

In Reiki  
by William Lee Rand

Life has its ups and downs and there are times when we're required to deal with issues, problems and challenges that seem difficult to us. Perhaps the situation is new and we have no experience with it or there may be multiple factors including many people to consider and deep or complex feelings making it uncomfortable to think about. Or there could be pressure from a friend or relative to choose their way or to keep things the same as they've always been, which you may not want to do. The smooth flow of life can sometimes be interrupted by unexpected events that require us to make decisions and it's important that we remain focused and use our best thinking when dealing with them.

However, during times like this our unresolved distress often gets triggered making the situation more difficult. Feelings of fear, doubt, worry, anger and shame can cloud the issue and interfere with our ability to think clearly, to make wise decisions and to take appropriate action. As we focus on the problem, we can be pulled more deeply into our own distress and feelings of panic can develop further limiting our ability to function. While we may have the personal resources necessary to solve our problems, the secondary feelings that arise can sabotage our ability to do so.

The experiences we have in life have a purpose; this includes the difficult situations as well as the easy ones. The purpose of difficulty is to offer us the opportunity to learn about ourselves, to heal and to grow. To fulfill this purpose, it's necessary that we decide to do so; we need to make the conscious choice to face the unhealthy feelings our circumstances bring up, heal them in a compassionate way and develop the skills necessary to resolve the issue. Doing this consistently creates a life of confidence, satisfaction and success.

Reiki can help you do this, often in an extraordinary way. Reiki healing energy comes from outside our personal consciousness and therefore isn't affected by the feelings of distress we may have. It is a pure form of higher consciousness and contains the potential to help us heal our personal issues and solve the problems we encounter. It's possible to turn our problems over to Reiki and allow Reiki to solve them. This is a higher path to personal achievement and goes beyond the usual way people deal with life.

We attract to us and also amplify what we think about. When we're experiencing something that is causing us emotional distress and we focus on the difficulty of it, rather than this helping us solve the problem, we're drawn more deeply into the distress. It's been said that worry is like praying for something you don't want. So, when you're experiencing a difficult situation, rather than focus on it, a better choice is to focus on the peace and healing energy of Reiki; turn the problem over to Reiki and let it go by keeping your mind on Reiki. By doing this you'll attract Reiki energy into your aura and emotions and the Reiki energy will heal your distress. This process can work with your personal healing issues and also with situations in the outer world.

One way to shift your awareness out of the distress and into the healing energy of Reiki is to use affirmations. If you've got a difficult situation you'd like help with, try repeating one or more of these affirmations over and over for several minutes. Return to your affirmation several times a day whenever you have time or are feeling the need.

I am the peace and confidence of Reiki

I surrender to the safety and protection of Reiki

I give my problems to Reiki knowing they are solved

I am the abundance and prosperity of Reiki

I am the freedom and joy of Reiki

If you'd like to fine tune this process to the specific experience you're having, take a moment to identify the distressful feeling(s) you're experiencing and think of the opposite positive feeling or state. Then create a Reiki affirmation using the positive concept. Here are a couple of examples: If you're feeling fear you could create an affirmation that states: "I trust in the loving care of Reiki." If you're feeling doubt, "The confidence of Reiki fills my entire being." The important thing with this process is that you choose the affirmation that is opposite to your negative feeling and feels good to you. You'll know if it's right by how you feel when you use it.

By using Reiki affirmations in this way, you'll be shifting your awareness away from the distress and toward Reiki. By doing this, you'll stop contributing to your negative feelings by not focusing on them and you'll be calling in Reiki to heal the problem. As you follow this process your mind and feelings will open and the loving energy of Reiki will flow in. You'll learn something important about yourself, heal and become stronger in important ways, and create the atmosphere in which any outer difficulty can be easily resolved.

Reiki comes from an unlimited supply and is always available to help us. Its loving wisdom is present to heal and to make our lives happy and prosperous. Always remember to use Reiki and your life will be filled with joy.

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When Reiki Found Me. . .  
by Judi Broyles

There is a saying: "Man makes plans and God laughs." I always thought that when I retired that I would spend quiet days in the garage building dollhouses. Some force in the Universe said, "There are other plans for you. You are going to be a Reiki practitioner, but first there is some healing in store for you." And so, nine months ago, a powerful force introduced me to Reiki and my Reiki Master, Donna Shaffer. When she placed her hand on my forehead at the end of my first attunement, it felt like something had hit me between the eyes, and I saw the most amazing color of blue that I have ever seen—and this with my eyes closed.

At that time I was a physical, emotional and spiritual wreck, and did not even know it because I was taking 210 prescription pills a week for different ailments. That didn't include over-the-counter medicines such as aspirin and Benadryl. I had surgery in January 2007 for a ruptured disk

in my neck and temporarily lost the use of my left arm. Although I regained the use of the arm, I was never without pain—it was just a matter of degree. Some days the pain was so bad all I wanted was to sit on my bed and cry. So I took a lot of pain medication. I had high blood pressure, and I also took medication for that. For eighteen years I have suffered with microscopic colitis—an incurable autoimmune disease, which means that I suffered with diarrhea for most of that time. I took 105 pills a week in an attempt to keep that under control.

When my Reiki Master learned that we live in the same neighborhood, she asked if she could stop by and give me Reiki. She would put her hands on my shoulders and then move them to my neck. The heat generated from her hands was incredible. Then after a short while, the pain would start to go away. There were times when the pain would start up, and I would head for the bottle of Vicodin, and then the pain would simply disappear. I didn't understand what was happening. One day when Donna came I asked her, "What is going on?" She just looked at me and smiled and said, "That's Reiki working for you." I started taking fewer pain medications and then I started seeing her for private sessions on a weekly basis. How fortunate I was and am to have someone who is a neighbor, who has 20 years experience as a Reiki Practitioner and who has spent 12 or more years of those as a dedicated Reiki Master.

It didn't take long before my blood pressure started dropping and so did the amount of medication I was taking for that problem. The power of Reiki is incredible, but it also took some work on my part. I had to allow Reiki to bring forth painful and deeply buried emotional issues before the healing could occur. Then I started feeling a calmness come over me, along with a joy that I had never experienced before. I started to feel at one with myself and the Universe. A spiritual enlightenment took place.

Recently, with Donna's help and the approval of my gastroenterologist, I began using Reiki and changes in my diet to bring my colitis under control. I had reached the end of the road with medications that would work for me, and I was taking cortisone as a last resort. The dietary changes consisted of replacing many of the foods I eat with organic foods and eating absolutely no fast food or junk food. I found that I cannot eat raw vegetables. Instead of a salad, I now eat steamed vegetables. Considering the benefits, this is not a sacrifice.

During Reiki Treatments, Donna put her hands on my abdomen, and I could feel the healing taking place. The last time she gave me Reiki in that area, the heat was so intense I felt as if I had an internal vibrator. I looked up, and I could tell that she was feeling a lot of energy going through her because she appeared very flushed. I know that the combination of dietary changes and Reiki is working, because I am no longer taking any medication for this incurable disease. So, instead of 210 pills a week, I now take 21-25 for other minor problems.

Every day I give myself Reiki and sit quietly to meditate and recite the Reiki Ideals. I add one line: "Just for today I will honor my spirit and my soul." Reiki has become such a part of my life; I truly cannot remember what life was like before Reiki. In a few weeks I hope to have completed my Reiki Master apprenticeship. And so I have made my commitment to teach and to heal others.

All this in less than one year! I feel so much gratitude, joy, and peacefulness. When Donna said at the start of her Level I class, "If you do not want your life to change, leavenow," she really

meant it.

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