

July 2007 - #44

Mindful Messages

For the Reiki World

Reiki and Manifesting Series

Part III: Wishful Thinking

In this issue:

Using Ki to lengthen your fingers!

Fabulous massage table sale

Some 'healthy' links



~ *mindful messages* ~

An international newsletter for the Reiki community

Welcome to issue #44 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 #44

JULY 2007

1 Series: Manifesting and Reiki

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

Part three of this three part series.

2 The Summer Solstice Event - What Now?

Hundreds took part in this world Reiki event. Can we continue to heal the world together?

3 Massage Table Sale

Wonderful table and amazing price – take advantage of this sale now.

4 Controlled Energy Demonstration

What! You can use Ki to make your fingers longer. Wow! Check to see what this is all about!

5 Interesting Links

A couple of very interesting links that will inform and heal!

6 Share Your Info

Have some information that you would like to share. Please send it to us to include in an upcoming newsletter.

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: More than Wishing on a Star

In the past two newsletters, we have talked about manifesting from the perspective of time. We looked at the past and addressed the present and now, let's look at the future.

The foundation of manifesting would appear to be related to the future as it involves seeing a vision of where you would like to be and then taking steps to implement that vision.

We may wish to have more money and envision yourself traveling, buying expensive clothes or moving to a larger home. You may want a wonderful relationship and see yourself strolling happily hand-in-hand with a new partner.

While these may be wonderful wishes, there is a catch. Manifesting has really nothing to do with the future!

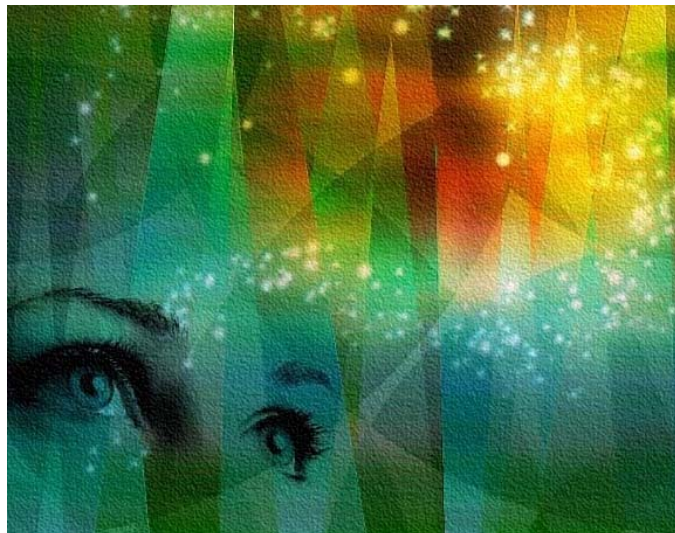
This is a bit of a shock because everything that you read about or see tells you that you should be seeing things as you wish them to be and then put together an excellent visualization of that wish and keep it in the forefront of your mind so that the Universe receives this image and responds by providing it to you.

Well, much of that is true but there is a catch and it relates to your understanding of time itself.

When we hope that something changes in the future, we are unconsciously acknowledging that something within us has died. There is something that no longer completes or fulfills us and we look outside of ourselves for an answer so that we can once again feel that we are on track - that the world around us is okay.

Very often we look for a quick fix. We buy something that makes us happy and takes our attention away from our issue or we eat ice cream because it makes us feel better or we whine and complain to friends and family about our problem so that we can unload some of the pain or discomfort.

We hope that there will be change. When we hope for something, we are acknowledging that there is a possibility that what we are asking for will not happen. That's what hope is. It is dreaming of a solution and then waiting for the positive result.



So, when you dream of something in the future and hope that it will happen and then try to manifest that dream, your efforts are based on a level of doubt. When you doubt an outcome, it simply cannot materialize.

So hoping is out of the question.

And seeing the future as a better option also is.

Here's why.

Nothing ever happens in the future.

The only moment that you have is the current one.

For example, if you have a meeting scheduled for next Tuesday at 3:00 p.m., and you are planning for that meeting that will be taking place next week, you will find that the meeting will finally roll around and that you will be at it right "now."

This may appear obvious, but when we are manifesting, the results of that effort will be affected by how you approach the notion of time.

If you are manifesting financial abundance, you cannot see this happening in the future because in reality there is no such thing.

There is only the current moment so we have to place our manifesting efforts there as well.

You have to do three things:

1) You must see that which you want occurring in your mind right now.

