

## SETTING YOUR INTENTION

All moments when I give Reiki sessions I consider a blessing and I know without a shadow of a doubt that it will always go to the client's highest good. Now, does that mean that the power of intention is not important? Does it mean that hoping that the client is healed of some painful experience whether it be mental / emotional or physical is wrong?

No of course not. Setting an intention is our way of letting the Universe know why we are there with that client. Now, that's an interesting concept.

*"Hi God, Universe, Source, etc., I'm here and I'm ready to be a clear channel and will you fix this person of this or that?"*

When we set an intention that we believe is in the highest good of the individual, are we not getting in the way of what that higher power may have in mind. Would it not be better to say,

*"Thank you for letting me be a clear channel for your higher power to help this client for their highest good."*

It's our ego that thinks that the higher power is not aware of what this person needs and it is our ego that believes we are some great messenger. We need to just 'get out of the way' and let Reiki flow where it needs to go.

Here's a good example. Over the last few months a wonderful man has been receiving Reiki on a weekly basis. He has suffered with cancer for over 12 years in various parts of his body, the most recent being his bladder. Doctors had informed him that if the tumors did not get any smaller, he would need to have his bladder removed. This man had raised his children, worked hard and devoted his life to the woman he married over 50 years ago.

Although he has always been a caring and generous man, he had times in this life where he was opinionated, prejudiced and demanding. He was also very skeptical of Reiki or any other these 'mystical modalities' as he referred to them, but decided to give it a try just to see if it would help him relax as he had seen it do for his wife.

How tempting as a Reiki Practitioner when setting the intention before his session to ask that all his cancer be healed and that he never suffer again! How tempting to ask that he live the rest of his life in peace and harmony never to feel any pain! But is it not more important to allow the universe to decide his fate? Is it not more humble to stand before God and ask that the loving energy flow through for the client for their highest good?

Now don't get me wrong, I did also say that if it is in his highest good to remove the cancer that it would be great and I did say that if it is God's will that he be taken from this earth please do so in another manner as it may give him the opportunity to have faith in something to see his cancer helped.

His first session left him perplexed as he is a very analytical person and could not understand the feelings he experienced. And as the weeks progressed, he began a process of becoming more aware spiritually and not only agreed that if he needed to continue to have this cancer so be it but that he knew how much Reiki was helping him on so many levels. He began to see his children (all grown) in a whole new light and began to change his whole way of thinking. He became a new man who talked freely about angels, about other dimensions and began sharing his new found love of Reiki with anyone who would listen.

What a blessing as a Reiki Practitioner to be given such a gift of witnessing the love shining from this man who was now sharing light with everyone in his path. The same man who only a few months ago sat in a chair, his skin color grey and looking totally defeated.

The other exciting news is that recently, at his six month checkup, he was told by a dumbfounded physician, that he is absolutely clear of cancer!

Set your intention for their highest good, get your ego out of the way and let Reiki flow!