

Please guide me and heal me so that I might be of greater service to myself and others



Allowing Reiki to Guide Your Life

BY PAMELA ALLEN-LEBLANC

DURING MY FIRST REIKI MASTER CLASS with William Rand, after practicing a powerful Reiki healing technique that followed several other powerful healing techniques, some of us returned to class annoyed, really annoyed, and with a question for William. “When are we done?” we asked. We thought Reiki Masters are amazing people who have perfected and mastered Reiki, so we were ready to be perfect. Ready to be done. We had accomplished SO much during class. And yet, with every new healing technique, there was more to heal. WHEN would we be finished? We must be close by now.

William smiled and told us we would never be done, but each day, the layers of energy we release would become smaller and smaller, with our lives improving immensely as a result. Anyone who has practiced Reiki for any length of time has experienced this.

He said there will always be an opportunity for a deeper and more meaningful connection to Reiki, and no matter how much you heal and grow, there will always be the possibility for more growth. This opportunity is the great joy of Reiki; there will never be an end to the ever-increasing experience of improved health, love, peace, abundance, and happiness. But some might ask what about enlightenment? Certainly, that must be the completion of the spiritual path. “Yes,” he said. “To the unenlightened, this might seem to be the case, but according to the great Indian guru, Huzur Maharaj Sawan Singh Ji, enlightenment is the *beginning* of the spiritual path.¹ It is the unhealed ego that wants there to be an end so it can claim the accomplishment. But why would you want there to be an end to the beautiful gifts Reiki can continually give to you?”

He said the potential for connection to God is “unlimited” and explained that becoming a Reiki Master differs from other traditions where the word Master is

used to indicate mastery over a subject. It is not about “mastering” Reiki but is about allowing Reiki to master you. William explained that a concept of Reiki that initially intrigued him is the understanding that Reiki can “guide your life.” He shared a prayer he uses, “Please guide me and heal me so that I might be of greater service to myself and others.” I adopted the same prayer and meditated with Reiki daily for guidance. Several of my students have done the same, and we are all amazed at the beautiful “synchronicities” and opportunities this seems to bring into our lives.

I loved the concept of allowing Reiki to lead. So later, when I came across an experiment in my Master manual in the section, “What Is Possible for a Reiki Master,” I enthusiastically undertook to meditate on an affirmation of surrendering entirely to the Reiki energy and its source, while doing self-Reiki.

In *Reiki: The Healing Touch*, William states, “Once you have surrendered completely, you will have entered The Way of Reiki,”² where we are at peace with the past and have faith in the future, and this connects us to our unlimited potential.

I found surrendering to Reiki powerful and rewarding even when it was difficult; the guidance I received, especially when it was not according to my plans, has pleasantly surprised me. For instance, following Reiki’s guidance:

- I began teaching Reiki and giving Reiki sessions when I never intended to become a teacher or practice on humans; I intended to practice on animals.
- I became a speaker at huge international horse events and became the first Canadian Licensed Reiki Master Teacher with the International Center for Reiki Training.

- I became part of the team, which includes Colleen Benelli, Sioux Strong, and Robyn Benelli for creating an Animal Reiki curriculum.
- I traveled to Australia and the United Kingdom to teach ICRT-Licensed Reiki classes, Animal Reiki, and my Animal Communication classes.
- I began teaching Reiki online, despite an intense fear of technology.

Recently, I felt guided to create a monthly “Online Reiki Master Mentor” course to help Reiki Masters from any lineage grow their practices, and I understand I am to create a podcast to talk about Reiki and Animal Reiki.

These things were not on my radar, nor did I think they were within my scope of capability, and yet all effortlessly manifested once I asked Reiki to guide me.

There are other ways we can grow our connection or expand our “bandwidth” with Reiki.

1. Meditating with the Reiki energy daily, asking for direction.

Sometimes, I do this quietly in my Reiki room as I listen to Jonathan Goldman’s “Reiki Chants.” Other times, I invoke the Reiki symbols then do a “walking meditation” with my dogs, where I pose questions or simply listen, allowing ideas to filter into my thoughts. It’s my favorite part of the day.

2. Doing daily self-Reiki releases layers of energy and fills us with Reiki.

ICRT Licensed Teacher Carolyn Musial said, “If you can’t find five minutes a day for self-Reiki, there is something wrong.” Then she showed a technique to make daily self-Reiki attainable by placing hands on the eyes and face for one minute, followed by one minute with a hand on each of the chakras—first third eye and base chakras, then throat and sacral chakras, heart and solar plexus, finally both hands on the crown. I often spend more time, but this made it doable!

3. Spending five minutes or more per day in the Gassho meditation.

The Gassho meditation is a Japanese Reiki Tech-

nique taught in ICRT classes where we bring our hands into Gassho (prayer position) and meditate with the Reiki energy, brushing thoughts aside as they arise. We can spend 15 minutes per day in Gassho, but less time works too. Colleen Benelli mentioned she uses this technique several times during the day, sometimes even for a minute, if that is all she has. I love using the technique this way and am doing small Gassho meditations throughout my day now too. It centers and grounds me, bringing Reiki energy to my next task.

4. Receiving Reiki from others allows us to relax completely into self-care.

Although I do regular self-Reiki, receiving Reiki from others is very powerful, and releases more than I can do myself. I get treatments from others twice per month. It is easier to do this now with the online Reiki shares available. I run a monthly Online Reiki Share and try to attend those of others when I can. There is usually no cost and tremendous benefits, allowing us to meet other Reiki practitioners, to give and receive Reiki. I also ask for an in-person session from my family members who practice Reiki.

