

## CONNECTING WITH THE UNIVERSE

We all seem to be on a quest. Sometimes Reiki seems to be the answer. We have so many people come to us to learn Reiki that aren't actually sure why they want to come to a class or even know what Reiki is all about. They just seem to be driven to do so. This is really a fine indication of how the Universe will help you out if you ask it.

But, rather than take another course or read another book or seek out another guru to offer you a seed of wisdom, it may just be time to stop and look within.

Many of our students and others that we have the benefit of meeting say that they are trying to become more *"spiritual"*. They're looking for answers that will help them become more enlightened and perhaps more knowledgeable about the mysterious secrets that they wish the Universe to unveil to them.

It may be that you've missed the answer that you want by becoming a professional seeker for all along the answer was contained within a marvelous vessel that has been at your beck and call all along – you!

We always tell our students that Reiki will enable one to function at a different vibration and by doing so many things may open up to you – a clear link with spirits and angels, refined visualization abilities, psychic power enhancement and so on. It's true, this does happen and it's a wonderful thing to watch and to hear back from students. And it does offer you a foundation to develop spiritually, not through the energy, but by living the Principles. And the Principles go hand-in-hand with spirituality.

The quest to become more *"spiritual"* is often confused with a need to find some magic answers. You continue to look for the bits of wisdom that you believe will enable you to become a more *"spiritual"* being.

Here's the first bit: *you already are a spiritual being of eternal energy.*

So, you're trying to be something you already are! You are not "more" than a body – you're not your body at all. Now it's a tough concept because my body is what I see in the mirror all the time. It's nice to know I'm not that body because I'm not actually crazy about it. Your body is something that you have, like it or not, it's not something that you are.

Ok, you're a spiritual being.

So, what next? Well, accept the fact that you don't need to go and learn anything or believe in one more thing to be spiritual. In fact, and this may be hard to understand, *spirituality does not require you to believe anything.*

## **Spirituality invites you to continually notice your experience.**

And that's it. Sure, take more courses and read more books because it's a wonderful thing to do but if you wish to become more spiritual, the answers all lie within you.

Again, look at the Principles. For example, if you had some type of verbal altercation with someone that caused anger to well up inside you, then take a moment to look at the experience and examine what occurred. As soon as you do, the magic that you've been looking for happens – you change! It happens immediately. Once you analyze your experiences you make a determination, you weigh your actions, you compare notes and then, you decide to make some behaviour or belief adjustments or you confirm that you did the right thing. Whatever the result, you grow spiritually.

It's not a matter of reaching a certain level of vibration or ability. It's a matter of conscious intent to examine who you are at each moment.

### **Notice your experience!**

Here are some things that you can do that will cause powerful transformations:

1. After having a conversation with someone, be alone and analyze the experience. Just do this even once during the day. Ask yourself:
  - What was the lesson I learned from this encounter?
  - Did I listen with pure intention?
  - Were my responses without ego?
  - Did I give what I should have?

Find the time to think of one time when you communicated with someone this day and ask those questions. Be honest (yeah – one of those Principles again) and feel the magic happen.

2. Make a list of all the things that you are grateful for that day. List everything and anything without judgment or questioning. Then look at the list.

More magic! You'll realize the wonderful things that are occurring all the time as the Universe speaks out to you. You may also find that you need to be more conscious about expressing your gratitude. – and here you go again. You examine your experiences and start to change.