



Photo courtesy of William Lee Rand

Photo of World Peace Grid leaning against the Western Wall in the old city of Jerusalem before William left it at a local art gallery. Notice the image of William in the reflection.

The Power of a Reiki Grid

BY PAMELA ALLEN-LEBLANC

LAST MARCH I DECIDED TO HOLD a 30-day Reiki challenge with my Reiki students. I used Facebook to invite them, and within two days, over 50 students signed up for the challenge! We started March 17, St. Patrick's Day and the one-year anniversary of my Holy Fire II upgrade and finished on April 16, Easter Sunday and my oldest daughter's birthday. I sent everyone a Bingo card they could use to keep track with, and the goal was to do self Reiki and to send Reiki to their Reiki grids every day for 30 days.

I was surprised to discover that MANY of my students, even quite a few of my Reiki Masters were not using a Reiki grid. Some contacted me, so I could remind them how to make one. A Reiki grid is a fantastic way to send Reiki to many situations, people or animals at one time and it's a shame if you have Reiki and are not using a grid.

William Rand says: *Definiteness of purpose sustained over time ALWAYS produces results.* I have found that the use of the Reiki grid helps provide that definiteness of purpose. I've used it to send Reiki to SO many situations and souls that it has had an enormous impact on my life. So, while William and I teach students to create a very beautiful and somewhat formal Reiki Crystal Grid in the ART/Master class, I also teach my Second Degree Reiki students how to make a less formal but hugely effective Reiki grid as soon as they have the distant symbol. The grid then opens SO MANY possibilities. Why weren't more of my students making use of this beautiful Reiki tool?

I am a very logical person and almost gave up Reiki after my Second Degree class because I could not figure out how the distant symbol worked. So, rather than wasting energy trying to understand HOW it works, a better approach would be to TRY it

and see what happens. That made sense to me. I tried it and got remarkable feedback which allowed me to process that, indeed, it was working and gave my logical mind some satisfaction. I then did a pile of research, reading every Reiki book or article I could find and discovered that it is possible to send Reiki to many things at one time with the distant symbol I received during the Second Degree Reiki class.

Many of us, after the Second Degree class, are overwhelmed with the number of things that could use Reiki. In a recent class, a student was reduced to tears, saying that she could see how everyone needed Reiki, and it would make the world a better place if they had it. While this is true, there isn't enough time to send Reiki to everyone and everything in your life—or is there?

In fact, with a Reiki grid, you can send to hundreds or even thousands of things at the same time, and it doesn't even require much effort on your part. The Japanese name of the distant symbol means, "The origin of all is pure consciousness," and at this level, there is no time or space. So, not only can we send Reiki at a distance, but we can also manifest our goals.

As a Second Degree practitioner, I began making lists on index cards of all the people and animals I wanted to send Reiki to. Several of my horseback riding students asked me if I would put them on a list and many asked me to send Reiki to their horses or pets. I created a list, drew my symbols on the index cards and placed them in a position of prominence on a small altar I keep in my workspace behind my desk (with the symbols facedown, so they aren't seen). I placed a favorite crystal on top of it, and daily, would give my little index cards 5-10 minutes of Reiki along with the following prayer, "God, please send Reiki, Love and Light to the situations and souls in my Reiki grid. Please continue to send this for the next 24 hours or until I can charge my grid again."

The animals and people on my list started noticing the difference it made by receiving Reiki. Several of my students said they had difficulty sleeping but started sleeping like a baby. I had several ill horses who were on my grid; they showed marked improvement. Eventually, I realized it was a good idea to include myself and my own family in the grid and started adding my own goals and goals I have for the Earth as well. Although I was diligent in sending Reiki daily, one Wednesday, things got busy, and I didn't get to my grid. Later that week, a particularly sensitive student said "Pam, I know you send us Reiki every day, and I greatly appreciate it. I've been sleeping well ever since you started, but by any chance, did you miss last Wednesday, as I didn't sleep that night, it was more like it was before?" I was shocked; she could tell the difference! I explained that I had been swamped that day and completely forgot. She said it was okay; she just wondered as she noticed a difference. My daughter was helping me in the lessons and said:



Photo courtesy of Helen Michaels

Helen Michaels was guided to create this custom Reiki grid after attending an Usui/Holy Fire II ART Master class and horse and animal communication classe at Hidden Brook Farm. It incorporates horses from three healing herds—including the Hidden Brook Farm herd.

