetic activity emanating from the major nerve ganglia branching forward from the spinal column. There are six of these wheels stacked in a column of energy that spans from the base of the spine to the middle of the forehead. And the seventh which is beyond the physical region. It is the six major chakras that correlate with basic states of consciousness...

My favorite part is the description as an **expression** of life force energy, or **ki**, for our purposes. I find this verbiage to be extremely revealing and with some practice, one is able to easily sense these expressions of life force energy. In traditional Reiki there is a Chakra healing technique which focuses Reiki energy on each chakra, both front and back, each experience of which helps the practitioner to move one step closer to perceiving them outright. Some of the best literature on Chakras comes from India and so it should be of no surprise that Yoga places such a strong emphasis on getting to know the chakras. In fact, if done correctly, each yoga position has a particular chakra that it centers on, and meditation on that particular chakra center while holding that pose yields the greatest (and most effective) results.

Reiki and Crystals

Along with Aromatherapy the use of Reiki with Crystals is a bit more advanced in nature, but not so much so that any Reiki practitioner can't do it quite easily. **Crystals have the ability to hold Reiki energy for vast amounts of time** and remain extremely effective with very little care. All you have to do to activate a quartz crystal is to hold it between your hands and give it Reiki energy... that's all there is to it! Then just apply as needed.

As you grow more and more accustomed to the subtle nature of Reiki energy you might also begin to notice differences in the energetic qualities of different types of crystals. For example, Smoky Quartz has a different frequency than Rose Quartz and they each pulsate the Reiki energy at their own frequencies. The main difference not being in the Reiki energies exuded but rather in the energetic qualities of the crystal itself. For example, Rose Quartz has a much more compassionate nature than Smoky Quartz and that compassionate energy is coupled with the Reiki energy (which is quite compassionate itself, but those sensitive to these subtle distinctions can feel the different qualities) so you are basically getting two energies for the price of one. Reiki energy alone works extremely well. Crystal energy alone works extremely well... but **when combined the effects grow exponentially**.

As I mentioned with Aromatherapy Reiki Master's are encouraged to experiment by actually attuning the crystals, rather than just giving Reiki to them to see if they can notice the difference in energetic quality, again... you won't be disappointed!!!

Reiki and Enlightenment

First and foremost, Reiki was designed as a path to spiritual enlightenment, however, it seems to have changed over the years to being just another healing modality (although a very potent one). I believe this to be because the healing aspect of Reiki is extremely easy to master while the spiritual aspects are quite difficult... especially without a teacher who actually walks the walk. If you learned from a teacher who is only interested in the healing aspects you will no doubt wholeheartedly believe that is all there is to it... in which case... you would be wrong. For many people this is enough though... and there is nothing wrong with that... **Reiki will eventually open your channels to the deeper aspects only when you are spiritually ready to receive them.** This post may ruffle some feathers, but it needs to be made clear and is basically meant for those who really want to dig a little deeper.

What exactly is Spiritual Enlightenment? In a nutshell it is the complete realization and understanding that you are part of a bigger whole... that you are connected to the universe and everything in it just as if it were one big spider's web. That's really all there is to it and while the basic idea of enlightenment is so easy, it is so difficult to fully understand because of its fleeting and illogical nature. And of course, at heart, we are all logical and practical beings... just look at the state of the world (okay I won't go there).

The Buddha defined enlightenment as **not suffering** because he believed that it is the failure to notice that we are part of the web that is actually the root of all suffering. It is very interesting to note the Buddha's negative definition... **Enlightenment is not suffering**, he does not tell us what enlightenment is, but rather what it is not. This is extremely interesting and important because it removes enlightenment as a final goal and it removes the ability to strive for something... that is to say that **you cannot strive for something that is NOT**, you can only be guided by it. Notice how Dr. Usui did the same thing with the Reiki principles... he tells us what **NOT** to do rather than what to do, i.e., don't be angry, don't worry, etc. Again, this removes them as goals and things to strive for. There are actually some Reiki practitioners who have tried to turn these negatives into positives in order to make them easier to achieve... this would be a mistake and would actually move the practitioner further and further away from enlightenment rather than towards it.

I have only scratched the surface here and I hope I haven't ruffled too many feathers while doing so. Many wonderful books have been written on attaining spiritual enlightenment and there are many great courses available by such enlightened masters as Eckhart Tolle, Gangaji and Adyashanti. Also more dated works by some of India's sages such as Ramana Maharshi, Nisargadatta Maharaj, J. Krishnamurti and Patanjali all contain the secrets to success. **Each of these teachings is different so it is up to each of us individually to find one that resonates with us...** they are not all the same for a reason... just as all Reiki masters are not the same... it is up to us to find the one that suits us individually. So please don't settle for any old Reiki teacher just because it is convenient. Unfortunately, there are many Reiki charlatans out there... you'll know when you've found one that is able to give you what you need... whether you're seeking the healing aspects or the spiritual ones... find a teacher that's right for you!!!

Reiki and Hypnosis

As a follow up to yesterday's post on Reiki & the Unconscious Mind, I would like to dig a little deeper into this connection by offering another way of connecting the two involving Reiki and Hypnosis.

What is Hypnosis?

There are many definitions of Hypnosis and many interpretations of those definitions. For our purposes I would like to use the definition of hypnosis as **"A trance-like state in which a person becomes more aware and focused and is more open to suggestion."** Over the years Hypnosis has received somewhat of a tarnished reputation, as its use has certainly been abused, but the fact remains that when done correctly (and ethically) it is a **valid healing modality** and quite helpful in gaining access to our unconscious minds... for whatever reasons.

Reiki & Hypnosis

As pointed out yesterday, "When coupled with the power of the unconscious mind, Reiki is capable of some truly superhuman feats and the only thing stopping them from happening are our own beliefs." **Hypnosis is one possible way of coupling Reiki with the unlimited power of the unconscious mind.** In dealing with some of the more serious diseases, like Cancer and HIV, limiting beliefs can make all the difference in the world as far as alleviation of pain and its underlying sources, so I am of the opinion that one should pursue all possible avenues when treating such ailments and not let one's own beliefs (such as negative beliefs about hypnosis) prevent the desired outcome(s). Yes, **Reiki has an intelligence of its own...** and, yes, one should not endeavor to control the Reiki energies... but due to the fact that a complete understanding of Reiki is so elusive, one should not be taking any chances.

As is true with Reiki & Aromatherapy, Reiki & Reflexology, Reiki & EFT, Reiki & Qi Gong, Reiki & Acupuncture/Acupressure and Reiki & Massage, these healing arts all work fine on their own... but when joined with Reiki, **the potential is multiplied exponentially.**

Reiki and Meditation

While not an essential part of one's Reiki practice if one is on the Reiki path solely for its Healing prowess, Meditation **is** essential if one is on the Reiki path for Spiritual Growth... in which case it is vital... and Reiki & Meditation can augment each other's individual growth in many enlightening ways, as discussed in greater detail here.

For this post I would just like to point out a few hints for those Reiki practitioners out there who have yet to incorporate meditation into their daily routines... but don't know where to begin. I'll be the first to admit that Meditation is a rather daunting discipline and it took me years to find the meditation system that was right for me. Besides spirituality, meditation is good for overall health, improved concentration, and greater patience... any of which is reason enough to begin. Here are a few tips for getting started....

- 1) Sit on the floor or in a chair with your back straight and think about anything you like. If your thoughts stray from what you were thinking about just bring them back **to center** when you notice. Rinse and repeat.
- 2) Just meditate for as long as you can without feeling uncomfortable... don't feel you have to sit for an hour if you aren't comfortable.
- 3) Try playing music, burning incense, aromatherapy, lighting candles, chanting mantras, and/or meditating when you're tired (if you nod off for a few minutes, it's no problem at all).
- 4) **There is no right way**... find a way that is comfortable for you and don't let other people tell you how it's done.
- 5) Just do it... there is no better teacher than experience and you can only get experience by giving it a whirl.

As meditation continues to grow in popularity and entrench itself more and more deeply into the new age movement, more and more Meditation systems and techniques are popping up. Even if you are experienced in meditation, you are encouraged to try out some of these new systems... they just might add a new dimension to your practice.

Reiki and Religion

In a nutshell (**although a highly contentious one**) it is my belief that Reiki is in no way, shape or form a religion. It is either a spiritual path or a healing practice (depending on how traditional you want to be) but there is absolutely nothing religious about it and because of this quality it actually blends quite well with any of the world's organized religions.

In order to understand where I'm coming from with this we need to have an actual definition for **religion** from which to work. This is actually where the misunderstandings begin, because there are so many different beliefs as to what a religion actually is in the first place... ranging from broad to concise understandings. Wikipedia defines religion as "a set of beliefs and practices generally organized around supernatural and moral claims, and often codified as prayer, ritual, and religious law. Religion also encompasses ancestral or cultural traditions, writings, history, and mythology, as well as personal faith and mystic experience. The term "religion" refers to both the personal practices related to communal faith and to group rituals and communication stemming from shared conviction." This is in direct contrast to the typical dictionary definition, such as this one found in the Merriam-Webster Online Dictionary which defines religion as "the service and worship of God or the supernatural". I believe this broader definition to be more in line with the generally accepted attitude of what a religion is, i.e., the belief in some sort of God... with some divine purpose and/or some degree of power. It is by this definition that I believe a connection between Reiki and Religion is just not found.

In Reiki there is no God, there is no divine plan, there is no set of religious laws which need to be followed, there is no worshiping, there are no tithes to be paid, **there is no threat of damnation if the Reiki principles are not adhered to**, etc., etc., etc. Some people claim that science is a religion, and it certainly fits the Wikipedia definition, as do football and politics (but we won't go there). Just as is true with the application of the Wiki definition to football, politics or science, many of the Wiki qualifications hold true when applied to Reiki, but I think that when people wonder if Reiki is a religion they are more concerned with the God aspect or interference with whatever religious beliefs they follow, and in that sense, again, Reiki is in no way, shape or form a religion.

Reiki and Religion Revisited

Just because **Reiki is not a religion and has no religious affiliations** does not mean Reiki cannot be used (and quite effectively) in religion. Care must be taken, of course, so that people don't get the wrong impression, as some people are instantly wary of anything connected to religion or spirituality.