5. Giving Reiki sessions to others.

I taught hundreds of Reiki Level I & II students and almost as many Masters, and many of my students used to find it intimidating to give sessions outside of their immediate family. Now, with online classes, we have several opportunities to practice Reiki in class virtually, and more and more students are gaining the confidence to offer sessions to family, friends, and co-workers. Distance sessions are every bit as powerful as in-person sessions and do not require using a space, table, and so forth, and are a practical option during COVID-19 when so many need Reiki.

6. Finding a “Reiki Buddy.”

A Reiki Buddy gives you the chance to bounce off ideas and questions with someone with whom you can also share in-person or distance sessions.

7. Teaching if you are a Reiki Master.

Teaching brings a significant expansion to our con-

nection. It can feel intimidating to begin to teach, and I do not know anyone not terrified to teach their first courses. I tell my Master students that if someone asks them if they can teach, the answer needs to be yes. It is the Universe saying they are ready because, with Reiki, the teacher does not find the student; the student finds the teacher with whom they are to study. In whichever way your guidance comes in, if guided to teach at all, please do it. The world needs more people with access to Reiki today, and it is rewarding to be part of this process. You may begin by teaching your sister, best friend, uncle, or children, and meanwhile, you expand your connection with Reiki. I do a happy dance when my Reiki Master students tell me they are going to teach. And they do a happy dance right along with me once they teach!

8. Receiving additional attunements, Placements, or Ignitions.

Reiki Masters can administer self-attunements, Placements, or Ignitions, which increase our connection with Reiki, and they can attune students during sessions or other Reiki events. Usui Sensei and Hayashi Sensei both gave multiple Reijus (attunements) to students, often sharing attunements each time they met. Our connection grows with each one. When I practiced the Usui/Tibetan system of Reiki, we imagined we were sitting in a chair as we completed the attunement ritual for ourselves. I loved how my energy expanded each time, so I practiced it regularly. In the Holy Fire® system of Reiki, we practice Placement and Ignition styles of attunements so we can listen to a recording, ask a spirit guide to do them, or ask the Holy Fire® energy to do them for us. I have tried all of them and have no preference, so I use my guidance each time.

9. Finding a Reiki support group.

When I started teaching in 2011, I created a private Facebook group for the students who studied with me. It's a safe space where we can share experiences, ask questions, or ask for help or Reiki when we need it. The group is powerful; I've seen it accomplish incredible miracles. I'll soon create an open group for

people who haven't studied with me. So, if there is a group you can join through your Reiki Master or lineage or another practitioner, the support provided can motivate us and help us grow.

10. Finding a mentor to encourage, inspire, and guide you.

I had so many people ask me to mentor them after I completed the 1000+ hours of the ICRT licensing program that it stunned me, but did not know how I could find the time to help them all. But Reiki tapped me on the shoulder and said, "You could do this for people if you scheduled a well-laid-out, two-hour online meeting once per month for all the students at the same time." It "showed" me how the sessions could map out, and I have since created the program. So, if you know someone with more experience who can provide guidance, ask them. They may accommodate mentoring within a Reiki session to provide a fair exchange, or they may have some other idea of exchange, which might work. They may feel thrilled about an opportunity to mentor, as that will allow them to expand *their* connection!

11. Reviewing classes.

Carolyn Musial, Director of the ICRT Licensed Reiki Master Teachers, feels so strongly about the benefit of reviewing classes, she wrote an article, "The Value of Reviewing Reiki Classes."³ I agree with her perspective that, "Your experience is deeper, the healing more profound. Your questions are different. Your understanding and 'knowing' expand." I studied Level I & II Reiki, and Reiki Master classes, four times each with three different teachers, and the Karuna Reiki® level four times with two different teachers. You learn something new every time, even with the same teacher, and your Reiki connection continues to grow. If you have not yet experienced studying with a Licensed Reiki Master Teacher from the ICRT, consider it. Now that several of the licensed teachers are offering online classes, the classes are easily accessible and listed at the back of this magazine. Every teacher has value, and any path you choose for reviewing classes will strengthen your Reiki connection.

12. Subscribing to the *Reiki News Magazine*.

It arrives four times per year, and just as I feel I want a boost, I receive an issue filled with fantastic ideas, tools, techniques, and inspiration. I can be resistant to change, so this helps me consider unique ideas and opinions at my own pace. So, if you do not already subscribe, consider it.⁴

13. And finally, attending the Reiki Retreat held Labor Day weekend in Sedona, Arizona.

This year, the Reiki Retreat, September 4-7, will be an exciting virtual online experience so that anyone can attend from anywhere in the world! I will be there! There is so much learning, camaraderie, positive energy, and fresh ideas that you should not miss it! Check for details on www.reiki.org.

I wish you every success in your Reiki journey, in whatever direction it may lead you. And I hope you enjoy growing your Reiki connection and unlocking your unlimited potential and entering “The Way of Reiki.” 🌿

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- ¹ Singh, S., *Spiritual Gems*. Dera Baba Jaimal Singh, Punjab, India: Radha Soami Satsang Beas. (2004).
- ² William Lee Rand, Reiki, *The Healing Touch First and Second-Degree Manual* (Southfield, MI: Vision Publications, February 2016), 116.
- ³ Carolyn Musial, “The Value of Reviewing Reiki Classes,” *Reiki News Magazine*, Fall 2017, 15.
- ⁴ *Reiki News Magazine* Subscription. www.reiki.org/store/reiki-news-magazine.