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mindful messages

for the Reiki World

Summer Solstice Special



~ mindful messages ~

An international newsletter for the Reiki community

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

Please send *mindful messages* to associates and
send your questions, comments and suggestions to
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Summer Solstice

During this time of great abundance when Yang energy is at its highest, we can collectively send healing energy to the planet and peoples of the world

So much research has been done that illustrates the successful result when people come together with one intent to send positive energy.

The following newsletter outlines a process where all Reiki Practitioners around the world can dedicate a few minutes to collectively send Reiki to the Earth.

We look forward in joining you during the special time.



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. Please note that the information and opinions expressed by contributors may not be those of the editors.

The Summer Solstice – June 21, 2011

SOLSTICE

"Solstice" is derived from two Latin words: "sol" meaning sun, and "sistere," to cause to stand still. This is because, as the summer solstice approaches, the noonday sun rises higher and higher in the sky on each successive day.

On the day of the solstice, it rises an imperceptible amount, compared to the day before. In this sense, it "stands still."

On this, the longest day of the year and one that has special meaning with so many cultures over millennia, it is an opportunity to make a commitment to "stand still" as well and review our connection to the Universe.

There have always been many celebrations around the world in June because it is a month where life flourishes after a long winter, warmth fills everyone and we benefit from long hours of light that affects our emotions and well-being positively.

It is a time of high energy.

This day offers a time for renewal, a time to reflect on dreams and goals that were in our heart at the beginning of the year and to set an intention to pursue these dreams.

REIKI TO THE WORLD

As we near the time during this special day where we can join hundred of our peers as we beam Reiki to the World in an effort to help it and all that inhabit it heal, we can ensure that we use this day as one to heal ourselves as well.

This day is one of clearing: the negativity that is affecting the Earth as well as any that is affecting you.

As you move through this day to the time when we will all start sending Reiki, we can begin to address any blockages within our own energy system to ensure we are a clear channel.

If possible, set an alarm to remind you to approximately 10 minutes before each hour leading to the time of the Solstice.

Beginning just before the sun is at it's highest in the sky, at noon your time, we'll follow a personal process of clearing.

Just before each hour leading up to the Solstice, you can ready yourself by clearing your energy field, feeling a wonderful connection to the Earth and ensuring that you are very calm and in a loving state.

Schedules and obligations may not permit you to follow this process. If that's the case, please do what you can and then join all of us at the time of the solstice to beam Reiki collectively.

*"When you realize how perfect
everything is you will tilt your head
back and laugh at the sky"*
Buddha

NOON ADDRESSING THE “CENTRE”

The solstice is a time of balance; that special time when the year is divided precisely in half.

Noon is that special time when our day is divided.

This is a wonderful time to address our own energy centre. Just as the time will balance naturally, you also can take steps to balance your own energy system and address the physical center of the body, which is your Hara.

Our center of gravity and sense of being grounded lies here.

Our abdominal center, which the Japanese call **Hara** is quite literally our physical and energetic core.

Energetically, our first three chakras reside here, focusing on grounding, physical embodiment, basic needs and drives, and directed action.

Physically, it is the locus of our power, gravity, and bodily organs. Our legs extend the Hara to connect with the earth, establishing 'rootedness' as well as enabling mobility.

Further, Hara is understood as our life source and spiritual umbilicus and through its cultivation comes mastery, strength, wisdom, and tranquility.

A strong Hara confers the ability to sense and transmit Ki.

Bounded by the lower ribcage and the pelvic bowl, the Hara includes all the vital organs of the body, with the exception of the heart and the lungs – but even these have a reflexive, energetic presence here.

Within this relatively small cavity, there resides the stomach, small intestine, large intestine, liver, gall bladder, spleen, pancreas, kidneys, adrenal glands, urinary bladder, reproductive organs, the aorta and vena cava, numerous lymph nodes, important parts of the nervous system, lumbar/sacral spine, abdominal muscles and fascia.

