

June 2007

~ **mindful messages** ~
For the Reiki World

**Reiki and Manifesting Series
Part II: Being Joyful**

Plus:
**Preparing for the
Solstice
Healing the Earth
with Reiki
Working with Meridians
Protection for
Empathetic Healers
.....and more**



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mindful matters

~ *mindful messages* ~

An international newsletter for the Reiki community

Welcome to issue #43 of *mindful messages*.
mindful messages is issued once per month.

Please send *mindful messages* to associates and
please send your questions, comments and suggestions to
mindfulmatters@rogers.com



ISSUE #43

JUNE 2007

1 Series: Manifesting and Reiki

Use this amazing energy to transform yourself and
attract your dreams.

Part two of a three part series.

2 Meridian Procedure

Blockages can be effectively removed when pressure
is placed on certain meridian points. This is a
wonderful technique to use during a Reiki Treatment

3 Empathetic Healers

Self-defense techniques to prevent being affected by
client emotional energy releases.

4 Aboriginal Led Healing Retreat

Advanced notice of this special September event.

5 Summer Solstice Reiki Event

Get ready to take part in a world-wide event to Reiki
our planet.

6 Level I / II Training

The next class is in July.

mindful messages contains articles that are about or related to Reiki.

The intent of this newsletter is to:

- share information world-wide so that the Reiki community can benefit from new and interesting information,
- outline new and exciting resources and
- bring us all a bit closer.

Reiki Masters, Practitioners and energy workers are invited to submit articles about an aspect of Reiki, other healing modalities and resources that could be used by all. These articles will be included in future newsletters along with contact information.

1. Manifesting with Reiki

It seems so simple really.

When you watch a movie like “the Secret” that outlines how to manifest something, the process seems to be so easy and very magical. It all relates to an ancient word: Abracadabra, which we have heard spoken when someone is performing a magical trick.

The word means: “*to create what you think*”, and this essentially is what happens whenever we put a thought out there. It’s what lies behind all manifesting.

But how does that work?

Thinking is an energy process. Without delving into technicalities, when we think, the brain emits energy pulses. It’s an electrical process. Our thoughts aren’t simply intangible things. They can be measured and as such they are emitted from us.

Here is the strange part – where do they go?

When you have a thought it becomes an energy particle that you emit and send out into what we’ll call the Universe. It just doesn’t disappear. It’s part of you. You own it. This is an important concept because manifesting and thinking both have a common foundation: the energy of emotions.

For every thought, we attach some level of emotion to it. Certain thoughts, those that result from us being threatened or challenged in some way, evoke intense emotions. So, these thoughts have lots of energy attached to them.

Whether they have a little emotion or lots, we unconsciously send them “out there”.

So, over time, we have lots of energy floating around us. A good analogy is to think of each thought as a balloon. A thought that has little emotion is a very small balloon. A very angry thought with lots of emotion and a substantial investment of time would be a very large balloon (think of a large hot air balloon). It works the same for positive thoughts. An event that causes lots of love being emitted from you, for example, would cause quite a sizable balloon.

Here’s where some interesting stuff happens and it relates to how we are affected by our day as well as the manifesting we enable.

Let’s look at this scientifically again for a moment. We know that basically things of like energy are attracted to each other. An interesting example of this can be demonstrated when striking a tuning fork. As it vibrates, a similar tuning fork many feet away will start to vibrate as well as it is affected by the energy being emitted from the first tuning fork.

So, if you send out a thought, perhaps a nice warm fuzzy one with lots of love attached to it then theoretically you should be able to attract thoughts of similar energy. Sounds like a nice thing really because if you generate love then love should come back to you. However this picture becomes a bit darker when we think of the angry and negative thoughts that we have attached a lot of emotion to. The same principle works with them. Send out another angry thought and then you should attract another angry thought.

