



Left: The wisdom of the universe is available to us when we ask.



Right: Receiving Reiki is just as important as giving on your road to transformation.

What To Do After Class

BY KATHIE LIPINSKI RN, MSN, CH

You just finished a wonderful weekend learning Reiki. The excitement and energy is still flowing. Like Alice in Wonderland, you have just stepped through the looking glass into a new world filled with wonder, awe and excitement. And you stop and ask yourself, what do I do now? How can I continue on this path, healing myself and developing my light so that I can share this gift with others? What steps should I take as I begin my journey as a Reiki practitioner?

Practice, Practice, Practice

The most important thing that you can do to develop your Reiki is practice, practice, practice. Like developing a muscle, the more you practice the stronger your channel will be.

Practice begins with the self. Give yourself Reiki everyday. You don't have to go through all the foundation hand positions. Just putting your hands on your crown chakra, heart, power center (solar plexus), or any other place, and treating yourself at least 15 minutes will help to develop your skill. The idea is to give yourself Reiki as much as you can. The more you use Reiki, the stronger the channel gets and the more you learn about energy. You can start your day or end your day lying in bed giving your-

self Reiki. You can bring Reiki into all parts of your day. It doesn't have to be complicated. Just do it!

Give Reiki as much as you can to family, friends, or clients. This is a wonderful way to practice without worrying about how you are doing. You can simply say "I just learned a new technique for relaxation. Can I practice on you?" One of the side benefits of giving Reiki to those you care about is that it helps to bond and create a more balanced and harmonious relationship. Remember that you are not trying to "fix" them. You are simply sharing the gift of unconditional love. You are giving them a chance to relax and renew their spirit.

If you already have clients or a business, you can begin to incorporate Reiki into your business. Every time you meet or greet someone, imagine the Power symbol in your hand and give the person Reiki as you shake hands. You can also send Reiki with your eyes, allowing it to flow as you look at them or in their direction. When you hug someone you can imagine Reiki flowing to them, filling them with love and gratitude.¹

¹ For more information about bringing Reiki into your practice, see my article "Reiki and the Helping Professions," Part I and II in the Fall and Winter 2006 issues of *Reiki News Magazine*.



Left: Journaling—a powerful tool for growth and transformation.



Right: Giving yourself Reiki everyday is the best place to start.

Receive Reiki

As important as it is to give Reiki, it is just as important to receive. It is true that the practitioner receives healing while giving treatments, but since the focus is on the client, sometimes the practitioner's issues are loosened and begin to release, but do not fully release. This results in negative energy being stuck in the practitioner's aura. Receiving treatments from another practitioner will help release this stuck energy. Also, while self-treatment does heal and is an important part of one's Reiki practice, it doesn't always provide the full frequency of healing energy one needs. To remain in balance, one needs to give treatments, receive treatments, give self-treatments, and also send distant Reiki.

One good way to receive Reiki on a regular basis is to participate in a Reiki circle/exchange, or start one yourself, even if it's just you and one other person. Ask your Reiki teacher if they have one or know of one in your area. You can also contact your classmates and get together to practice on one another. Share what is going on with you and share your experiences. Rotate locations if you have to travel. If things come up, or if you have questions, contact your teacher for advice or guidance.

Send Reiki

Another way to develop your Reiki skills is to send Reiki to others at a distance. Sending Reiki is much like saying a prayer for someone. You can stop any time during the day and send a few minutes of Reiki to anyone that crosses your mind or comes across your path. Simply invite the Distant Healing symbol in, and like a bridge, your Reiki flows to the person. Send it with no strings attached—intend that the energy go where it is needed

within the higher wisdom of the person and of Reiki. Just be the channel. Sometimes when I see an accident on the road, or someone in need, I ask an angel to bring Reiki to them and surround them with love and compassion. Simple yet powerful.

You can also send Reiki out to your day. Begin by sitting quietly for a few minutes, and then bring Reiki in and let it flow. Draw or visualize the Distant Healing symbol and ask that it send Reiki out to all those you will be working with or come into contact with, all events of the day, and all situations. When you send Reiki in this way, ask for the best outcome with the understanding that the wisdom of Reiki and the higher mind knows what that is.