The area of the Hara approximately 2 finger-widths below the navel is called the lower dantien (or tanden). “Dan” means “the medicine of immortality”; “tian” means “field.” It is the field of the elixir of life. It is a place for sowing and reaping.

It is sometimes also called the “Sea of Qi.”

The Ren, Chong, Kidney, Stomach, Liver and Spleen channels pass through it. The qi of the organs and meridians of the entire body collects in the lower dantien (there are three dantiens in the body - the middle dantien is in the heart/solar plexus area and the upper dantien is in the center of the brain), like a vast storehouse of power.

Focusing the mind in the abdominal dantien helps to concentrate the mind, remove distracting thoughts, and induce a state of inner calm.

The Hara is the center of “me”-ness.

The first three chakras – which deal with basic survival needs and ego/personality development – coalesce and interact here, culminating in a sense of personhood or individuality.



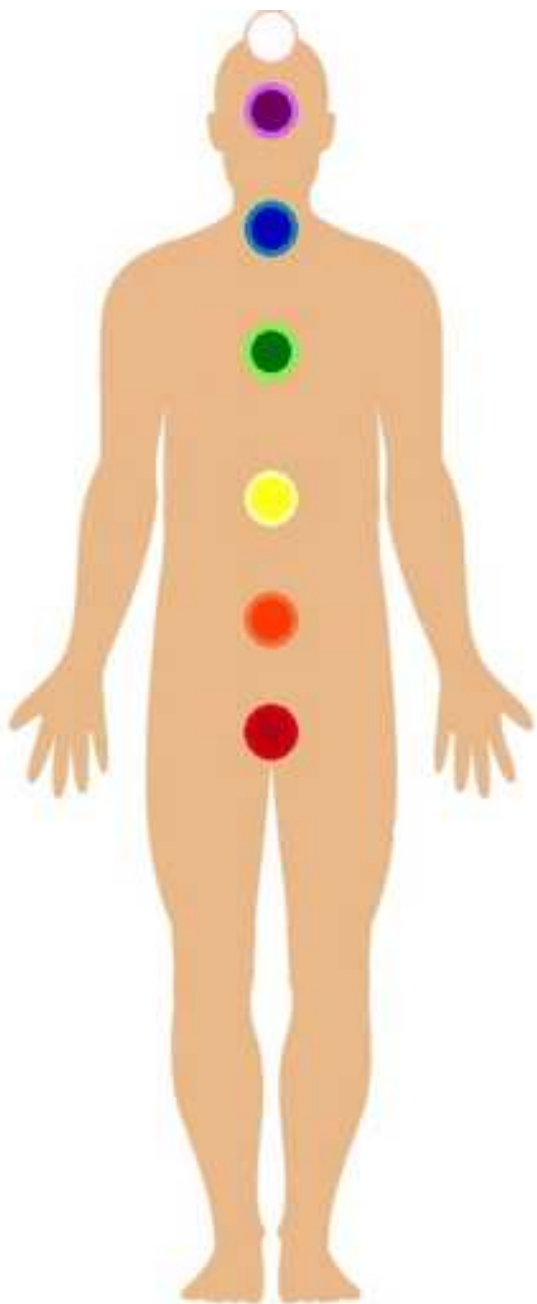
Our language is filled with phrases referring to the connection between the organs and the emotions. Grief, sadness, and the inability to let go affect the lateral sides and the deeper and lower abdominal areas react to fear. We feel the world intensely from our Hara. Abdominal work, connecting not just to the organs but also with the breath, puts us in touch with our emotions, both present and stored.

One of the best ways of increasing the energetic abilities of any part of the body is by simply bringing attention there, since awareness is a form of energy.

Where thought goes, energy will follow.

The following procedure will enable you to bring your attention to this powerful energy centre within you.

Hold each position for approximately one minute.



At 11:30 – 11:45 follow these steps to address your Hara Centre, and clear your meridians to enable the smooth flow of Ki.

