

## WHAT IS PERFECT INTENT?

One of the most important steps taken by all Reiki Parishioners before giving Reiki to anyone or anything is their Intention - we first *intend* to start channeling this wonderful Energy through ourselves, and into the Client.

It is our intent to be a pure and perfect vessel for this Energy to flow through and from. Secondly, we *intend* that the person/place/thing/situation that we are working on healing accept this healing if it is the benefit of their Highest Good.

While we may wish to help someone with an illness, pain, symptom or emotional issue, we must always be aware that the Reiki will direct itself to the areas where it is needed. That is one of the most wonderful aspects of Reiki – being able to trust that it is indeed doing what it needs to do.

Yet, do we want to heal the woman with cancer because she wants to be healed? Of course we do and that's both noble and compassionate, but is it in her Highest Good to be healed at this time? We must always trust that there is much more going on in people's lives and what they have charted for themselves.

Regardless of what we wish and hope for them and how we phrase our *Intent*, we will never really know whether it is *their choice* to be healed or not.

Many people choose long and painful diseases such as cancer or AIDS so that they have the time to work through emotional issues that otherwise would have to wait till the next lifetime.

For example, a woman with a terminal illness who is given six months to live might choose to take some very positive steps in the time that she has remaining. She may fix that negative relationship with her family by forgiving the things that they have, done to her or ask forgiveness for that which she has done.

All of the people involved with her now have the opportunity to say those last words and forgive old wounds and clear up misunderstandings. She now has the opportunity to learn about herself: what the meaning of life is / where she did right, where she messed up, how to forgive oneself and how they might do it differently next time.

For our purposes, an *Intent* is a loving request to provide the maximum good while trusting in a higher power who understands the greater picture. We should give thanks that we are able, as Reiki Practitioners, to be a part of it all.