"Mom, are we in your grid too?" "Yes," I answered. "Huh," she said, "I had trouble sleeping Wednesday too, and I've been sleeping well lately." "Really?" I thought. Wow. Then I found two Facebook messages, one person who hadn't slept either on Wednesday and another from the owner of a horse who noticed that her horse, Jenny, hadn't had a great day on Wednesday. She also wondered if perhaps I hadn't sent Reiki. WOW. Talk about evidence. I became even more diligent with my Reiki grid, and eventually, it evolved into the grid that I have today. But any time that I was not able to send Reiki to the grid, due to my busy schedule, some of the sensitive souls on the receiving end noticed!

According to the *Usui/Holy Fire II Reiki Master Manual*, in "The Reiki Grid" section, a Reiki grid follows the premise that, "The Creator of the Universe possesses an unlimited reservoir of blessings and benefits for us that is exactly what we need to heal and grow and lead happier, healthier more abundant lives."¹ William also mentions that "Quartz crystal has the unique property of being able to absorb and hold consciousness and intentions. Because of this, it is possible to place your intention as well as your ability to transmit Reiki into a crystal so that the crystal will continue to send Reiki while you are doing other things,"² so quartz crystals are an excellent addi-

tion to any Reiki grid. I use rose quartz, clear quartz or amethyst as I am guided each day.

So what sorts of things do you put in a Reiki grid? In my grid, I send Reiki to:

- Myself
- All of my family members and their pets
- All of my animals and pets
- Friends and loved ones (you can either write their names or use a picture as with the Japanese Reiki technique, *Enkaku chiryo*)
- All of my Reiki, horse and animal communication students, past, present and future
- A full list of my Reiki students
- My essential oils that they never cause harm and work well for people
- Animals everywhere
- My mission statement and goals
- Business goals
- The World Peace Crystal Grids
- The Earth
- Our 4-H club
- Reiki teachers everywhere
- My community
- My children's career paths as they head to college and university
- Any relationships that need help
- My Reiki classes—that they attract the students who are meant to study here and that the right mix of students come together in every class
- Future students
- Surgeries or medical conditions for any of my students, clients or friends
- Increasing my connection with God, Reiki and my guides.
- Peace on Earth
- Et cetera

Only your imagination limits your choices. And for permission, remember that Reiki comes from the highest source and will NEVER go against anyone's free will. So, if a person in your grid does not wish to receive Reiki, they will not. William, when asked the question about permission in class once said, "You don't have to have someone's permission to pray for them, so Reiki is a lot like that. But because Reiki won't go to someone who does not want it, don't waste your time." That said, it does not make sense to have someone in your grid who is not interested in receiving Reiki. I always check with God or Source if I have a question about whether I

should or should not put a person or animal in my grid, and I use dowsing rods to verify the response and I remove my ego from the equation.

If a Reiki grid does not feel right to you, you can use a Reiki box, board or vase, whatever you wish. Use the distant symbol because, in 10-15 minutes per day, you can send Reiki to ANYTHING and EVERYTHING you wish. You can create a beautiful Reiki grid using crystals and the World Peace Crystal Grid, as William teaches in the Usui/Holy Fire II ART/Master class, for a powerful grid. Or you can write your goals on index cards as I do. And check in with your grid every 3-6 months as you will have accomplished many of the goals, and you will need to update them with new goals and accomplishments.

I can't believe the accomplishments I have experienced since putting those goals in my grid and sending daily Reiki to them or the people helped with the regular receipt of Reiki. Through my Reiki grid, Reiki has grown my practice, allowed me to give up business consulting, shown my children very clearly their life paths, helped us build a riding arena, gotten me to the yoga studio (after years of intending to go), and so much more! I really can't list everything that the "definiteness of purpose sustained over time" has manifested. I'd need several more pages to do that. I am thankful that this remarkable tool is available to us and if you do not already have a Reiki grid, I hope you will create one of your own and use it to send Reiki to the situations and souls in your own life!

Let's use our Reiki grids to shift things toward Light and Love on this planet! It is time! Namaste. 🌿

Editors Note: Here is a link to information about where to purchase a World Peace Reiki Grid and use it to create a World Peace Crystal Grid: <http://www.reiki.org/WPCG.html>



Pamela Allen-LeBlanc is an Usui/Holy Fire II Reiki Master and a Holy Fire II Karuna Reiki® Master. She has a BSc in Agriculture and an MBA. Following successful careers in government and in business, she now teaches Reiki, Animal Communication and Natural Horsemanship and sells her own line of essential oils. She lives with her husband, three children, two cats, one new dog and a gaggle of poultry at Hidden Brook Farm in eastern Canada. Pam can be contacted by email at pam@hiddenbrook.ca and through her website at www.hiddenbrook.ca.

Endnotes

¹ William Lee Rand, *Usui/Holy Fire II Reiki Master Manual, Including Advanced Reiki Training* (Southfield, MI: Vision Publications, June 2016). 32.

² *Ibid.*, 32.