In Japan, when I introduce Japanese people to Reiki (most have never heard of it) I make sure to keep the kanji from them until they have some idea as to what it's all about. Only then will I reveal the kanji, which can be related to graveyards and ghostly energy, and were that their initial introduction, well, you know what they say about first impressions...

When performing a serious healing I am of the opinion that you need all the help you can get, so when you are performing Reiki on someone you should always feel free to add a touch of prayer to the mix if you think it will help (and vice versa).

How to Pray

In these pages we've been covering the Reiki side of the equation, but what about the prayer side? Basically, **how you pray depends on who or what you are praying to**. Some prayers are recitals of static verse, while others are more like conversations where you ask questions, seek assistance, give thanks, etc. These are all based on whatever belief system or religion you adhere to. Some belief systems require folded hands, others closed eyes, others ask you to pray at given times and others that you face a particular direction, again, all based on your religion and your relationship with whoever or whatever you are praying to. You should feel free to use any system that brings the desired results... whether that is a closer relationship with whomever or whatever you are praying to or another outcome.

Reiki Prayer

Reiki Praying is a special form of an extension of prayer and a special form and extension of Reiki at the same time. As was true in discussions of Reiki & Aromatherapy, Reiki & Reflexology, Reiki & Acupuncture (as well as the other modalities discussed in these pages) it is a blend with far reaching implications. For most, Reiki is much more scientific than religion. A superficial understanding of the Quantum Nature of Reiki Energy should be enough to show that Reiki can be purely based on science and has no belief system associated with it (which is the basis for religion) so the two can work nicely together without fear of stepping on the other's toes... so to speak.

The long and short of it is that you should not fear (if you've a hankering to) **using the power of prayer in your Reiki Practice**. It can be a strong catalyst and if the person you are treating has a strong religious belief you should, by all means, use that to your advantage.

Reiki and Shamanism

In ancient times the village or tribal shaman was responsible for the health and welfare of the village or tribe. With the advent of modern medical practices, people stopped visiting the local shaman (or barber) for treatment in favor of the local sawbones. Modern medical practices are completely based on science, and so the faith/belief aspect was completely removed from the equation, which, IMHO removed a valuable and powerful component.

Shamans (and now quantum physicists) long acknowledged the existence of forces beyond our understanding and spent hundreds if not thousands of years attempting to understand this power. Some of the stronger shamans were actually able to harness this powerful energy and direct it at will. There are several accounts that **Reiki is no more than the rediscovery of a practice long since forgotten** albeit previously the domain of those shamans (and shamanesses, as traditionally found in Japan) initiated (or attuned) into its realm.

In virtually every culture there is a history of some type of shamanism. The works of Mircea Eliade exhaustively discuss many of them, at least many of those that haven't been lost with the ages. In Japan, for example, the Onmyoji, Itako, and even the practices of Shintoism and Shugendo themselves all have extremely strong shamanic components which would NOT have gone unnoticed by Dr. Usui in the creation of his Reiki Ryoho as, along with Bushido, as their basic philosophy was (and to some extent still is) ingrained in the culture, language and customs of day to day life in Japan.

I've seen some new Reiki styles with various shamanic practices incorporated but have yet to see one with the shamanic practices that would have been familiar to Dr. Usui, with the exception of some of the non-traditional Reiki additions that Hiroshi Doi has incorporated into his Gendai Reiki. I'd really like to see a true Shamanic Reiki system based on those practices Dr. Usui might have incorporated, although rumor has it that many of the techniques practiced (and kept secret) by the Usui Reiki Ryoho Gakkai are based on such practices and deemed quite unsafe for the common people... which is why Doi Sensei presents watered down (and completely safe) versions for general consumption.

Of the various energy systems I've experienced, I find **Chios Energy Healing** to be most in tune with the spirit of traditional shamanic energies, and while technically not a Reiki system, in many respects it is quite similar, and generally in line with modern Reiki practices. I also find the Chios distance attunement procedure to be much better than that used by most Reiki systems and is more effective, and thus more along the lines with how I personally perform distance attunements.

I find the idea that Dr. Usui rediscovered (as opposed to discovered) Reiki after its being lost for many years to be quite inspiring. Rediscovering lost systems and piecing together the philosophy and logic (not to mention the energy itself in Reiki's case) is fascinating.... especially in cases such as Huna and Onmyodo where the practices were outlawed and forced to go underground where they were gradually buried until their rediscovery. **Thank heavens for Dr. Usui's persistence.**

Reiki and Suffering

I've been asked by several people about using Reiki to alleviate suffering. The first thing to ask yourself is exactly **why would you want to do so???** By a purely physical reckoning the answer to that may be obvious, but on a spiritual level the answer may be a bit more involved.

Is Suffering a Bad Thing?

With such widespread war, floods, famine, pestilence & dis-ease there are many that have turned away from belief in God (any God) due to the incessant nature of suffering and His failure to alleviate it. And while I'm sure Calvin's (of Calvin & Hobbes fame) father would say that **suffering builds character** there are a multitude of other arguments both for and against it, not the least of which is that Buddha's definition of enlightenment is "**no suffering**". The key to a complete understanding of this statement lies in the belief held by many that **transcendence above suffering is one of the many portals to enlightenment...** so the question remains that if suffering is a necessary stumbling block on the path to enlightenment (which must be overcome in order to continue)... why would you want to remove it? That would require the participant to take a detour for spiritual growth, and detours on the spiritual path (as is often the case on the physical realms as well) are seldom as easy as the direct route.

Reiki and Suffering

So this creates a bit of a pickle for Reiki practitioners... and thankfully there is an easy answer to this not so easy question. In several of my posts I have discussed the Quantum nature of Reiki energy and the fact that Reiki has an intelligence all of its own. Thankfully... **Reiki is a foolproof system...** it cannot be directly controlled (discussed here) by its practitioners no matter how good the intentions. We can suggest... but Reiki energy itself has the final say as to what its highest good is... as well as the highest good of whomever we are aiming our Reiki cannons at.

So once again... fear not... **Reiki can do no harm...** even at its highest spiritual levels!!!

Reiki and Yoga

Reiki and Yoga (in their purest forms) are closer than most people could possibly image. **They are both, first and foremost, paths to enlightenment** and there is even a branch of Yoga (called Prana Vidya) which deals directly with energy healing. While the use of energy in Yoga more closely resembles that of Qi Gong (of which the relationship to Reiki will be discussed more deeply in another post) in that it uses energies found and cultivated within the body rather than relying on energies outside of the body as Reiki does, the similarities abound.

Most people think of Yoga as an attempt to pretzel the body in as many positions as possible, twisting and distorting oneself into ultimately conquering any possible resistance to flexibility. For those who maintain that as their complete understanding of Yoga (which seems to include most of the Yoga practitioners in the West) they are completely missing the mark. Yoga, in its truest sense consists of 8 parts, contortionistic maneuvering being only one of them. The eight “limbs” of Yoga are (in Sanskrit) yama, niyama, asana, pranayama, pratyahara, dharana, dhayana and samadhi. These 8 Branches are generally divided into three tiers... the first two (yama and niyama) directs one in some of the dos and don'ts of life... much like the 5 Reiki Principles. The second tier involves the actual practice (asana, pranayama and pratyahara). Asana is the part that most people are familiar with (yeah, the pretzel part) while pranayama consists mainly of breathing exercises, while pratyahara deals with an attempt to ignore everything that's going on around us so that we can focus within (kind of like a morning commute on a Tokyo subway). The third tier contains the final 3 limbs (dharana, dhayana & samadhi) and this is where the actual fun begins... these are deep concentration, which leads to meditation, which leads to enlightenment.

In Reiki, the ultimate goal is enlightenment, although most practitioners (especially in the West) mistake Reiki as no more than a healing modality. And just as the Yoga practitioners who feel that Yoga is no more than a chance for them to distort their bodies in as many ways as humanly possible, Reiki practitioners who feel that Reiki is no more than a laying on of hands are missing the mark entirely. Following the various Reiki Meditations developed through the years and culminating the sensitivity to subtle energies both within and without... enlightenment becomes **much more than a catch phrase** and is realized as the ultimate achievement it really is.

Reiki Bridge Meditation

This is another Advanced **Hana Reiki** Original exercise for you to try out should you wish. I call it the **Reiki Bridge Meditation**.

Reiki connects us to the unknown. There is a source of Reiki energy out there someplace (or perhaps it is really inside... who knows) and this meditation is an attempt to connect to the source, where, upon arrival, one may partake in any number of activities. This meditation can be used as a standalone Reiki meditation, or as the meditational component of %%%Hatsurei-ho%%%... both have their benefits.

To do this exercise, enter your meditation in any way that you find effective. See my post on Reiki & Meditation for some tips in this respect. Once your mind is sufficiently calmed and the inner voice(s) silenced (or at least temporarily stifled) visualize a bridge extending into the distance where you can't see the other side (perhaps it is obscured in darkness or light or clouds like in the photo or maybe it is just a **really** long bridge that just fades out of sight). Once you are clearly focused, direct all your Reiki energies along this bridge and as it spans further across, when you are ready, you will eventually feel it connect to the source.

Once you are connected to the source of Reiki energies, you can just absorb the incoming energies, play with it (try to compare it to other energies, test the symbols, etc.), use it for relaxing/centering/focusing, attempt to communicate with it (ask it questions about Reiki, the Reiki energy, your higher self, etc.) draw larger amounts of Reiki in to grow your Reiki channels, use it to connect to other Reiki Practitioners (teachers, students, Usui Sensei, etc.) or just be aware of the connection and attempt to see what **it** is communicating to **you**.

The more you practice this Reiki meditation, the easier it will be, the stronger it will feel and the quicker you will be able to connect. After you have gained some proficiency, connect during a Reiki healing session and compare the resulting energy to that Reiki energy when you are not unconnected. Reiki Masters can also connect during attunements to bring a clearer, stronger energy into the student's auric system. Please let me know if you find any other practices helpful using this meditation or any variations thereof.

Reiki Energy Orbs

Recently, I've been noticing more and more Energy Orbs in pictures where Reiki is present (Reiki Trainings, Reiki Shares, Reiki Healings, etc.). This is especially true (but not limited to) photos from digital cameras. At first I found them to be rather creepy... but now I kind of feel slighted if they aren't present... go figure...