- ✚ Sit calmly and comfortably.
- ✚ Breathe easily and gently
- ✚ Symbol your hands.
- ✚ As Reiki to flow
- ✚ State an intention to heighten your awareness at your Hara Centre and enable the smooth flow of Ki throughout your body
- ✚ Using your diaphragm and not your lungs, take several gentle deep, comfortable breaths, breathing in slowly and releasing it slowly.
- ✚ Bring your attention to your abdomen as you repeatedly breathe in and out deeply.
- ✚ Breath deeply again and hold the breath for a few seconds while you bring your attention to your Hara Centre and then release your breath slowly and repeat a few times.
- ✚ Breathe easily and gently.
- ✚ Place one hand above your Hara Centre and the other on your Root Chakra (holding your hand on your leg cupped toward the root) and ask Reiki to flow.

✚ Feel the Reiki move from your Root to your Hara Centre. Stay for a few minutes and feel the balance of energy moving from hand to hand.

✚ Leaving one hand above your Hara Centre, place the other on your Solar Plexus (holding your hand just above the other).

✚ Feel the Reiki move from your Solar Plexus to your Hara Centre. Stay for a few minutes and feel the balance of energy moving from hand to hand.

✚ Leaving one hand above your Hara Centre, place the other on your Heart Chakra.

✚ Feel the Reiki move from your Heart Chakra to your Hara Centre. Stay for a few minutes and feel the balance of energy moving from hand to hand.

✚ Leaving one hand above your Hara Centre, place the other on your Throat Chakra.

✚ Feel the Reiki move from your Throat Chakra to your Hara Centre. Stay for a few minutes and feel the balance of energy moving from hand to hand.

✚ Leaving the one hand above your Hara Centre, place the other on your Third Eye Chakra.

✚ Feel the Reiki move from your Third Eye Chakra to your Hara Centre. Stay for a few minutes and feel the balance of energy moving from hand to hand.

✚ Leaving the one hand above your Hara Centre, place the other on your Crown.

✚ Feel the Reiki move from your Crown to your Hara Centre. Stay for a few minutes and feel the balance of energy moving from hand to hand.

✚ Bring your hand that's on your Crown and place it on the hand on your Hara Centre. Let Reiki flow and feel the energy from this Centre.

✚ Breathe easily and gently.

✚ Express thanks for these moments.

✚ Open your eyes.



GROUNDING

As this is the literal middle of the year, centering yourself at this time creates a powerful connection to the Earth. Grounding yourself is a wonderful way of being conscious of your connection to the Earth, of our relationship with it and of our ability to utilize its wonderful energy.

If possible, do this while leaning against a tree and place your hands palms down on the Earth. Enjoy the process and bask in the energy and connection to the Earth..

From 11:45 – 12:00

- ✚ Sit comfortably.
- ✚ Breathe easily
- ✚ Set an intention to connect with Mother Earth and receive the benefits of her energy.
- ✚ Bring your attention to the tip of your spine.
- ✚ Envision a cord extending from your spine and send it deep within the Earth
- ✚ See it branching out as roots would from a huge tree
- ✚ Extend the roots for as far a distance and as deeply as possible.
- ✚ You may wish to see the roots wrapping around huge clear crystals deep within the Earth
- ✚ Thank Mother Earth and ask that she enable you to use her energy to clear yourself and ground you.
- ✚ Envision this energy moving up and along the roots to the cord and up the cord into your spine.
- ✚ Feel the energy move up your spine and as it does it fills every cell of your body with energy.
- ✚ See the energy move down your arms and out through the tips of your fingers
- ✚ See the energy move up through the top of your head and feel the connection with the Universe.
- ✚ Bask in the energy and when you are ready open your eyes

We are very much part of the Earth, on a physical and a subtle level, so the health of ourselves and the Earth are very connected.

The work we do with the Earth Mother helps us with our own healing and with the healing of those around us. Our bodies have meridians and an auric field, and so too does the Earth.

The Earth's meridians pass through sacred sites and places of power - energy vortexes which resemble the acupoints and chakras within our subtle body.

