

THE JOURNEY TO REIKI

One of the most exciting moments of any class for a Reiki Master is when everyone is sitting waiting to start. The students have high expectations of course and are both excited and a bit anxious because they really don't know what to expect. In all of their minds is: "will I really be able to do this?"

Then an interesting thing happens – a confirmation of an absolutely wonderful truth! When the students are asked to introduce themselves and note why they wish to take Reiki, many of them really can't put it into words. They may say that they really don't know that much about Reiki or that they just heard about it, but they all have some deep desire or need to learn it.

What drives someone to take Reiki when they know so little about it or strangely, have just found out about it? The wonderful thing about this is that they have been guided to that point – but by what and how?

Reiki is a confirmation that there is a direct connection between us and what we call the Universe. After we're attuned, all we have to do is think "let Reiki flow," and a miracle occurs. This beautiful energy channels through us effortlessly. We have no doubt that it works, especially after seeing the effect it has on clients. But why don't we take that same belief and apply it to how we relate to and request things from the Universe all of the time? The students that came for the Reiki class did just that – but probably not consciously.

At some point in the students' past, they probably hoped for a change in their lives. They may have envisioned helping people or working in the health profession or becoming involved in something very different from their current type of employment. Simply stated, they "put it out there" and they did so repeatedly. The Universe listened and opened doors that led to the Reiki class.

The attunements are an amazing process that connects the practitioner to Reiki energy. However, it is the intention of the process, enacted by the Reiki Master and requested / wished by the practitioner, that connects the practitioner to the Universe.

After symbols are placed into their consciousness by the Reiki Master, it is the Practitioner's intention to enable the Ki to flow that is a confirmation of a powerful aspect of the process. It demonstrates a direct and immediate connection to the Universe, so much so, that it enables us to know without doubt, that it is there for us to use.

So, the students' kept asking for something to happen in their lives and the Universe provided an answer. It offered a direction and placed things for them to use along their way: people who may have told them about Reiki, a magazine article about healing, a website that mentioned Reiki, a suggestion to visit the

CRA website and so on. Ask that Reiki flow and it does. Ask for a life change and answers come your way. Some may see them as such and others may marvel at the coincidences.

For those who have taken manifesting training and use it, we know that it is a powerful way to live. It enables us to have purpose and exhibit control as we work with the Universe to live out our lives to the fullest. So, as Reiki Masters, what can we do to enable those who have come for training – all led by an intention and given answers that brought them to that place – to understand that they can work with the Universe at all times and, unlike for Reiki, they don't need an attunement for that to happen?

The answer relates to the principles.

There are many Reiki Masters who make their students aware of the principles and others that spend a significant amount of time reviewing them. For example, It's nice to be told not to be angry but what's the purpose behind saying that?

Dr. Usui and those that followed him understood that emotions were indicators of a successful connection with this Universal Energy.

They knew that anyone could access it at any time but that negative emotions got in the way.

He knew that we were in sync with the Universe when we felt calm and were not prompted by circumstances to be reactive. He also knew that we disconnected from it when we felt anything negative at all.

A negative feeling is our signal that we've pulled the plug!

He emphasized the principles because he knew that our connection to the Universe and our very ability to relate to this wonderful Reiki energy was affected by our emotional state.

Over time, western Teachers have moved to concentrate of teaching their students about giving a treatment, rather than making life changes through the adoption of the principles.

So we may be missing an opportunity in our Reiki classes. Perhaps it's time to shift the focus a bit so that all the students know that this is a life changing event not only because they will be able to channel Reiki, but that they will be given the opportunity to understand how to live each day differently. They will understand that it's not just about refraining from getting angry or being worried or trying to be humble, but it's all about maintaining a constant connection with the Universe, living as part of it and benefiting from it.

The same process that enabled them to be at the Reiki class can help them reach any goal.

How can we do that then?

The first would be through demonstration. If we as Reiki Masters constantly try to maintain this connection with the Universe by keeping negative emotions in check and manifesting what we need in life, then we'll be able to lead by example.

We can also ensure that they understand that principles are more than a simple guide but a life philosophy that can lead them to a very different and rewarding type of life - that the principles help us to limit our ego and maximize our connection with all things good.

Devoting the time to review all the principles in detail can be a life changing event for students.

Examining how negative emotions affect our relationship with all things and examining strategies to acknowledge and then overcome these emotions can lead to powerful changes.

As a Reiki Master / Teacher, demonstrating how negative emotions such as anger and worry feed the ego can be an eye opener. For the student on a spiritual quest, it can be a catalyst towards massive positive change, heightened by their attunements and welcome to the world of Reiki.

Offering steps to show students how to use their emotions as indicators of being connected with or divorced from the Universe will have a rippling effect. Their increasingly positive nature will affect others in their lives and many others still that they don't even know.

So, with an increased concentration of the principles, Reiki training can be far more than enabling people to become practitioners. It can once again become the life-changing event intended by Dr. Usui.