What Are Reiki Energy Orbs?

In the photo above, the **Energy Orbs** (aka Energy Balls, Reiki Balls, Tachyon Energy, Ectoplasm, etc.) are especially clear. There are many theories as to what causes them, but my own personal opinion is along the lines stated in my post on The Dark Side of Reiki in which I mentioned that when you connect to Reiki, your connection is **visible to those that can see...** I liken this to a beacon that is sent up into the cosmos alerting both positive (and possibly negative) energies, entities or in this case Energy Orbs to its presence. Here I distinguish between entities as being conscious, and energies as being unconscious and I've seen no conclusive evidence that one or the other is true.

I believe the reason these Energy Orbs are becoming more apparent recently is that they are attracted to any type of paranormal activity, of which Reiki, in its drawing in of spiritual energies, surely qualifies. In the past, they seem to have been more concentrated in graveyards, and perhaps one of the reasons cemeteries have such a spooky reputation is that certain people have always been able to see these balls of energy and/or sense their presence, and **things that are not understood are often met with some degree of skepticism or negativity.**

While not exactly enlightened, more and more people are open to practices like Reiki that are surrounded by spiritual energy and so these phenomena are being reported more and more frequently. Perhaps the reason I can't find them in pictures taken when I was younger is that neither myself or the people around me drew in these spiritual energies although I don't really have many (any, in fact) pictures of graveyards (**I'm not scared, it's just not my thing... REALLY!!!**).

These Energy Orbs seem to come in all shapes and sizes, sometimes there are geometric patterns embedded and sometimes you can make out a face. Here's one (taken at a Komyo Reiki Master's Class) that looks a lot like a smilie!

It's hard to tell how big these things are as there is no way of knowing how far they are away from the camera (or even inside the camera for that fact). With a little research, I found this on a YouTube video, which kind of acts like I would expect:

Although I can't vouch for its authenticity, as there are increasingly more and more of these kinds of things on YouTube (and elsewhere). That one seems kind of real to me though. **You'll have to judge it for yourself...**

What are the implications of all of this? Personally, I believe it provides some type of proof or scientific evidence that there is something going on. We may not be exactly sure of what that something is, but those of us who are Reiki Practitioners are perhaps aware of things that others may not be. When I take my camera and take pictures of a Reiki training, and the next day take pictures of a birthday party and there are Energy Orbs in one but not the other (I won't say which is which) **there is certainly something going on.**

When I first saw pictures containing these things I was highly skeptical. But when I started noticing them in my own pictures, and when people not connected to Reiki showed them to me in pictures that they took while I was present, I was convinced... **they are not only real, but they are highly meaningful.** Perhaps you'll have to see it for yourself to believe it... **got a camera?**

Reiki for Ultimate Relaxation

One of the most popular uses for Reiki seems to be for relaxation and/or stress reduction, which is great since there is far too much stress in the world today and anything that alleviates some of it is okay by me.

In this post I'd like to look at some of the ways Reiki can be used to reduce or eliminate stress for ourselves and/or others. Practicing some of these relaxation techniques can not only help you to relax, but also improve how you physically respond to stress by:

- Lowering your heart rate
- Lowering your blood pressure
- Lowering your breathing rate
- Reducing your need for oxygen
- Increasing blood flow to muscles & organs
- Reducing muscular tension

The result of the above can include:

- Fewer physical problems (e.g., backache & headache)
- Fewer emotional problems, (e.g., anger & frustration)
- An increase in energy
- Better concentration
- Improved ability to deal with day to day problems

A **Reiki treatment** is often compared to non-contact massage. In fact, many people, following a Reiki treatment feel like they've had a full body massage even though they were never actually touched. All in all, whether performed on yourself or on others a Reiki treatment is a surefire way to reduce the stress of everyday life.

Reiki Meditation is another way to use Reiki to eliminate stress. Meditation in and of itself reduces stress and when combined with Reiki becomes supercharged. Just use whatever meditation technique you find works best and apply Reiki to it and you have all that's needed for a fine Reiki meditation. My post on Reiki & Meditation might provide some helpful hints for you.

One type of Reiki Meditation that I find works especially well is progressive muscle relaxations. Starting at the tip of your toes apply Reiki, either physically or mentally, and work your way up the body stopping at all major joints, muscles and organs along the way. Flex each area tightly and then relax it. By the time you reach your head you should be extremely relaxed.

Similar to that style of Reiki Meditation are deep breathing techniques of yoga's Pranayama tradition. These deep breathing exercises can be quite harmful if not done correctly so it's best to do some very simple ones and only do the more advanced ones under the proper

supervision. An easy on is the **4-4-4-4 Technique...** breathe in to the count of 4... hold it to the count of 4, breathe out to the count of 4... and again hold it to the count of 4. Rinse and repeat for as long as you like. Be sure to stop if you feel lightheaded and don't forget to connect to Reiki before starting.

Another way that I've found to reduce stress is by **connecting to Reiki before stressful situations.** Keeping it running through those activities seems to keep stress at bay for the duration. By the same token, sending distance Reiki to upcoming stressful situations (and situations that you found stressful in the past) also do wonders to eliminate stress.

Connecting to Reiki before you go to sleep is another way to use Reiki to reduce stress, Many times we do not get the level or amount of sleep necessary to keep our mental processes from becoming taxed. Connecting to Reiki before sleep helps us to a) sleep more deeply and b) allow Reiki do to its thing during the night, which has results which can be seen throughout the following day.

I'm sure there are a kajillion other ways to use Reiki for relaxation, hopefully you get the picture. **Please do tell us if you have any others worth mentioning.**

Reiki Hibiki

In my post on Reiki's Byosen Scanning I discussed the process of scanning for energy vibrations, and in response to several questions on this I'd like to take a quick look at an **Advanced Reiki** analysis of the sensations felt in the scanning itself... so, here goes...

Byosen is refers to an energy disturbance caused by the negative vibration emitted by a diseased part of the body. With practice, you can detect these energetic disturbances by passing your hand over the diseased area, in which case your hands will vibrate, tingle or buzz depending on the nature and intensity of the affliction. This sensation felt in your hands is referred to as Hibiki.

Different styles of Reiki divide up the different types of Byosen and Hibiki differently ranging from barely perceptible sensations to acute pain in the hands of the Reiki practitioner. In this post I'd like to look at one variation of these different degrees of Hibiki.

1st Degree Hibiki is rarely more than a very warm feeling in the palms or fingertips of the Reiki practitioner. This is the first indication that a problem is coming and, generally speaking, if you can catch an affliction at this stage it can be dealt with quite easily and will not progress to the higher, more problematic stages. Some more serious injuries, if they are caught immediately after they occur (like Dr. Usui's toe stubbing metaphor) can be nipped in the bud, so to speak, so that even the ripping off of a toenail, if dealt with immediately can be instantly (miraculously?) healed.

2nd Degree Hibiki is usually experienced as much greater warmth. The fingertips or palms getting VERY hot indicate that there is a more serious problem in its developmental stages, and again, these can be dealt with rather quickly if caught early enough. 2nd Degree Hibiki is of greater concern than 1st Degree Hibiki and as the stages increase so too does the level of severity or concern.

3rd Degree Hibiki is where the vibrating, tingling or buzzing begins and different Reiki practitioners can sense the same disease differently. This is why it's important to constantly practice or test in order to be able to distinguish between the levels. Other people's sensations should never be taken as anything more than a report of their own perceptions... not yours.

4th Degree Hibiki is, in my experience, where Reiki actually takes over. Instead of just detecting the Byosen, Reiki actually starts flowing, so the experience of a higher intensity of vibrating, tingling or buzzing is joined by your own perception of what it feels like when Reiki is flowing.

5th Degree Hibiki is also experienced differently by different people. In one case while treating a cancer patient the pain I experienced shot all the way up to my shoulder, causing me great alarm as I knew that this was a rather severe life threatening situation.

This is the **Hana Reiki** breakdown of Hibiki, it may have been explained to you differently by your own teacher as different styles approach it in different ways. As usual, I encourage you to experiment with it and determine your own easily discernible levels and use that as a starting point for developing your own Reiki treatment style.



Reiki in Nature

There are very few things that give me greater pleasure than Reiki in Nature, i.e., Reiki healing, Reiki training or a simple Reiki Meditation in the great outdoors. Whether a mountain, a forest, a beach or a park... there is something about being out in nature and calling forth those beautiful Reiki energies that really recharges my batteries.

Reiki was discovered in the great outdoors and so **there has been a connection with nature from the very beginning**. There are three places in particular, three mountains to be exact, where I really find the Reiki energy to be especially potent and powerful... these are **Mt. Kurama** (the birthplace of Reiki), **Mt. Koya** (the birthplace of Shingon Buddhism) and **Mt. Kumano** (used for hundreds of years by ascetics for spiritual practice). These energies are quite unique, yet each has some intrinsic tie to Reiki energy.

For some reason Reiki just seems to be amplified when done out in nature... so if you haven't tried it... I highly recommend it... but **be careful...** it can be addictive.

Reiki Kaizen

Kaizen is the practice of continuous improvement that has kept companies like Toyota and Ford one step ahead of the competition for years. In this post I would like to discuss application of the Kaizen philosophy and practice to one's Reiki Practice in an attempt to quantify it and simultaneously make it the very best that it can be.

What is Kaizen?

The **Kaizen Revolution** is the result of the introduction of statistics based quality control systems to Japan in the 1950s by William Edwards Deming. Since that time, the Kaizen philosophy has undergone some Kaizen of its own as Japanese businesses have continued to incrementally improve on the Kaizen philosophy and make it their own.

In a nutshell, using the Kaizen philosophy you apply similar experiential thinking to business as you would to learning anything else in life. For example, if you were to read a book about swimming, would you qualify for a gold medal in the Olympics? Not necessarily. Using the Kaizen approach though you would work on various aspects of your swimming (muscle development, different strokes, breathing techniques, etc.) one at a time, and “incrementally improve” on each of them. This cycle continues indefinitely, and while you probably won't qualify for a gold medal in the Olympics anytime soon, you will be consistently improving and well on your way. That's the Kaizen approach.