These lines and vortexes are patterns within the Earth's energy field, which can be compared to our own auric field.

Earth healing is not about trying to heal a being that is much vaster than ourselves. It is definitely about healing ourselves.

All of us are, along with the animals, vegetables, minerals, liquids, and gases, a collective planetary being.

We can all be a part of that healing and by doing so, help in healing the Earth Mother. All that is required is your conscious, focused attention on healing.

SEND REIKI TO THE WORLD: NOON

This is a very special time when the energies from so many Reiki practitioners can combine to help heal any and all aspects of damage to this Earth. It is not our decision what aspects need healing or what should be seen by you as personal priorities.

There is a balance to nature that is beyond our comprehension. Let the Reiki that will flow go to where it needs to go and know that it is doing what needs to be done.

For those that are sensitive to energy, you will feel the collective nature of this process. Enjoy it.

Just prior to beaming Reiki, prepare yourself just as you would for any Reiki Treatment but take further steps to feel the connection to nature and to the earth.

Find a calm place, preferably outside if you are able.

Sit and be comfortable. If you can sit on the ground or under a tree or be surrounded by nature when you do this procedure, all the better. If that's not possible, then envision nature in your mind, perhaps remembering a favorite place.

Use all your senses to connect with nature or your memory or imagination.

See the sky and the trees and the ground. Be conscious of all that is around you and be thankful for it all, for nothing could exist without the earth releasing its resources.

Hear the rustling of the leaves and the singing of the birds. Be thankful for this music that the earth plays for you all day.

Feel the grass or earth under your hands. Feel the breeze on your skin. Be thankful for this connection. Understand that we are all connected and that all this energy is one energy.

Relax your body.

Bring your attention to your toes and then feet and then calves and hips. Feel any tension or pain move out from the cells and melt away

Slowly move up your body, to your abdomen and chest and shoulders, a place where we seem to keep the troubles of the day and weight of the world. Feel your muscles relax .

Relax your arms and hands and each finger.

Relax you neck and all the hundreds of muscles in your face.

Consciously inspect all of your body with your mind and feel it in a state of total relaxation

Send Reiki to the world.....

Noon on.....

- ✚ Close your eyes and be comfortable.
- ✚ Depending on your level, draw your Reiki Symbols in the air in front of you. If you are level I Reiki, move to the next step.
- ✚ If you wish, you can call upon Archangels such as Archangel Sandalphon to align with you as you channel Reiki.
- ✚ Visualize the whole Earth as a small globe floating in front of you in line with your heart Chakra.
- ✚ Envision the colors of the Earth being very dull at first as you recall all the problems that it is having now.
- ✚ Ask that Reiki flow through your Heart Chakra and as the Reiki covers the planet and begins to heal it over this special time, see the image of the Earth changing and by the end, becoming abundant and healthy.
- ✚ Hold up your hands and have Reiki flow through them as well as you state an intention such as:

"Reiki, please heal the Earth, making it whole and complete and returning to its peak level of health and heal all those that inhabit it."

- ✚ Intend that the following takes place as you continue allowing Reiki to flow:
 - The air of the planet is clear and pure. Envision non-polluted, fresh, clear skies.
 - The water everywhere is bright and sparkling fresh. Envision sparkling, clear waters.
 - All the plant life and forests regenerate. See all the vegetation in vibrant colors.
 - The animals, fish, birds and insects all live in abundance.
 - The people of all nations are happy and healthy. Envision calm, smiling, happy people of all cultures.

Send and feel love flowing from your heart and see it flooding the Earth.

Archangel Sandalphon, who is the guardian of the Earth in charge of earth healing, will support you.

After asking for his assistance, you may feel this angel's energy cascading in through your crown chakra and coursing down into your heart.

How appropriate, as his energy merges with the Reiki that will be flowing through you

Be conscious of words or music in your mind as they are most likely answers to your dreams.



Enjoy the experience of collectively sending Reiki and being part of a world-wide community that can do so much to help our world.