It’s your energy that you used initially to send out the thought and these thoughts are ‘out there’, waiting to come back to you every time that you send out a thought with similar energy. It’s your stuff and since it has to come back to you eventually (remember Newton saying for every action there’s an equal and opposite reaction), then we should start to think about what we are putting out there that’s waiting to come back – a very scary thought, especially because it sometimes comes back to you in huge amounts.

Now you might be saying that it shouldn’t work like that. You might think that one small angry thought should basically attract another small angry thought. Well that’s what’s happening. But it’s also attracting all the other similar sized angry thoughts at the same time because that one angry thought is probably equal in intensity to many thoughts that you have put out there over your lifetime.

If all the small angry thoughts were balloons, you’d probably have a huge cloud of them out there. Over time they would really add up.

Here's another point that's a bit disturbing but which makes a lot of sense. You know how your life is going along well and then, for no apparent reason or at least not for any that you can figure out, chaos erupts.

As humans we have certain expectations of how things work. For example, if we send an email to someone, we expect a reply relatively quickly. We expect an almost immediate return on everything that we do.

But here's where it gets a bit scary. With our thoughts and the positive or negative energy that is attached to them, they come back to us when it seems right. Now it may not seem right to you but it makes sense on a more Universal scale that may just be beyond our understanding.

So, while you may think that the angry thought that you had when you were three because your friend broke your toy would have come back to you at that age, it doesn't work like that. That little balloon of angry thought may come back to you because it's attracted to an angry thought your having now at the age of thirty-three.

We could have a very scientific illustration of how time works but in this case suffice it to say that over time, we have lots of good balloons and bad balloons out there.

What does this have to do with manifesting?

Well two things basically.

When you manifest, you need to invest lots of time associating feelings with your thoughts. Feelings are what the Universe relates to. When you think of love, the Universe isn't reading the lettering or hearing the words, it's responding to the attached emotions.

If you wish to have a Lexus then you need to spend lots of time thinking thoughts associated with this Lexus that have lots and lots of positive feelings. Just like the tuning fork, you send out the vibration and the Universe will respond by relating to that vibration.

Now to be fair, you do have to always take action related to getting your goal but if you attach a huge amount of positive emotions to your actions, then you have a far greater chance of having your goal reached much faster.

Here's the second thing.

There's a problem and unfortunately it relates to your behaviour.

Let's look at what this "Universe" is. Thousands of years ago mystics talked about this wonderful joyful energy that was everywhere. This energy is blissful. It really would have to be because it is all things. There is nothing outside of itself and nothing that it doesn't know. Therefore, there would be nothing to be fearful about. It would be blissful.

So, we wish to have this energy respond to our requests to manifest things.

We spend time thinking about what we want and attaching positive emotions to it and taking action related to the goal and we become a bit disenchanted because nothing much seems to be happening.

There's a reason.

If you wish to have a close working relationship with a joyful energy, then for it to relate to you completely, what do you also have to be. You got it: joyful! And are you all the time?

This is where Reiki begins to play a part.

*"All that we are is the result of what we have thought.
The mind is everything. What we think we become."
Buddha.*

In order to manifest all that you could ever wish for, you need to be as the Universe is: joyful. If you are not that, then you are effectively cutting the phone line.

When you are not joyful, two things happen:

- You disable your ability to manifest that which you wish to have and
- You attract similar energy into your life.

If you want to stop attracting negativity into your life and bringing back to you all the bad stuff that you have unconsciously been generating all your life, then stop being negative.

It seems so simple.

If you are generating the emotion of love and being calm, then you won't be able to attract the negative energy that is just hovering out there waiting to come home to you.

If you are calm and loving then:

- You prevent the bad stuff from coming back
- You attract loving energy
- You maintain a clear connection with the Universe.

Trying to manifest anything while you continue to generate negative emotions is like trying to get through a brick wall.

As Reiki practitioners, we have been given a set of Principles to guide us that will enable us to be loving – to function at the same frequency as the Universe.