Kaizen in Reiki

At the heart of Kaizen lies continuous testing, in order to ascertain if the continuous improvements are having the desired effect or not. You change or try something, if it's an improvement you keep it, if not you go back and try something else. Yesterday, in my post on Reiki Testing, I introduced some quick ways to incorporate testing into your daily Reiki practice. **Reiki Kaizen** is one way of systematizing that approach.

As previously mentioned, I consider testing to be one of the central pillars in developing one's Reiki Mastery and all too often it is largely overlooked. I'm not sure why that is, either Reiki practitioners are not taught the importance of testing in their Reiki practice, or they are not motivated enough to do so. Admittedly it does take some time, but if done in the Kaizen spirit, it can be easily added to any Reiki practice to transform it into a **Reiki Superpractice** and soon enough you'll be leaping tall buildings in a single bound.

Okay, maybe not so soon, but you get the picture.

Taguchi Method in Reiki

The Kaizen method I'd like to present to you is a little known system used in quality control called the **Taguchi Method**. This is a Kaizen application developed by Genichi Taguchi in the 1950s just as the Kaizen ideology was taking root in Japan. It was soon adopted by Toyota in their quality control department and it is the opinion of many business analysts that this system is largely responsible for Toyota's success today. In a nutshell, the Taguchi Method multiplies the effects of Kaizen and brings it to a whole new level by using systematized multi-variant testing (testing more than one thing at a time).

There is software available for doing Taguchi applications, but the system I use is an extremely simple approach adapted for Reiki practice. The only tool you need is a spreadsheet and some method of quantification.

What The Bleep Is Quantification?

Okay, big word, easy idea. Quantification refers to measuring something using numbers. In this approach I recommend using a scale of 1 to 10. For example, on a scale of 1 to 10 how would you rate your ability to know when the Reiki energies are flowing? How would you rate your hibiki sensing ability? How would you rate your ability to distinguish between the energy of the different Reiki symbols? How would you rate your understanding of the basic fundamentals of Reiki? Etc.

Since these numbers are for your own personal use, there is no way (or need) to compare them with anyone else. They are based upon your own perceptions and you can judge yourself any way you like. You are the testor and the testee (and you alone decide if you pass or fail).

Here are the easy steps to follow:

1. Make a list of everything in Reiki that is important to you and quantifiable (don't worry you can always add stuff later if you miss anything).
2. Rate each item in the list on a scale of 1 to 10 (if you don't know... guess... you can always go back and change it later).
3. Sort this list into categories (for example, healing, energy work, spiritual practice, business, history, education, psychology, etc.)
4. Choose one item from each category to focus on for the next month.
5. After one month rate each item in the list again (even the ones you weren't focusing on).
6. Choose new items to focus on for the next month (changing them keeps things interesting).
7. Rinse and repeat.

The first few months may seem chaotic and it may appear like not much is happening. However, if you continue, you will begin to notice patterns and trends and your mind will eventually take the philosophy to heart as you start to get it. After which you will have a much greater degree of control over the whole system, your spreadsheet will start to grow as you go into greater detail, you can make pretty charts to hang on the refrigerator and you will begin to feel your practice evolving. Not only that but you will have the numbers to prove that it really is!

Whether you embrace Kaizen or not, use Taguchi or not, try this easy approach or not, is, of course, up to you. I do, however, encourage you to start testing in whatever way is comfortable for you as that really is the only way to gauge your Reiki performance. If all of this just doesn't matter to you, that's fine... **and I'm sure those that don't think it important will not have read this far anyway...**

Reiki Marathon

There is another fun technique I teach my students for building up their Reiki sensitivity and strengthening their Reiki channel... I call it the **Reiki Marathon**.

What is a Reiki Marathon?

Contrary to popular opinion, a **Reiki Marathon**, at least the way I teach it, has nothing to do with running. A Reiki Marathon is a test of endurance of another kind... that of keeping the Reiki energies flowing for as long as possible. To begin, you connect to the Reiki energy and keep it running as long as you can without interruption. Eventually, you will be able to keep it running without concentrating on it... although occasionally you may need to bring it back to full power.

Reiki Marathon Success Secrets

Interestingly, success in a **Reiki Marathon** depends on many of the same elements as success in a traditional running marathon. The most important of which, of course, is practice. **The more you practice the better you will be... it's as simple as that.** Another key to success lies in maintaining the proper mindset, that is, mental conditioning is just as important as physical conditioning. Another tip is to build up slowly... setting out on a 26.2 mile run would be quite daunting if you start to breath heavy walking up the stairs, but if you slowly increase your ability and build up to a 24 hour **Reiki Marathon** at your own pace... you will be a **Reiki Iron-man** (or Iron-woman) in no time at all.

Best of luck in your training and perhaps the Reiki equivalent of Carb Loading for a **Reiki Marathon** is scheduling Reiki sessions (healing or training) throughout the day, and remember... **practice makes perfect!!!**

Reiki on the Run

One of the more popular excuses I've heard for not keeping up one's Reiki practice is the lack of time, and in today's day and age this is not just a problem for Reiki, but there just doesn't seem to be the time to do the many things that are expected of us. **What's a Reiki Practitioner to do?**

Time Management

Better time management is one way to pack more into your busy day. Lack of a proper schedule not only wastes time, but does not make efficient use of the time that isn't being wasted. One of my favorite time management techniques is that I keep a kitchen timer on my desk and I allocate either 33.33 or 22.22 minutes for any given project at any given time. **These blog posts are a perfect example... 22.22 minutes from start to end.** When the next project starts... I reset the timer and away I go.

Meditate on it!

One of the things in my daily schedule that don't get a 33.33 minute time limit are my Reiki meditations... they get a full hour... and during that time there is always room to meditate on the things I need to do. I don't schedule a specific time for my meditations, so for example if I've got a TotalReikiMastery.Com blog post to make and I have no idea what to write about... that's a great time for a meditation, during which, at least part of the time will be dedicated to coming up with something to WOW you guys. That seems to make any project spent meditating on go a lot more smoothly and a lot more effortlessly.

While Rigamaroling

If I'm watching a movie, doing the dishes, driving to work, surfing the net, losing to my kids in checkers, listening to a new CD, or folding the laundry, these mindless activities are perfect for Reiki. Just turn it on and let it flow... and if someone happens to be around all the better, they give me something to focus on.

You see there really is time... and since Reiki doesn't demand your full attention there is no reason it can't be a part of MANY activities you pursue every day and once you get in the habit of doing so... it will be automatic.

Reiki Radar

One of the other gifts of Reiki in addition to Reiki Eyes and Reiki Ears is a **Reiki Radar**, which like the other Reiki gifts needs to first be understood and then gradually developed.

Radar is an acronym for **R**adio **D**etection and **R**anging which is a device that sends out radio waves that are then reflected back and analyzed. As the name implies they detect an object and tells the user where it is. As I mentioned in my post on Reiki's Byosen Scanning... **my hands start to tingle whenever I am anywhere near an energy imbalance which indicates that Reiki is needed** which is in effect how the Reiki radar works.

As with Reiki's other gifts the first milestone that needs to be passed in the effective development of your own personal **Reiki Radar** is to **notice the alarm** when it goes off indicating that there is some type of energy imbalance in the immediate area that Reiki wants to deal with. This can only be done by paying close attention because the alarm varies greatly from person to person. For me, it is a tingling in my hands, for others can be an audible buzzing, a flash of intuition, hot hands, blurred vision or any of a number of indicators. The only way to determine what your indicator is to be on the lookout for it.

Once you are proficient in detecting the need for Reiki you then have many options as to how to deal with this knowledge (should you wish to). Many times I do apply **Reiki in stealth (the Maxwell Smart approach to Reiki healing)** as I suggested in my post on Reiki Reiji. Other times I may feel the need to take more direct measures... this is all decided on a case by case basis and with practice is sure to become second nature. As with all things Reiki... **practice surely makes perfect...**

Reiki Reiji

This is a brief introduction to another extremely powerful, yet all too unknown Reiki technique called **Reiji**. It's really surprising that 90% of the Reiki Practitioners out there have probably never even heard of it, yet it is one of the most interesting and useful I know.

What is Reiji ?

Reiji is the practice of **allowing Reiki to guide your hands to the place where Reiki energy and Reiki healing is most needed**, so you don't need to follow the 12 basic hand positions or any other set pattern. It's not only much easier (once you mastered it) but also more powerful. Reiki has an intelligence all its own so there is no way to bend it to your will, but your intent can play a very strong role in suggesting a course of healing, and if it is in the best interests of all involved, Reiki will see to it that it's done.

How do you do Reiji?

Several years ago I was on a train in Osaka when an elderly gentleman boarded and sat down next to me. Immediately my hands started tingling, which is a signal that Reiki has been activated. I was half into a train meditation (not much else to do on those crowded Japanese trains) so I allowed the meditation to follow the tingling to see where it led and lo and behold it went straight to the guy next to me who was obviously in need of some sort of healing. Continuing to follow the energy flow, it led directly to his lower back... and so armed with this useful information I used the 1st and 3rd Reiki Symbols (not necessarily in that order) and set my intent on directing Reiki to do its thing. A short time later the train stopped and he got off... a little bit perkier from what I could tell... once outside the train he looked back at me and we made eye contact... a rarity in Osaka... in all likelihood he had no idea what had occurred, yet he knew something had happened... and that, IMHO was one of my finer moments... **that is how to do Reiji!!!** Well, the part about setting my intent on directing Reiki to do its thing was anyway... the rest is, a deeply implanted subliminal metaphor that will hopefully entrain the mind of the reader to selflessly perform similar acts (for those that don't already).

Reiki Routine

I'd like to take a moment to suggest (strongly) that you set up a **daily Reiki routine** if you haven't already done so. Making spiritual disciplines such as Reiki part of your life is sometimes easier said than done and an effort may be necessary in the beginning until it becomes a force of habit.

