

SELF TREATMENTS

“Self-treatment” seems to be a ‘dirty’ word, like ‘grounding’. As much as we continually extol the virtues of both, practitioners seem to go out of their way to avoid them. Funny how we have the tools to make so many positive changes, but keep getting swept away by the business and confusion of our lives?

We admit that after receiving the benefits of a relaxing full body Reiki Treatment with a Reiki Practitioner (always nice to let someone else do the work) it’s often a little disappointing when doing self treatments.

Sure we all want to have that pampered feeling but self-treatments can be used in between those times when you can’t get to a Practitioner They are an important part of any Reiki Healing and Self improvement program.

Set aside 15 to 30 minutes each day for yourself. You can do a complete treatment using all the hand positions or you can use Byosen scanning and treat only those areas you are guided to.

Remember that giving yourself Reiki will increase your vibration and it’s a time to allow yourself to contemplate the various things that are going on in your life.

Giving yourself the gift of a self-treatment will help you feel calmer and more peaceful. It will assist you in finding new attitudes developing about issues in your life and help you receive creative ideas on how to deal with them (yes, it will help you listen!). Reiki can also help you become happier!

Everyone wants to be happy, yet how often do we really consciously pursue it? Here’s an experiment that will allow you to experience the secret art of inviting happiness right now!

- Begin doing Reiki on yourself.
- Once the energy starts flowing, begin repeating this affirmation: *I ask that the joy of Reiki will continuously express through me.*”
- Say this affirmation over and over and keep going for 10 to 15 minutes or more.
- If you have any issues you are working on, any challenging situations, or any aches or pains in your body or medical or psychological conditions, focus on them as you say this affirmation.

So, after the 10 or so minutes, what did you feel? Has your level of joy increased? If you were feeling depressed or down or upset in any way, has this lessened? Are things starting to shift toward a more positive state of mind? Are you feeling better?

Keep doing it and remember to do it whenever you get a spare moment throughout the day.

As you continue with this experiment, you may also find that opposing, negative thoughts or feelings may be stimulated and come to the surface of your mind. This isn’t

unusual and is just like having a pain during a Reiki treatment, released as the energy moves through and out of your body. If this happens, focus on what comes up and continue to do Reiki on yourself and repeat the affirmation. As you do this, these negative feelings will be healed. They may dissolve or they may be released or transformed in some way!

After doing this exercise from time to time, you may notice that joyous feelings come over you unexpectedly, even when you are not doing the exercise. Let it happen and give thanks for this wonderful experience that is developing in you.

You may also notice that your conversations are more lively, animated and filled with interesting comments and that you make friends more easily and have a more positive attitude toward yourself and others!

Your creativity will be enhanced, you will be more productive and also find it much easier to exercise, diet, or do anything that is healthy!

Another interesting experience is that aches and pains or other ailments you have been experiencing will be reduced or eliminated. This is because the joy you are experiencing is not ordinary joy, but because it comes from Reiki, its healing joy! It is being generated from within and is a very powerful healing energy.

Whether using self treatments for a specific malady or issue or for joy itself, you may want to consider journaling your sessions. It's a great way to see the improvement you've made and the new sensations you'll be feeling.