Dr. Usui had a very clear understanding that in order to relate to the Universe and have us be clear channels for this loving energy, then we must not be moving negative emotions through our energy pathways. If we are grateful, humble enough not to react, without worry or anger, then we would definitely be calm and could replace all the time that we spent generating negativity with loving thoughts and actions.

He knew that when we are negative in any way, we create blockages in our energy system.

If you were asked to sit with a pad of paper and make a list of all the times in your life that you have been anything but loving, you would sadly admit that there are just too many times to even think about. In fact, it makes you realize that for a huge portion of your life you have been many things but loving.

It's probably about time that you made a shift to consciously be aware of your behaviour, change your approach to life and others and dedicate yourself to having a loving existence that links you directly with the Universe. Manifesting would be a much easier process if you functioned as the Universe does: blissfully.

Being anything else just doesn't make any sense at all does it?

Preventing the return of any negative energy and ensuring that manifesting efforts are rewarded requires an investment of time to heighten your conscious awareness of your behaviour.

It requires an agreement and the development of the belief that anything other than being loving is unacceptable. Living the Principles is a necessity.

You start this by heightening your level of consciousness. It's already been proven that the majority of people move through each day relatively unconscious of their actions. In fact, up to 95% of what you do each day you do unconsciously. When you get up in the morning to get ready for the day, you really go on automatic. There really isn't too much to decide and even the decisions are fairly routine. Much of your day continues like this.

The problem is that we apply this to our emotions as well. In every situation, our brain looks at a circumstance, examines past experiences, selects a response based on this past experience as well as your ingrained beliefs and you react.

These reactions become part of your day and before you know it you have another day where you have many, many times when you definitely being anything but loving and you don't think much of it.

Thinking of it changes everything.

To move to a state where you are conscious of your behaviours you have to acknowledge them. To do this you have to adopt the stance of watching yourself and as you see behaviours that are not conducive to being this loving person that you wish to be, then those behaviours can be replaced.

The process is a simple but very revealing one. Simply take a pad and paper and make a mark every time that you are anything but loving. This means that if you are thinking or acting angrily or critically or judgmentally, you recognize it immediately and record it. The result can be surprising and eye-opening. It can have an effect on every relationship and every part of your day.

Continue with this task until you see yourself reaching a high level of awareness and then you will be able to be loving rather than something that has been helping your bring negativity into your life.

Taking this step will enable you prevent negative energy from returning, result in you expending a great deal of loving energy and enable you to take a huge step towards reaching a level where you will be able to manifest all that you wish because you are in sync with the Universe and it's energy.

Every morning, before you venture out to tackle all the tasks that await you, Reiki the day. Spend a moment to send loving energy out to all people, places and things associated with your upcoming day.

- Sit calmly
- Close your eyes.
- Ground yourself.
- Breathe easily and steadily.
- Symbol your hands if your are Level II and beyond
- Draw the symbols in the air in front of you.
- State an intention such as: *"Throughout my day I will happily and calmly interact with everyone and be satisfied with all that I accomplish."*
- Picture a movie screen about three or four feet in front of you.
- See your day on this screen. Begin with your morning and see all the family members and/or friends that you will be interacting with and beam Reiki to them from your hands and heart.

Think only calm loving thoughts while you do this and if your mind wanders, then return to the scene and continue to beam Reiki.

- In each of the scenes that you are envisioning, see yourself acting happily and confidently and see the people happily interacting with you.
- See a movie of all that you wish to accomplish throughout the day and see yourself pleased that it all went your way.

Be aware of your emotions as you beam Reiki to this movie of your day. Always be very happy and joyful about each event and always look for the positives in each scene that you can relate to.

- Move to your work place or to those that you will see as you move through the day and beam Reiki to them.

See scenes of your interaction with them on your movie screen and see the Reiki glowing all around them on this screen.

- Beam Reiki to all the places and things that will be in your day such as the office and your car. See these things on the screen and beam Reiki to them.

Enjoy the moment as you see a wonderful day ahead of you as you move through it joyfully.