Many people lead very busy lives and their schedules are somewhat chaotic and prone to sudden disruptions. A simple phone call or email can throw the entire day out of whack <technical term> which is why I am suggesting that you **set a certain time of the day to focus on Reiki** and do your best to stick to it, especially in the beginning. After that it should become natural. All too often things that are exciting at first lose their appeal, many times just before the results you were looking for in the first place begin to manifest. **A little patience and a little perseverance** is the key, and a set schedule may be all that is needed to see that it's fulfilled.

That is not to say that practicing Reiki at "non-scheduled times" is a no-no... far from it... the more you practice the easier it will become and the more Reiki that will be spread in the world... which in my humble opinion is **a very good thing!!!**

Reiki's Byosen Scanning

In quite a few posts I have pointed out the value in gaining familiarity with the subtle Reiki energies (for example, [here](#) and [here](#)). One of the many payoffs for the time and effort spent in doing so is found in the Reiki technique of *Byosen Scanning*.

What is *Byosen Scanning*?

Byosen Scanning, or *Byosen Reikan-ho* in Japanese is, in its simplest form, the practice of using your hands like a metal detector when doing Reiki... but instead of searching for lost treasure you are searching for energy imbalances. Once your hands become familiar with the subtle Reiki energies, you can easily detect these imbalances simply by passing your hand over someone's body. In fact, ***my hands start to tingle whenever I am anywhere near an energy imbalance which indicates that Reiki is needed.***

What is *Hibiki*?

Hibiki is the Japanese word for an **energy vibration**. In *Byosen Scanning*, when there is a negative energy vibration, or *Hibiki*, different people experience this sensation in different ways while doing Reiki. More physical people might directly detect it as a vibration, generally in their hands. More visual people might sense it in degrees of color or aura smudges, while more auditory people might actually hear the particular buzz associated with that *Hibiki*. ***There is no one and only correct way.***

How do I do *Byosen Scanning*?

Reiki's *Byosen Scanning* is an extremely easy technique, but requires lots of practice to perfect. To start off with, just keep your hands about an inch away from the subject's body (I generally start at the top of the head) and as slowly as possible, move your hands over the entire body until you feel some *Hibiki*. When you sense that *Hibiki*, or energy imbalance, concentrate your Reiki (using the first and/or second Reiki symbols if you like) on that area until the vibration stops... then move on. *The Reiki hand positions were actually developed for people who couldn't perceive Hibiki*, so the hand positions cover the main areas where energetic irregularities are most likely to occur.

Again, since **practice makes perfect** I cannot emphasize the importance of practice enough. So... *why are you still reading?* ***Start scanning!***

Reiki the Way, Reiki the Day

Several years ago when I developed my own “brand” of Reiki (called **Hana Reiki...** Hana means Flowers in Japanese) one of the greatest concerns from my students was in how to actually connect to the Reiki energies and this post is in response to that question...

Connecting to Reiki is largely a matter of intent. Once one is accustomed to the Reiki energies they can just think about it, and it will be there. You could legitimately argue that **Reiki is never actually turned off once you are attuned...** but that is a topic for another day. Supposedly Mrs. Takata just used the “**Reiki On**” Command to connect and as simple as it sounds, that is actually all that is really needed... although just wanting it to be on is enough. Once the intention is clear... Reiki knows exactly what to do.

The **Hana Reiki** motto is... **Reiki the Way, Reiki the Day...** and while that motto has several levels and uses in Hana Reiki training, I have always used it to connect to Reiki. It connects you to Reiki in all three dimensions and encompasses a time element (a fourth dimensional aspect) as well. Therefore, using a driving metaphor, as I am driving I generally send out Reiki, and the **Reiki the Way** component sends Reiki along the road ahead of me and behind me (and along each side street) while the **Reiki the Day** component sends Reiki both forwards and backwards in time.

Reiki the Way, Reiki the Day has worked for me for many years and I invite you to try it out... while it is actually part of the Hana Reiki attunement, it is not necessary to be attuned to Hana Reiki in order to use it. So for those of you having difficulty in connecting (or just want to try out something new)... there you have it.

Reiki Writing

I've recently been asked where my inspiration comes from when writing these posts on Reiki. It's a very good question as I believe it applies to much more than just these simple blog posts. **The short answer is, of course, from Reiki itself...** the long answer is...

Before I start writing I make it a habit to **connect to Reiki**. This not only puts me in the right frame of mind for such posts, but also connects me to the collective unconscious, or higher consciousness, or the infinite (whatever you'd like to call it) where I, in a sense, have the ability to channel Reiki thoughts, questions, attitudes, etc. Reiki Channeling itself is a practice that can be effectively utilized in ones Reiki practice and I will talk about it in some detail at another time.

One bit of advice that is given to many aspiring writers and attested to by such prolific authors as Stephen King and Ayn Rand and professional writers such as Gary Bencivenga and Clayton Makepeace, is, when staring down that blank sheet of paper (or empty screen in the Internet age) is to **just start writing**. Just type whatever comes to mind, no matter how ridiculous and keep going. This gets the writing energies stoked and the creative juices flowing and once a momentum is built up you can start writing more coherent and appropriate stuff <technical term> after which you merely **delete the nonsense** you wrote when you first set to the task at hand.

This strategy not only is the perfect cure for **writers block**, but can be used in many non-writing situations as well. Many artists also call their muses this way, whether musicians, painters or sculptors, if you just start doing it... you have broken through the obstacle of actually getting started... which is oftentimes the most difficult obstacle to overcome in the first place.

Another strategy is the time management strategy discussed in Reiki on the Run:

Better time management is one way to pack more into your busy day. Lack of a proper schedule not only wastes time, but does not make efficient use of the time that isn't being wasted. One of my favorite time management techniques is that I keep a kitchen timer on my desk and I allocate either 33.33 or 22.22 minutes for any given project at any given time. **These blog posts are a perfect example? 22.22 minutes from start to end.** When the next project starts? I reset the timer and away I go.

After a while you get used to your chosen time limit and **end up with the ability to accomplish a great deal in a short time** because unconsciously you are preparing well in advance of the actual work.

Most other writers, of course, don't write about Reiki so they need to draw their inspiration from someplace else. For me, connecting to Reiki seems to bring forth the **inspiration** needed to get started... as well as the **creativity** to present something (hopefully) worthwhile and specific to building a successful Reiki practice. **Give it a try! It really works!!**

Reiki's Hatsurei Ho

Several times I have mentioned the Reiki practice of **Hatsurei Ho**, and since I have received several questions about it I thought I would save myself some time and create a post that I can refer to in response.

What is Hatsurei Ho?

Hatsurei Ho is a Reiki exercise that Dr. Usui (Reiki's founder) taught to his students for increasing their Reiki power. Through a series of motions, energy channels are opened up and Reiki energies are passed through them... clearing any blocks and widening them in the process. If you had only one daily practice to enhance your Reiki... I would highly recommend that it be **Hatsurei Ho**.

How do you do Hatsurei Ho?

There are many variations to this exercise, but the way I do Hatsurei Ho is as follows:

1. Sit comfortably in a chair with your hands on your lap and your palms facing up. Focus your attention on your tanden (the area just below your navel).
2. Say to yourself "I am now beginning Hatsurei Ho".
3. Put your right hand on your left shoulder and sweep down to your right hip.
4. Put your left hand on your right shoulder and sweep down to your left hip.
5. Hold your left arm out straight with your hand facing up, put your right hand on your left shoulder and sweep out to your left hand.
6. Hold your right arm out straight with your hand facing up, put your left hand on your right shoulder and sweep out to your right hand.
7. Raise your hands up and connect to the Reiki energy.
8. Put your hands on your lap with your palms facing up and again focus your attention on your tanden.
9. As you breathe in, imagine Reiki energy as a white light entering the top of your head and filling your tanden.
10. As you breathe out, imagine that Reiki energy is spreading out in every direction.
11. Hold your hands together in front of your chest as if you were praying.
12. As you breathe in, imagine Reiki energy as a white light entering through your hands and filling your tanden.
13. As you breathe out, imagine Reiki energy spreading strongly from one hand into the other.
14. Say to yourself "I have now finished Hatsurei Ho".

Again... I can't recommend this practice strongly enough... **not only does it increase the potency of your Reiki energy but it also increases your ability to sense the subtle energy... give it a shot!!!**

Reikiman

In the spirit of **Superman, Batman, Spiderman**, and even **Ironman**, I present to you... **Reikiman...** a superhero for the enlightened age, harking from the Mountain of Kurama in the Land of Japan.

Every Superhero had/has an alter-ego... Superman had **Clark Kent**, Batman had **Bruce Wayne**, Spiderman had **Peter Parker**, and Ironman had **Anthony Stark**. Of course, until the movie comes out, **Reikiman's** true identity will have to remain a secret... you wouldn't want me to spoil the movie for you... would you? **Perhaps it's your very own Reiki Master!!**

Every Superhero had/has an arch-enemy... Superman had **Lex Luthor**, Batman had **the Joker, the Penguin and the Riddler** (take your pick), Spiderman had **Peter Parker**, Ironman had **Obadiah Stone**. **Reikiman's** nemesis is too important to name... but think about it... which political or religious or economic leader MOST wants man to stay unenlightened? Who has the most to gain by keeping man in the dark? You got it!!

Every Superhero has a Superpower or Superpowers... **Superman** is made of steel and he can fly, **Batman** has all those cool gadgets, **Spiderman** has the reflexes and web producing abilities of an arachnid, **Ironman** has that cool suit (and all that money). **Reikiman** has the power of healing along with the superpowers that Yogis refer to as **Siddhis** that are switched on when one reaches an enlightened state.

Every Superhero has a raison d'être (a reason for being) and of course Reikiman exists to help as many people become enlightened as humanly (or superhumanly) possible. It is perhaps summed up best in his motto: **Healing, Compassion and Enlightenment for All!!!**

Are you a Reiki Superhero? Have you ever met one? Can you see the need for one? Have I gone completely off the deep-end on this one? Inquiring minds want to know!!!

Relaxing with Reiki

After a day at Mt. Kurama my favorite thing to do is to just relax! The excitement, the energies, the hustle and bustle of the trains and of course the hike up the mountain all take their toll and while throughout the next day (and continuing for several weeks for that matter) the replenished Reiki energies are splendid, I'm always in need of a good "slow down" even after the "after Kurama sleep" which is always very deep and very refreshing. Maybe there's some relationship to the principle of needing a vacation after my vacation... so I'd like to dedicate this post to **Relaxing with Reiki**.