Since the Universe only relates to the present moment, then you must manifest on that level as well.

Instead of “hoping” for anything, you “choose” it to exist right now. When you visualize your dream, you see yourself in that dream in the present moment. If for example, you wish to have a new, fulfilling relationship, see that relationship occurring now.

If you are sitting on the couch, “feel” that person sitting next to you. Feel happy that they are there with you. “Hear” them speaking to you, giving you the attention that you know you deserve. Your imagination plays a huge role here. If you are in one room, believe that they are in the other. If you are driving in the car, believe and be happy that they are sitting next to you.

Live your dream now. The Universe will understand that.

Here’s the other part, the one that may be harder to deal with.

2) You must love what you have now.

People hope for something different because they are dissatisfied with what they have now.

If you have an old undependable car and really want a new one, then you need to be very grateful for the car that you have now. That’s probably hard to do, especially when you are sitting in it and it has stalled in the middle of rush hour.

There’s a trick to a moment like this and it relates to something that we are all familiar with – energy!

When you are driving in that old car, pretend that you are in the car of your dreams. Be exceptionally happy that you are in this amazing car. You can even pretend that you are driving the car when you are sitting at home.

Give these moments your full attention and your complete enjoyment. But, when you are having problems with that old car, give the situation no energy at all!

By being angry or frustrated or disillusioned or sad, you are killing your dream.

Your focus is now on a car with problems and since the Universe responds to this energy, you’ll probably find that the doors to the new car just closed and locked.

Easier said than done you say? That’s true. But as Reiki Practitioners we have an advantage don’t we, because we should be living the Reiki principles.

If we have been, then situations like the car breaking down would only be seen as a temporary situation that may have prevented us from being in a nasty accident or may be helping us change our timeframe so that we meet that person we have been waiting for. Who knows, the tow truck driver may end up being the person of your dreams!

Be grateful for all that you have and you will attract more to be grateful for. Practice and live the Reiki Principles and you’ll find that manifesting your dreams is an easy process.

Reiki plays a part here.

Whatever you are manifesting, Reiki it. If you are manifesting a car, perhaps get a picture of it and send Reiki to it by holding it in your hands and letting Reiki flow while you see yourself driving it and loving every moment.

“Between the wish and the thing life lay waiting.”

You also need to send Reiki to that which you have now.

Send love and let Reiki flow to the old car, the current partner, the home you live in – what and whomever. And make sure the love is really there.

3) You have to be patient.

This will seem like we’re talking about the future again but in reality we’re saying that the right moment for you to receive that which you are manifesting may not come to you very soon. Manifesting can drive you crazy.

You may manifest the perfect parking spot at the mall and it’s there for you but you manifest a new job and you don’t see it coming at all.

We live in an age of instant gratification so waiting for anything is a chore.

We aren't patient people and we don't seem to want to invest much effort into things anymore. But manifesting forces us to accept that the Universe's timeframe makes perfect sense, even if we can't see that.

If something takes longer to materialize, then there is a logic to that which may be outside of our comprehension. How then can we develop that patience?

Most of us understand that we are on a path where our experiences help us develop new understandings. Experiences, even the ones that we may label bad, are filled with teachings. It's our choice to learn them or ignore them.

Whenever you manifest anything simply enable the Universe to provide you with that at the time that it will help you evolve to the greatest degree.

Patience turns into acceptance as you believe that all will come to you at the best possible moment.

Live in the now, love every moment and dream big!

Our Universe is not a "was" or a "will be" system.

It is an "is" system vibrating within the "Now" measurement of time.

Michael Beckwith

For more of these wonderful quotes, play the video at:
<http://thesecretnotes.com/michael-beckwith-uplifting-quotes>

2. Being a Part of the Summer Solstice Event – What Now?

Thank-you so much to the hundreds of Reiki Practitioners around the globe that united to beam Reiki to the Earth.

Feedback has been wonderful.

Many felt an increase in energy, experienced a shift of sorts or were overcome with emotion.

Yes the effect perhaps can never be measured but can there be any doubt that the earth did benefit?

We must all be committed to helping the planet heal and we all have a wonderful gift to help it do that.

Aside from annual conferences, there are few opportunities when we can all work as one to affect positive change. So, what can we do now?

There are numerous studies that clearly demonstrate the power of collective intent.

From healing individuals on the other side of the world to lessening the occurrence of crime in a selected city, when people gather and focus positively, good things happen.