INTERNATIONAL ANGEL DAY
September 8, 2007
 A Day of Angel Workshops, Prayers and Invocations Worldwide

Angels 101 Workshop
 An Introduction to Connecting With Your Angels

artwork by
Daniel B. Holeman

Hosted by: **Laura Socas and Chris Cuciurean**
 Angel Therapy Practitioners®, Certified by Doreen Virtue, Ph.D.

At Iroquois Ridge Community Centre 1051 Glenashton Drive, Oakville.
 12:30 p.m. to 4:30 p.m. Workshop Fee: \$77.00

10% of the proceeds will be donated to A Child's Voice Foundation.

Pre-registration required. Contact:

Laura Socas
 905-901-1471
 laura@angellightconnection.com



Chris Cuciurean
 905-465-0722
 chris@lifeleaderscanada.ca



2. Meridian Procedure

While Reiki seems to mysteriously move through our bodies and those of clients, it follows the pathways that are used to channel all energy through us.

As we know, these channels are called meridians and congestion within and along them is responsible for the physical and emotional issues that affect us.

Reiki effectively moves along these meridians and clears them. No wonder people feel so wonderful after they have a Reiki treatment.

In the past, we have prepared special articles that enabled practitioners to move Reiki along various key meridians to ensure that they were cleared. Feedback has been wonderful as Practitioners reported clients experiencing amazing results.

During Reiki Treatments, one position involves placing your hands on the soles of the clients feet, effectively channeling Reiki along the meridians that start at the feet.

It is probably one of the most important positions as Reiki can reach all major organs and areas of the body as it moves up the meridians from this point.

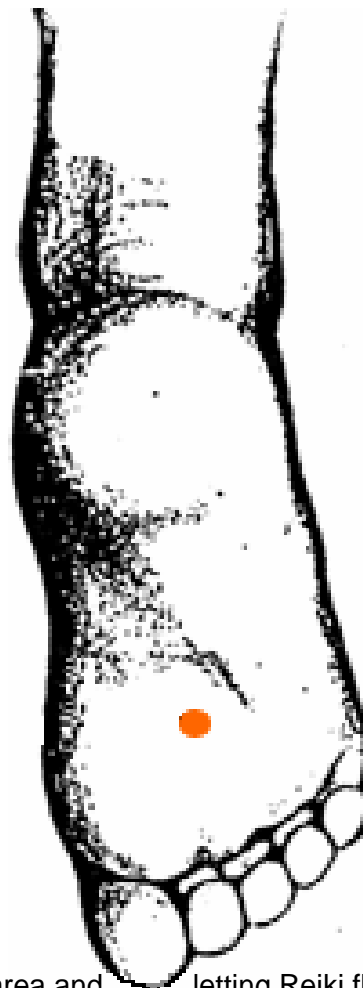
Spending an extra bit of time on the soles of the feet is highly recommended.

As Reflexologists will confirm, placing even a small amount of pressure on points on the feet can effectively clear blockages and problems in meridians and organs.

Each meridian serves at least one organ and the feet are maps of this system.

Aside from whole treatments, there are specific points on the body that can be addressed. One primary point is the start of the kidney meridian, called the Wellspring of Life point, which exists on the soles of each foot (see diagram).

You can quickly test this point on yourself by sitting and placing one foot of your other thigh (sit cross legged) and press hard on that point. If you experience discomfort or pain, then you should be addressing this.



Rubbing this area and letting Reiki flow will clear the meridian and address problems.

When clients come to you complaining about a lack of energy or tightness in the back, then a simple technique that can be incorporated is as follows:

When the client is lying on their stomach, bunch your thumb and middle fingers together and use them to push hard on the Wellspring of Life points on each foot (be careful not to dig your finger nails into their foot).

The client may complain of tenderness but this indicates a blockage. Removing it can have immediate results as it clears problem areas.

Continue to let Reiki flow for a couple of minutes after using the procedure.