While Reiki Meditations are in and of themselves quite relaxing (as is virtually any Reiki treatment and most forms of meditation) what I'm referring to here is something different... actually taking a relaxing situation... like a day at the beach, a walk in the park, enjoying a beautiful sunset (or sunrise... for the early worms out there), yoga in the moonlight, a satsung, a family barbecue, listening to music or even just vegging out in front of the old boob tube. **Whatever your idea of a relaxing time is... try adding Reiki to it** and see if you can't amplify that relaxation just a little bit.

The way I usually do this is by **trying to stay connected to Reiki as much as possible without making it a task**. Also, when I first arrive on the scene, in preparation I **use the power symbol on the four corners of the room** (as I do when preparing for Reiki sessions or attunements) or the four directions (actually, any four will do) if outside. I also try to identify any disturbances in advance and apply Reiki to them... it tends to take the shrillness out of the kids screams and the burn off the hot dogs (and/or shoulders as the case may be).

After that there is nothing to do but relax... and enjoy!!! I highly encourage this and of course, as with all things Reiki... **your mileage may vary!!!**

Resonant Reiki Exercise

It has long been maintained that the secrets of the universe are found in its frequencies, wavelengths and energies. The following exercise is a combination of Reiki and an ancient healing system which create quite a unique and powerful healing experience when used together.

The Solfeggio Scale

The “C” of 528 Hz used for DNA repair is part of an ancient scale called the Solfeggio Scale which you can read more about in the article *Forgotten In Time: The Ancient Solfeggio Frequencies* if you are interested in the details. In brief the Solfeggio Scale is a modified version of the do, re, mi, fa, so, la, ti, do scale (or, more accurately the do, re, mi scale is a modified version of the Solfeggio Scale) the frequencies of which were used traditionally in Gregorian and Sanskrit chants and more recently the subject of scientific studies showing their healing effect on DNA (the 528 frequency influences the water molecules that surround the DNA helix causing it to restructure in a more uniform and coherent fashion).

The Resonant Reiki Exercise Basic Form

In this exercise we are combining the healing frequencies of the Solfeggio Scale with Reiki for a most powerful experience. To do so, connect to Reiki in your normal manner, sit with your hands either in gassho or palms up on your lap and play the following video. As mentioned in the video the effect is much stronger if you use stereo headphones.

After the exercise, just sit and relax as long as you like and allow the energies to take root. **Take note** of any physical sensations you may be feeling, any thoughts that come to mind or any emotions that arise.

The Resonant Reiki Exercise Advanced Form

The advanced form of this exercise incorporates it into the Hasurei Ho exercise (details of which are found here). To do so, replace steps 8, 9 and 10 with the steps outlined in **The Resonant Reiki Exercise Basic Form** (above) and during steps 12 and 13 meditate on any thoughts, feelings or emotions that arise. Again take note of any unusual sensations as these sensations are our bodies way of communicating with us and it is only through the proper acknowledgment and response to those sensations can we hope to grow spiritually.

As with any form of exercise proceed with caution. **Don't overdo it!** Again, make of not of your experiences and repeat as often as you are comfortable with the results. We'd love to hear about your experiences, so please **feel free to share**.

Self-Reiki Techniques

Many of us, as Reiki Practitioners, are very good at caring for others... that is perhaps what led us to Reiki in the first place. Many of us do, however, neglect to apply the same level of attention and care that we give to others... to ourselves. This is where **Self-Reiki** comes in... **taking a few minutes every day to ensure that will be caring for others for a long long time.** Here are two techniques to get you started...

Beginners Self Reiki Technique

For those of you who are not as familiar with the subtle Reiki energies as you could be, the standard method of **Self-Reiki** is to just apply Reiki to the basic 12 Reiki hand positions. This will ensure that all of the main areas are targeted. Apply Reiki for between 3 and 5 minutes to each position and you are done. As you do this it is important to pay attention to any signals your body or hands might be sending you as you do this. This will prepare you for more advanced techniques. Try to notice any tingling, burning, images, colors, buzzing, etc. that might be occurring as these are **indications of energy imbalances.**

Advanced Self Reiki Technique

For those of you who are able to sense energy imbalances with your hands you can simply run your hands over the basic 12 hand positions (or any other positions you like) and when you notice something out of place... just apply Reiki to it. You do not need to apply Reiki to places where you do not sense an imbalance. The benefit to this technique over the previous one is that **you don't have to pay any attention to the clock... so your mind is free to wander at will.**

Even More Advanced Self Reiki Technique

For those of you who have mastered the above technique... here is another one for you. Hold your hands in the air and connect to the Reiki energies in whatever way you normally do. Once you are connected **allow your hands to move directly to any energy imbalances you are experiencing** at the moment. Allow your hands to go directly to the spot that needs Reiki. In the beginning this may be a bit difficult... but it gets your intuitive powers in check and greatly helps to increase them. It also assists you in beginning to listen to and trust your intuition.

Since, as a rule, I meditate every day, this is the perfect time for me to do some self-healing and Reiki and Meditation go very well together (as discussed here). You may have a different approach. Whatever it is, **try to work a daily Self Reiki session into it and let Reiki do the rest.**

Sensory Overload vs. Reiki

There seems to be even more craziness than usual occurring of late in this old world and during my daily voyage into the unknown (i.e., my daily Reiki meditation) I believe I've stumbled across both the problem... and the solution.

Okay, So What's The Problem?

I really think there is just too much going on nowadays and that our senses are being bombarded with meaningless tripe at every turn. The result is sensory overload, which is technically a condition usually reserved for mentally handicapped people, but due to the nature of the nonsense we are consistently being assaulted with, it is rendering the normal logical functioning of our brains to be greatly diminished resulting in the inability to distinguish between right and wrong, good and bad and other dichotomous constructs.

Those with a natural ability to deal with all the confusion being met are more inclined to remain calm and rational, while those with a lower threshold for coping with so much nonsense are being affected in profound ways. The media is especially throwing a lot at us, while music (especially forms like rap and heavy metal are so intense that they cause the high logic centers of our brains to completely shut down while it tries to sort things out. Movies are also getting more and more dramatically stimulating and nighttime dreams, which are usually reserved for dealing with the sorting of all this stimuli are not performing their function due to the diminished ability to reach the necessary levels of relaxation during sleep.

Henry David Thoreau said that the secret to a happy life was to "simplify, simplify" but I feel that dropping everything and moving to a lake, while quite an enticing notion, is not very reasonable in this day and age and luckily, Reiki provides a more practical solution.

Okay, So What's the Solution?

I believe the answer lies in Reiki meditation itself. I've been meditating for at least an hour everyday for the past 2 years. In my post on Reiki and Meditation I discussed how there are different types of Reiki meditation and how one must find the type that's right for them. Previous to my current daily style of meditation, I tried many different techniques and none were the right fit for me, until finally I happened upon the style that is currently taking me where I need to go. Previous to this daily meditation, I was overstressed and couldn't get the quality of sleep I needed to function the way I needed to. All of that changed when a proper meditation became a part of my daily Reiki ritual.

You see, during the night, our dreams are necessary for sorting and making sense out of our daily experiences. Information is transferred from our minds to a place where they can be dealt with effectively. Then, through the process of dreaming, that understanding is stored in our unconscious minds for retrieval at the appropriate time. With the level of sensory

overload being what it is, as well as the levels of stress and unconsciousness, dreams aren't performing their function effectively and a new breed of mental dis-ease is the result. A daily Reiki Meditation assists the mind in functioning correctly by focusing on the most pressing issues and guiding our minds towards an effective solution.

The key here is in effective Reiki meditation, as opposed to just any meditation. You need the ability to go deep inside and bring those thoughts and ideas circulating in your conscious mind into your unconscious mind where they can be processed. When Dr. Usui recommended putting your hands together in gassho every morning and every evening in contemplation of the Reiki Principles he was referring to proper meditation, wasn't he? Morning meditation takes vital information garnered from your nightly dreams and brings them into your day's consciousness while they are fresh on your minds, while evening meditation prepares the thoughts and experiences of the day for the dream state which will attempt to make sense of them.

Science can't really explain the how's and why's of how meditation (or dreaming) works. There have been some honest attempts made towards their understanding but they always reach a point where the mind just goes "bye bye" <technical term> after which it is only guesswork. In fact, the brain is still like a big black box sitting on our shoulders and scientists really have no clue as to how it works. Therefore, the possibility that it may be broken is quite alarming because if they don't know how it works they certainly can't really fix it now, can they? A daily Reiki meditation allows it to fix itself and perform as it should... and it is quite effective in doing so.

I believe all of this sensory overload, confusion and dis-ease is actually a blessing in disguise. The ability to rise above the noise and confusion and effectively deal with it all will ultimately take you deeper and deeper into enlightenment, into a place where there are no problems... only challenges... and exciting ones at that!

Strategic Reiki

One aspect of one's Reiki Practice lies in making the best possible use of the Reiki skills one has. I refer to this as **Strategic Reiki**, and although not so difficult, I find it quite invaluable when considering the big picture. I know the idea of **Strategic Reiki** rings forth with a military and/or business sound, and this might definitely be a turn-off for some, but I do believe that, even though these are seemingly quite removed from Reiki, they do have some worthwhile contributions to make.

One of the most useful business heuristics is known as the **SWOT Analysis**, which is used in different forms in many areas of business. In a simple SWOT Analysis, you make a chart listing the **strengths, weaknesses, opportunities** and **threats** to and/or of your Reiki Practice.

Strengths and **Weakness** are internal (part of you) while **Opportunities** and **Threats** are external (outside forces).

Some examples of strengths of your Reiki Practice are:

- good natural healing abilities
- plenty of time for daily meditation
- highly motivated to develop energetic skills
- good teaching ability
- etc.

Some examples of weaknesses in your Reiki Practice are:

- no time to practice
- little understanding of Reiki energy
- no ability to sense Reiki energies
- don't care about people
- etc.

Some examples of opportunities for your Reiki Practice are:

- local Reiki share
- well known teacher coming to your area
- good location
- connection to local hospital
- etc.