Should we be waiting for a special time to collectively use Reiki?

Well certainly we should have at least one other time in the year when we can repeat this exercise, as many of you have requested.

✚ *Choose a special moment each day to dedicate some minutes to beaming Reiki to the Earth.*

✚ *Select no event or group of people or crisis but enable the Reiki to flow to where it needs to go.*

✚ *Attach love to the Reiki, feel it flowing from your heart and bask in it while you let it go.*

**Together
we can make a difference.**

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4. Controlled Energy Demonstration

Describe Reiki to someone. Now you probably have a way of doing that which makes sense to you but to a person who has had no experience with energy, it probably is still very difficult to comprehend.

Having demonstrations where you can clearly and immediately illustrate an aspect of energy enables people who are struggling to understand it take a leap of faith. It enables them to see how the power of their mind can influence Ki.

Exercises where you can immediately demonstrate the health of a client's chakras is one excellent example (see the March 2007 newsletter # [41](#)).

We also love teaching Spoon Bending for much the same reasons. When students easily twist solid metal spoons into a pretzel shape, it propels them forward on their path of understanding.

Perhaps more importantly, it enables them to provide demonstrations to others who may be quite skeptical. It is special moments like that that enable those people to start considering alternate beliefs.

There's another reason that's equally important – it's fun!

One of the more powerful demonstrations that you can do that will clearly illustrate the control that you have over your own body that is used by Chunyi Lin in Qigong is his "Finger Growing Game".

Here is how it works:

- Relax and breathe easily
- Find the lines at the bottom of your palms where your wrists begin / bend.
- By placing your hands together side by side, put these two lines together then fold your palms together in a prayer position or gassho.
- Compare the length of your fingers. Most people have fingers that are slightly longer on one hand (if this isn't the case, then choose one hand and continue).
- Now, raise the hand with the shorter fingers or the hand of choice, as if you wanted to ask a question and put the hand with longer fingers down gently on your lower stomach.
- Slightly stretch open the hand that is up.
- Put a smile on your face, gently close your eyes and repeat this message in your mind,

"My fingers are growing longer, longer, longer, longer..."

They are growing longer, longer, longer and still longer."

Say it to yourself with complete confidence. Just know that the fingers on your raised hand are growing longer, longer and longer. Say it for about 30 seconds to a minute then open your eyes.

Place your hands together again by lining up the line at the wrist. Your shorter fingers became longer, didn't they! This can be quite startling. It's an impressive exercise.

If you are teaching students in your Reiki class, you can simply walk them through this exercise as you say the steps.

Returning your fingers to their original size is very easy. Separate and open your hands. Say in your mind just one time:

“My fingers come back to normal.”

You only need to say it once. Line your palms up at the wrists again and compare your fingers now and see what’s happened. They’ve gone back to the same length they were when you started.

You can end this demonstration here or take it a step further. This time we want the longer fingers to become shorter.

- Put the hand with the longer fingers up in the air and place your other hand on your stomach.
- Slightly open the hand with longer fingers and say in your mind:

“My fingers are becoming shorter, shorter, shorter, shorter...”

- Focus your mind on those fingers.
- Feel the energy flowing in the fingers as you say in your mind:

“My fingers are becoming shorter, shorter, shorter.

My fingers are becoming shorter, shorter, shorter, and even shorter.”

Again, do this from 30 to 60 seconds.

Find the lines at the base of your palms, place them together and after folding your hands into a prayer position, compare your fingers now.

Did the longer fingers that had been longer become shorter?



We probably don’t want to leave them that way, so open your hands and say in your mind,

“My fingers go back to normal.”

Compare your fingers now. They’re back to the same length they were when you started.

Some people have to practice this a bit but most people can do it right away.

Through your focused thought you sent energy into your fingers causing the finger joints to open or close and the fingers to become longer or shorter.

Enjoy the effect of having students and others do this, their reactions and their appreciation of knowing that they have such amazing control.

5. Interesting Links

Maybe you already know that thinking can alter the way your body fights disease but here’s some research that outlines just that:

www.mindpowernews.com/ThoughtsOverHealth.htm

Would you love to watch an interesting video that moves you through an excellent healing meditation where you can also let Reiki flow? Give it time to load and then enjoy:

www.kabbalah.com/kabbalah/courses/the_lab/healing.htm

6. Reaching Out / Sharing

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

Your name and contact information will be included.

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