3. Empathic Healers – How to Stop Being an Emotional Yo-Yo

Empathy can bring understanding and compassion, and as healers, give us information that can be useful in a healing session. But what happens when you are so sensitive to energies that you easily “pick up” and start to feel other people’s emotions?

Rest assured, there are things you can do to stop being affected by other’s energies.

There are a variety of psychic self-defense techniques that can be used.

One of the most common methods is to imagine a bubble of white light completely around you. This protects your energy and keeps other energies from getting into your aura. This is best done first thing in the morning, last thing before bed, and whenever you remember during the day.

What if you forget to do this beforehand and you have already picked up someone’s energy? Send it back!

Recognize that it isn’t yours and consciously command it to go back to the person it came from (or to the Earth or Source for transmutation into light).

See streams of cleansing white light coming from the Universe and pouring over you, dissolving the emotions and energy.

Immune boosting activities will also help as it makes you less susceptible to being influenced by other energies. Adequate sleep, lots of water, proper eating, and stress management are the basics.

Add to that other tools, such as wearing a crystal that has been programmed for protection (you can do this with intention and Reiki) or whose properties include protection. I use Young Living’s White Angelica essential oil to strengthen my aura.

Using these tools can make a huge difference in how we emotionally function. Being an empath is a blessing when we are able to connect with others without being swept away by their emotions.

Selina Khan is a Reiki Master, Psychic Medium, and Spiritual Counsellor, located in Toronto. You can reach her at selina.m.khan@gmail.com.

4. Advanced Notice! Aboriginal Led Healing Retreat



On the 3rd weekend of September, Energy Workers will be involved in a personal transformational event where Indigenous Elders will lead you through a process of self discovery.

In an environmentally connected and very basic setting, you will be led through teachings, activities and ceremonies that will be very powerful experiences.

You will learn of their traditions and become an integral part of them with a deep sense of respect.

We are all connected to all beings and all things.

Ceremony is not for show, but for seeking the deeper self, the hidden truths of who we are, what we want to be, and what we need to surrender to get there.

If you have an initial interest, please contact us at 905-785-2990.

There will only be 20 spaces allocated. Further information about this wonderful event is to follow.

5. Summer Solstice Event: Healing the World with Reiki

As expected the response to an opportunity to come together to help heal this planet drew a wonderful response – thank you so much!

There are two significant points in the rotational axis of the Earth, one being on the shortest day (least daylight hours and longest moonlight hours) and the other on the longest day, known as the Summer Solstice.

June 21 at 18:80 hours (6:06 p.m.)

Collectively what can we do?

Beginning at 5:51 (15 minutes before the solstice time) and ending at 6:21 (15 minutes after) we can send Reiki to Mother Earth, during this crucial time when she needs as much healing energy as possible.

It is a time when we can send Reiki to all the inhabitants of the world as well.

With an intention to send Reiki to heal Mother Earth and all her inhabitants and as a collective Reiki Community, we will beam Reiki to the Earth for 30 minutes, beginning at 5:51 p.m. at your location.

As this time travels around the world and we, in various countries begin our ½ hour of Reiki, we will have collectively beamed a wonderful amount of healing energy to the Earth and all its people.

Please watch for your email as a special guide will soon be available, so that you can prepare yourself and join hundreds of others so that we can use this wonderful ability to help so many.

6. Upcoming Reiki Class

Level I / II Reiki Training. On July 21 and 22.

For those considering Reiki or for those that are now ready to move from Level I to II and experience a whole new level of energy, please contact us to reserve your space.

7. Reaching Out / Sharing



The response to our newsletter has been wonderful and we have had contact with people all around the globe.

It was to be expected because sharing Reiki is at the very foundation of this wonderful modality.

There are so many gifted Reiki Masters and Practitioners with so many wonderful stories.

Please send us your experiences, teachings, suggestions and technique outlines to include in upcoming editions.

Your name and contact information will be included.

mindfulmatters@rogers.com