Some examples of threats to your Reiki Practice are:

- no access to teachers
- no access to regular Reiki Shares
- family/friends against Reiki
- laws against various forms of therapy
- etc.

These examples are just a few out of the hundreds or thousands of possibilities that make your Reiki Practice truly unique. A good understanding of these 4 Quadrants is quite helpful in putting things in their proper perspective and lets you know where you should be focusing your energies.

In Reiki on the Run and Reiki Writing I discussed the importance of proper time management. Organizing your time so that you are getting the most out of each day is not only important for Reiki, but for virtually every aspect of your life. Having regular practice times set aside for your Reiki Practice will not only help you to be mentally prepared for upcoming sessions, but will also help to make your practice a habit... and hopefully one that you will have a hard time breaking.

Another important aspect of **Strategic Reiki** is found in **testing, testing, and more testing**. Continuously comparing your results against previous results is the only way to know how you are progressing. It's not possible (or wise) to compare your Reiki against anyone else's and the only true measure is found within. Can you sense the energetic difference between the different Reiki symbols? Can you sense energy blocks in someone else's aura? Have you tried? Recently? Try again and see if there isn't a hint of something that wasn't there before.

The final area I'd like to mention is one I've also hinted at in the past (see [Reiki for Beginners](#) and [The Three Pillars of Reiki](#), for example) and that is **a clear determination of your Reiki goals**. What is it you hope to accomplish with Reiki. Or, to put it more dramatically, when you're dead and gone, how do you hope to be remembered by others in reference to your Reiki Practice? Only through the proper creation of clear, reachable, practical, desirable and realistic goals (did I mention attainable?) can you (A) know where you're going and (B) know when you've arrived.

The aspects of Reiki I've discussed here are all basically business approaches to one's personal Reiki Practice. I don't consider business approaches to one business Reiki Practice to fall under the scope of Strategic Reiki, (rather in Strategic Marketing, Strategic Management, etc.) and so I won't be going there. On the militaristic side of Reiki I find a tremendous amount of application and will be addressing it in a future post on **Reiki & Bushido** or **Reiki & the Art of War** or **Reiki Samurai** or **Reiki Ninja**... but I'm going to have to wait until the muse strikes... so stay tuned.

The Quantum Nature of Reiki Energy

In the wonderful little book called *Flatland: A Romance of Many Dimensions*, by Edwin A. Abbott, (available here in its entirety) the idea that 2 dimensional people called Flatlanders are not able to understand 3 dimensional reality is presented. Imagine a 2 dimensional place, where the people are also 2 dimensional.... like in this image (where we can only see the tops of their little bald heads) :-):

Now imagine what would happen if a 3 dimensional person walked across Flatland... what would they see? Perhaps something like this:

How would they interpret this? What would they think? Would they know that it was all one being? Would they all be in agreement as to what they were seeing? The answer to both of these questions is probably a resounding no. Although, if Flatlanders are a more spiritually advanced race they might just acknowledge it for what it truly is, i.e., **something of another dimension which is not interpretable in a 2 dimensional reality**. Would that more 3 dimensional beings had this same spiritual inclination to accept 4 dimensional things (and perhaps more) without the need to scientifically analyze and prove them.

For those of you having trouble connecting the dots here, let me clarify... Reiki is not of a 3 dimensional world... it comes from someplace else... where? I'm not sure, but it doesn't really matter because I know from my own experience that it is real, intelligent... and extremely powerful. More than that... I don't really need to know...

The Quantum Nature of Reiki: Towards a Scientific Explanation

In this article I would like to launch an investigation into the Quantum Nature of Reiki in order to better understand some of the surreal (but distinct) possibilities. To begin... let us consider the following metaphor. In a charming little book, Edwin A. Abbott takes us on an adventure to Flatland, a land where everything exists in two-dimensional reality. Imagine a birds-eye view Flatland, everything is two-dimensional, that is, there is length and width, but no height. There is no third-dimension... no 3D. Likewise, the inhabitants of flatland would also be two-dimensional. Take a piece of paper and make a square... inside of it draw a few happy faces. Those are what the people of Flatland would look like on a good day.

Now let us imagine that a three-dimensional man walks across Flatland. What would this look like to the inhabitants? Draw some footprints in your square. What would the Flatlanders make of these strange shapes that seem to quickly appear out of nowhere and then just as quickly disappear again? Are they ghosts or spirits? U.F.O.'s perhaps? Is there the possibility that it may be God? If so, which one is God? And what is he trying to communicate by presenting this apparition? Each different interpretation of this communication would no doubt spark a new religion based upon it.

The religious leaders as well as the scientists of Flatland would have to get to work to provide a suitable explanation as to what they were witnessing (those that would actually admit to seeing it in the first place that is). Would they identify the toes as being part of the feet? Would they identify and classify a left foot and a right foot? Would they know that the 1st left footprint and the 2nd left footprint were actually one and the same?

This is all directly relatable to the quantum dilemma we are currently facing, except that we are having trouble imagining a four-dimensional reality due to the limitations of our three-dimensional perceptions, just as our friends in Flatland are struggling to understand a three-dimensional reality due to the limitations of their own two-dimensional perceptions. I won't even bother to mention the fact that Dr. Stephen Hawking suggests that there are actually no fewer than 11 dimensions... that would be pushing it. Abbot also goes on to visit an imaginary place called Lineland. I wonder what he found there... the full text of this amazing little book is available [here](#).

The long and short of it is that we have no way of knowing what reality really is because we just can't see the whole picture. We can't see the hundreds of possible dimensions (yes, I'm sure there's a mathematician someplace who can prove it) because we only have the mental faculties to see three-dimensions, just as the Flatlanders can only see two-dimensions. Quantum Theory points to the holographic nature of the universe, which science is just beginning to unravel. We can no longer fight or ignore the implications of this new science, it's time to incorporate it into our existing understanding, and

coincidentally this as of yet unraveled science provides a rather nice framework for understanding the science of Reiki.

Reiki energy, for all those who have experienced it is unquestionable and no explanation for where it comes from is needed. Reiki healers, Reiki teachers and Reiki practitioners all connect to Reiki energies in their own ways, based on the methods they were taught. There is no right way and no wrong way to connect to this energy and the fact that it exists is indisputable to those who have witnessed it.

What I have attempted to do here is to provide a simple scientific explanation for those that need it... and the long and short of it is that Reiki energy exists in a dimension that most of us are not able to directly perceive. Whether it is in the domain of the fourth-dimension or beyond we may never know... the fact remains... it simply is.

The Reiki Power Symbol

The Reiki Power Symbol, which is known merely as the First Symbol in Traditional Japanese Reiki is by far my favorite Reiki symbol because of its sheer versatility, ease of use and, well, its power. In this post I would like to look at a very powerful, yet underused (often unused) application of the Reiki Power Symbol.

Some of the more common uses for the Reiki Power Symbol include:

- Increasing Reiki Power
- Focusing Reiki energies
- Directing Reiki energies
- Empowering the other Reiki symbols
- Empowering other objects (crystals, gemstones, etc.)
- Clearing a room of negative energy
- Clearing objects of negative energy
- Protection from negative energies
- Sealing energies in after treatments
- Speed up healing processes
- Breaking through energy blocks
- Etc.

Innie or Outie?

Generally the Reiki Power Symbol is drawn in a clockwise motion although I've seen conflicting information about this from various sources. Some Reiki teachers teach that it doesn't matter which way you point it as long as the intent is there, perhaps just to avoid the issue. Is that really the case? What's the real answer?

In actuality, the Reiki Power Symbol has a particular energetic frequency and that frequency changes when the direction is reversed (your intent alone cannot easily alter that). There are very similar symbols found in other energy practices and they generally make wide use of the different directions in achieving different results. My generic answer to the question of exactly what it does and how to best use it is to **find out for yourself...** try it both ways and see what results you achieve. And before you ask, no, it doesn't cancel itself out if you draw it both ways...

Most people have found that if you wish to use the Reiki Power Symbol to bring Reiki energy to yourself, you just reverse it. But that is not always the case... some people experience just the opposite (based upon their own energetic constitutions). Traditionally, it took some time to go from one level of Reiki to another because the ability to distinguish between different energies, locate areas of energy constipation, actually feel the changes in the energy situations as they occur, etc. were required for advancement. Nowadays, this is not always the case.

In regard to the abilities of the Reiki Power Symbol, meditate on it, study it, try to notice differences in perception when you draw it different ways and different sizes. Do you notice any physical, emotional or mental sensations? **Don't just take someone else's word for it**, even if it is your Reiki teacher, that not only takes all the fun out of it but it greatly impairs your ability to discern subtle variations in the Reiki energies... which is vital for understanding and best utilizing them. **Have fun with your practice... you'll enjoy it more!!!**



The Reiki Principles - Don't Be Angry

This is basically a mirror image of the concept outlined in the Don't Worry thread, that is, the past does not physically and linearly exist. And again, Dr. Einstein's work will accommodate the inquisitive mind seeking mathematical proof of this. Just as worry is the act of projecting a given situation into the future, anger is purely the result of our recollections of a given situation occurring in the past. Therefore, anger falls under the sole domain of memory. And, I don't know about you, but my memory ain't all that it used to be.

If your memory and my memory of a given situation are different... which one is correct? How easy is it to change those memories when a video or some documented evidence pops up? Does that evidence make our recollections any more or less real? Again, if you can would imagine all the different possible memories there are... and give each of them a unique timeline, that is, a line pointing to them in the past (starting at now). They will go in many different directions, some are longer than others, and as things are remembered, certain aspects will become more or less certain. So instead of time being one straight line into the past, the past is more like a cloud... constantly being reshaped, pulsing, growing, shrinking, etc. and that is the true nature of time... it is not a line, it is a cloud... and this becomes much more readily apparent when linked with the future, which is discussed in the Don't Worry Thread...

Anger is often accompanied by the desire to either physically or mentally fight that which occurred (which is what causes the mental angst in the first place) and is usually a result of not have gotten what you wanted or anticipated. The idea of fighting what "is" is ridiculous... you can't change what happened, so why fight it? The only logical action is to take your recollection of those occurrences (keep the memory but remove the anger) and move on with your life. No matter what, the future starts right now, with what "is" and you have the choice of accepting things the way they are or changing them. Dragging negative emotions along with you is not only unhealthy... but a complete waste of effort. This Reiki principle directs us to let go of all negative emotions stemming from events of the past, not just anger, and while this may seem like a monumental task... when applied with the Just for Today concept it becomes much easier and less foreign with time and practice.

