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Strengthen Your Reiki Energy

# **Strengthen Your Reiki Energy**

by *William Lee Rand*

The strength and value of the Reiki treatments you give can be improved by observing some simple guidelines. There are other things you can also do that will increase the strength of our Reiki. Remember, Reiki comes from an unlimited supply and contains the loving wisdom of the highest spiritual power. There is no limit to the benefit and value that is possible for you to receive from Reiki. As you try the techniques in this article, intend that they will work for you and know in your heart that this is right and you will get the improved results you seek.

The quality of the energy in the room you do your Reiki treatments in is important if improved results are what you seek. Make sure the room is not too hot or too cool. Make sure there is fresh air from an open window or that the room is not stuffy. A clean and orderly room is also helpful as negative psychic energy tends to collect around disorder and clutter Smudge the room with sage before and after a treatment to release any negative energies left by past clients and to act as a blessing. As you smudge, call in the ancestors and the ascended masters and Reiki guides asking them to bless you and your client and to help you with your healing treatment. Place pictures of Dr. Usui, Dr. Hayashi, and Mrs. Takata around the room and ask them to be present also. The use of incense, essential oils or fresh flowers will also act to raise the vibration. Soothing music during the treatment will help the client move into a more receptive state of mind.

Before the client comes, sit in a meditative state with your hands on your legs doing Reiki on yourself. Then after a few minutes, use your dominate hand to intently draw the Reiki Power symbol in light on each wall, and on the ceiling and floor. As you do this state "I bless this room with light" three times for each place. Then draw the power symbol in the center of the room and send Reiki into the room to fill the room with healing energy. You can also send distant Reiki to your client while they are on their way to the session so they will be relaxed and in a receptive state when they arrive.

Before starting the treatment, place the power and master symbols on your palm chakras. This will more completely open the palm chakras and energize them. Then draw a large power symbol down the front of your body to protect and empower you and draw smaller power symbols on each chakra. Placing the symbols into the clients crown chakra, and seeing them pass into the clients heart is also valuable before starting as it raises the vibration of the treatment and makes the energy of the symbols more available.

It is an interesting feature of Reiki that when giving a treatment, Reiki will continue to flow regardless of what you do with your mind. You can talk to others about any subject - including trivial matters, or gossip or even talk on the phone and Reiki will continue to flow and the client will receive some benefit. However, this sort of behavior does not produce the best results with Reiki. It must be kept in mind that giving Reiki is a spiritual experience and is more appropriately given with reverence. By meditating on the flow of Reiki as it passes through you, rather than talking, you will not only experience the energy more directly, but will also increase its flow. As you meditate on the Reiki energy, your mind merges with it and causes your energy field to resonate in greater harmony with the flow of Reiki, thus allowing it to flow more freely. As you do this, you may feel currents of energy flowing through various parts of your body including your spine, chakras, arms and hands. You may also feel heat, soothing sensations, vibrations, pulsations or waves of energy passing through you. By using your inner eye, you may also be able to see the Reiki energy. This may appear as tiny particles of white or golden light, or other colors of energy flowing through you. As you meditate and merge with these sensations, your mind will be uplifted, becoming more optimistic. Feelings of joy, peace and spiritual love will be experienced. Wonderfully positive fantasies and visions of higher spiritual planes can also be experienced. By going inward and looking up through your crown chakra, it is even possible to psychically travel up to the source of Reiki and merge with it. All these experiences are very enjoyable and can be deeply healing for the practitioner at the same time that they increase the benefit to the client. As you meditate on Reiki in this way, you will also be opening the pathways through which Reiki is able to flow, thus increasing the strength of Reiki you are channeling to your client. This is a very enjoyable way to improve the quality of the Reiki you give.

Adding prayer to your Reiki treatments is also an effective way to increase its strength. While your are giving a treatment, you can pray out loud or to yourself. Call on the ascended Reiki masters, or on Jesus, St. Germain, Buddha, Krishna, Babaji, or other ascended masters, angels, or spirit guides, or pray directly to the infinite God/Goddess or to the Reiki energy itself. As you pray, ask that your Reiki be strengthened and ask it to bless you and your client. Ask it to bless and guide your Reiki practice and to guide you in increasing its strength and the benefit it provides you and those you treat. Accept the fact that there is no limit to the value and healing power that is available to you and ask that you be blessed with an abundance of healing, loving spiritual energy so that you will be of greater service to others. Combine your prayers with the above technique of merging with the energy and feeling it as it flows through you. By praying as you do Reiki, your prayers will be more powerful because when doing Reiki, you are more directly connected to the higher power which is the source of all answered prayer.