The Reiki Principles - Don't Worry

Don't worry. Be happy! (Sorry... I just couldn't resist). As mentioned in the Just for Today thread, the future does not exist in the physical sense. Time falls under the domain of the 4th dimension (read up on your Einstein for a more complete understanding) and it really does not exist in a linear format. What actually is worry? It is the act of projecting a given situation into the future and anticipating a negative (often painful) result. There are no guarantees that our projections will be right, they may be probable (an understanding of the Heisenberg Uncertainty Principle will explain that one) but they are not definite, and so worry is basically a waste of time and resources.

As mentioned above, and elsewhere, time does not exist in a linear format.... an example of this is to imagine all the different possible futures there are... and give each of them a unique timeline, that is, a line pointing to them in the future (starting at now). They will go in many different directions, some are longer than others, and as things progress, certain aspects will become more or less possible. So instead of time being one straight line into the future, the future is more like a cloud... reshaping continuously, pulsing, growing, shrinking, etc. and that is the true nature of time... it is not a line, it is a cloud... and this becomes more apparent when linked with the past which is discussed in the Don't Be Angry Thread...

The Reiki Tunnel

Not far from my house is a long tunnel which I usually pass through every time I drive somewhere. It's just an ordinary tunnel, as far as tunnels go, but this one is special you see... it's a **Reiki Tunnel**.

You may be wondering, and rightly so, **what exactly is a Reiki Tunnel** as I'm sure you've never heard of one before. So allow me to introduce you to a wonderful Reiki practice. Starting several years back, I don't really recall exactly why, I started focusing on Reiki whenever I went through this particular tunnel and before long it got to be a habit... I would just automatically start thinking of Reiki and sending out Reiki energy and Reiki healing every time I passed through the tunnel. Eventually the name stuck and I started referring to it (to myself) as **my Reiki Tunnel**.

As I pass deeper into the Reiki Tunnel my Reiki thoughts also get deeper and I've generally go several miles before I come out of whatever trance or meditation I've managed to get myself into. Do you have a Reiki Tunnel? A Reiki Tree? A Reiki Bridge? Anything that you can anchor your Reiki thoughts to will do... try it!! You'll like it!!

The Subtlety of Reiki

For most people who are not accustomed to any type of energy work, Reiki energy is, in the beginning, **almost as imperceptible as the smile on the Mona Lisa** and its very existence (both the energy and the smile) have been the source of argument for many years.

Reiki Subtlety

One of the cornerstones of any successful Reiki practice should really be some type of daily energy practice where one attempts to get to know these subtle energies in greater detail. **Only through a greater familiarity with these energies can one really learn how far down the rabbit hole really goes** and how these energies exist naturally in nature... but are all too often totally missed.

Japanese Subtlety

Japanese culture, language and society are full of subtle nuances making it a very difficult place to understand at times. I believe this subtlety to be characteristic of the Reiki energies as well. The Japanese have one of the more sophisticated palates, as is evidenced by the variety of foods that are part of their daily regimen. And as discussed here, the Japanese communication system is second to none in its subtlety.

In my opinion, **one of the greatest pleasures in Reiki is becoming more familiar with the Reiki energies...** if you haven't attempted to do so you are missing out on a great deal... give it a shot!!

The Three Pillars of Reiki

Most Reiki Practitioners that I know basically fall into one of three categories as to which facet of Reiki they find most appealing. I personally feel that limiting yourself to only one of these facets does not offer the diversity for which the Reiki path was designed, and find that a **balanced approach to all three** is much more rewarding in the long run. I'd like to take a quick look at these three facets, which I refer to as **The Three Pillars of Reiki**.

Reiki Healing

Reiki Healing mainly involves using Reiki for hands on physical healing (occasionally mental, emotional and sometimes even spiritual healings are conducted as well) these being performed either on oneself or on others. Most of the literature I've seen on Reiki involves one aspect or another of Reiki Healing and I would hazard to guess that most Reiki practitioners fall into this category. In fact, most of the Reiki practitioners I know who are in this category, know little of either of the other two categories (and actually show little interest in them as well). Focus here is placed on things like knowing which hand positions to use, which distance healing methods to use, recountings of Mrs. Takata's stories, etc.

Until recently I would have referred to this category of Reiki as **Traditional Western Reiki**, but as of late more people here in Japan are using Reiki solely for the benefits derived from this facet as well. Perhaps we all begin with this aspect of Reiki and once enough time and effort has gone into ones practice we are ready for something more... which tends to lead to one of the other two categories.

Reiki Energetics

Reiki Energetics involves a study of the subtle Reiki energy itself. The ability to identify Reiki and non-Reiki energies, to be able to grow one's Reiki channel and thereby strengthening those channels/energies, to manipulate the Reiki energies in one way or another, etc. are all characteristic of Reiki Energetics. Involvement in this facet of Reiki involves a special calling, as some people seem to be naturals, (and can involve themselves in the study of Reiki Energetics quite effortlessly) while others need a great deal of effort to be able to do so (and many of these give up in the process of trying).

My own opinion (although not exclusively my own) is that Reiki Level Two is actually the level of Reiki Energetics and that by the time one has reached this level they are ready to begin their experimentations in and study of these energies. Mastery of this level is quite a different ballgame than mastery of Reiki Healing and sometimes requires substantial effort from those who are not so called naturals. However, those that follow the Reiki path naturally, and only progress to this level when they feel they are ready for it seem to have no trouble in mastering it. Either way, it is Advanced Reiki indeed. Perhaps this difficulty in mastering this aspect is why, traditionally, most Reiki practitioners in Japan never go

beyond Reiki Level Two (and this includes the majority of the members of the *Usui Reiki Ryoho Gakkai* as well).

Reiki Spirituality

Reiki Spirituality involves the spiritual and meditational aspects of Reiki as a path to Spiritual Enlightenment. There is a very strong Buddhist or Hindu aspect to this practice, as meditation is more a part of their religion than it generally is of Christianity. I don't know enough about Islam to know if it is part of their religion or not (if anyone does I'd love to hear about it) and the same goes for any of the other world religions (i.e., I don't know enough about it to even guess).

Just as I feel that Reiki Level Two is actually the level of Reiki Energetics, I also feel that Reiki Level Three is the level of Reiki Spirituality. Once one has reached this level (for the very few that receive a calling to do so) one should be ready for the effort involved in finishing the path... which generally involves the intense daily meditations and advanced study needed to reach Spiritual Enlightenment.

Many styles of Reiki contain a fourth level, which is beyond these three levels and that is the teacher level. I do not consider it a separate aspect; it requires not only the mastery of the previous levels, but the ability to teach them effectively as well. To my knowledge there are very few true Reiki teachers out there and of course, before I ruffle anyone's feathers I am referring to traditional Reiki, which does not necessarily include what is being done nowadays in the Age of Enlightenment which offers many other paths to **Spiritual Enlightenment** (so Reiki is not the only game in town).

Of course you may find one of these Reiki aspects has more to offer you personally, and indeed, we may all bounce back and forth between them during our time as Reiki practitioners. It will probably be good to keep these in perspective though and keep the balanced approach and our personal goals in mind (**whatever they may be**).

Where Does Reiki Come From?

There are two conflicting explanations as to where Reiki energy actually comes from and I'd like to take a moment to examine these here.

External Reiki

The **first** theory is that Reiki energy exists outside of us and, after receiving a Reiki attunement, we then have the ability to draw this energy in through our crown chakras and direct it at will. Different levels of attunement then grant us access to different levels of Reiki energy, all being supplied in limitless quantities, by the universe itself.

The traditional account of Dr. Usui's meditating on Mt. Kurama and being knocked unconscious when a beam of energy struck him in the forehead, tends to suggest that Reiki energy is external in origin. However, if that beam of energy was actually Reiki, or the **energy of enlightenment** itself, which in turn gave Dr. Usui access to the Reiki energies, is still unclear to me.

My post on Reiki Energy Orbs suggests that these increasingly popular balls of energy are somehow connected to Reiki and Reiki energy, and clearly exist outside of us. This also supports the theory that Reiki is external. But again, we can't be sure without completely understanding the exact relationship between these energy orbs and Reiki.

Some people have also claimed to have the ability to actually see Reiki energy entering the Reiki Practitioner's crown chakra. If these claims are to be believed then they also support the theory that Reiki energy is external in origin. However, unless I see it for myself I'm afraid I can't verify this as I've never personally developed that ability.

Internal Reiki

The **second** theory is that Reiki energy is already contained within our auras, or energy fields, and we just don't have direct access to it until we receive a Reiki attunement. Again, different levels of attunement then give us the necessary access to the different levels of Reiki energy contained in our energy fields.

Per Toltec Shamanism, all the energy we will ever need during our lifetime is already contained in egg shaped energetic or "**luminous cocoons**" that surround us from birth. The energies of the universe are constantly flowing through these cocoons, but at the time of death the cocoon cracks and our life-force energies escape (Toltec Seers can actually see this happening) and are then free to reincarnate or do whatever else unbounded souls tend to do in such situations. This discipline, which I find quite convincing, lends great credence to the theory that Reiki energy is internal in origin.

Toltec Lore has other interesting concepts which can also have implications in Reiki. Here is a short video concerning one of them that I found rather interesting...

I don't have the answer to the question of which one of these explanations is correct, my guess is that, since Reiki energy is quantum in nature (see my post on The Quantum Nature of Reiki Energy or my article on The Quantum Nature of Reiki: Towards a Scientific Explanation for details) the theory of complementarity applies which means that if you look at it one way you get one thing and if you look at it the other way you get the other. It all has to do with the intelligence of the energy itself... when light is examined as particles it behaves as particles, when it is examined as waves it behaves as waves... I've yet to hear a convincing argument as to why this happens... it just happens... so too is true with Reiki... it just happens.

I suppose it's not really all that important... **it's just another fascinating Reiki mystery that awaits us along the magnificent Reiki path.**