Attracting a special healing guide(s) that will work with you will also improve your treatments. While Reiki comes directly from God, there are spiritual guides who are adept at healing. They can add their Reiki energies to yours and also channel Reiki directly to the client. Many have reported that they felt additional hands on them and the presence of someone else in the room during a Reiki treatment. Having a sincere desire to help and praying that a healing guide or angel will come to help you can bring this about. Also, using the "Meet Your Reiki Guides" tape listed in the newsletter can create this connection.

Some Reiki practitioners report that their Reiki seems to have lost some of its power and they wonder why this happens and what can be done to get it back. It is a fact that when doing Reiki, the practitioner also receives a treatment. When this happens, sometimes negative energy is loosened and begins to move through the practitioners system on its way out. This energy can sometimes get stuck temporarily so that ones Reiki tends to work on the practitioner more than flowing to others. What is needed is for the practitioner to receive a treatment. This will release the blocked energy and restore the flow of Reiki. Remember, we need to maintain a balance of Reiki by treating ourselves, giving treatments to others and receiving treatments from others.

Your Reiki can also increase when you take your next level of Reiki training. The attunement for the next level and the use of the symbol(s) that go with it can definitely improve the quality of your Reiki treatments. This is regularly reported to occur by most students. One practitioner reported that his wife was in continuous pain which was only partially and temporally removed with his Reiki II treatments. After taking the Master training, one treatment using the Master symbol completely released the pain and it didn't return. Your Reiki can also improve by receiving additional attunements for the same level you already have. Even though you need only one attunement to have Reiki for the rest of your life, extra attunements for the same level you have will further refine and strengthen your Reiki. Many Masters will give extra attunements for free or for a low fee. Sometimes new Masters need people to practice on, go ahead and volunteer. A group of Masters can practice attunements on each other and strengthen their Reiki at the same time. Have each Master give the Master attunement to each person in the group. If you have five Masters, then each will receive four Master attunements and give four. This can be very powerful.

Chi Gong and Tai Chi are methods of developing your Chi and opening the pathways that Chi or Ki flows through. The pathways that are opened in these exercises are the same ones that Reiki flows through. On the average, most people who have practiced this type of moving meditation have stronger Reiki than those who have not. Find a teacher you feel comfortable with and take up the regular practice of Chi Gong or Tai Chi and not only will it be healthy for you, but your Reiki will also improve.

It is possible to use self-hypnosis and meditation as well as affirmations to improve your Reiki. Simply enter self-hypnosis or meditation and suggest to yourself that your Reiki is getting stronger and stronger and stronger and it will. You can also do this while giving a treatment.

Playing the "Chanting Reiki Masters" tape while give a treatment can also improved the value of your Reiki. The tape was made by 18 Reiki Masters who chanted the names of all four Reiki symbols into a microphone while intending that all who hear the sound will be healed. Most who play the tape while giving a treatment notice an improvement in the quality of their Reiki.

Placing sacred pictures in your Reiki room when you are doing Reiki can also increase the value of your treatments. This includes pictures of Jesus, Buddha, Krishna or any other spiritual teacher or great being. The Beaming Reiki Masters picture in the back of "Reiki, The Healing Touch" will also raise the vibration of your treatments as well as the Antakarana that is given in the Master training. You can place these cards under your Reiki table or on the wall of your healing room.

These are a few methods of improving the strength of your Reiki. Try them. Also remember that Reiki has it's own consciousness and by simply intending to find ways to improve the value you pass on to others with your treatments, and by being open to its guidance, the Reiki energy will guide you to additional ways. Reiki comes from an infinite supply. There is no limit to the healing power that is available to you. Focus on love and compassion. Trust in your inner guidance and take action on it. You will not be disappointed.

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