If you have a datebook or calendar, you may want to hold it in your hands and allow Reiki to flow, while asking that the Universe connect you with those who can benefit from your services. As you do this, take a few minutes to think about what gifts you have to offer—your compassion, your knowledge, your skills, etc. Then send that “song” out to the Universe. The Universe will send it out as a vibration and those that resonate or can be helped by your song will connect and respond.

Work with the Reiki Ideals

When Dr. Usui gave us the Reiki Ideals, he gave us a philosophy for life and a guide for living. The Ideals are the heart of Reiki. They embody the way of compassionate living; they encourage mindfulness and the practice of being fully present in the moment.

The Ideals also demonstrate the importance of non-attachment. Anger can come from attachment to outcome or an expectation of how another “should” act or behave. Worry can come

from not trusting in the Divine Mind or Divine Will. The concept of non-attachment to outcome and trusting the process encourages personal growth. When giving Reiki, letting go of expectations and not being attached to outcome can strengthen the flow of Reiki. As I like to say, “Let go and let Reiki.”

Many students in Recovery programs have shared with me how the Reiki Ideals remind them of the 12-Step Programs. The words “Just for today” are very much like “One Day at a time.” And the idea of working a “step” is similar to focusing on one Ideal.

One way to incorporate the Reiki Ideals into your life is to choose one Ideal at a time and focus on it for a week or a month. Notice what comes up for you during that time as well as any other coincidences or insights. Journal it or write yourself notes. As the end of that time, reflect on what you have learned and experienced. Sometimes just being aware can help to release an issue and heal.

Daily Inspirational Reading and Guidance

Begin your day with an inspirational reading or card for guidance. There are numerous sources for inspiration. Some of my favorites are listed on the chart accompanying this article. You can also go to your favorite bookstore, or online, and notice what book/cards “jump out” at you or catch your attention. Sometimes a book just happens to fall in front of you or you may receive a book or cards as a gift. When you begin your day with an inspirational reading or message, you set the tone for the day.

You can tap into Divine guidance to receive the message that is meant for you each day. This will remind you how much guidance and help is out there and available for you. To receive guidance when choosing your page/card for the day, hold the book or the cards between your hands. Allow your energy to flow into them. Ask, “What do I need to hear today?” If you are holding a book, open to a page at random. If you are using cards, spread them like a fan in front of you, then scan them with your eyes or hand, and pick one. That will be your message for the day.

Journaling

Journaling, or writing about how you feel or what you are experiencing, is a powerful tool for transformation. Thoughts and emotions are energy. Left unexpressed or ignored, they can build up in your energy field and block the flow of chi. This blockage can then lead to dis-ease of the body, mind or spirit. Simply writing about your experiences or emotions gets it out of your energy field and onto a piece of paper. It diffuses the intensity of the experience and helps you to look at it more objectively.

Journaling during the weeks following an attunement can show you where you need to heal and how you are progressing.

When journaling, don’t edit or analyze what you write. Simply write about your thoughts and feelings. You may want to review it at a later date to see how far you’ve come.

A New Way of Being

There is always a time of adjustment after a significant or life-changing event. After receiving an attunement, a person’s personal vibration shifts. The vibratory rates of the body, mind and spirit are raised and old, dense energy is forced to the surface, or comes into one’s awareness to be released. What was blocked or no longer needed is cleared or shed.

This process of clearing is much like a release of toxins and, at times, may manifest as physical symptoms such as a fatigue or stomach upset. Sometimes referred to as the “clearing process” or “healing crisis,” I prefer to think of it as a period of adjustment, because it is part of a journey towards a better way of being—a shedding of the old and making way for the new.

This can be viewed as an uncomfortable process, or welcomed as evidence of growth. If old memories or stored emotions come into your awareness and become painful or uncomfortable, you now have Reiki to help you heal.

Place your hands on your heart or stomach (or wherever you feel the discomfort), activate the Mental/Emotional symbol (SHK), and let Reiki flow. Allow yourself to feel the emotion/discomfort so you can release it. Say “thank you” for bringing it to your attention. It is simply energy and it needs somewhere to go. Journaling is a good way to help you monitor your process.



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Resources

There are many books, DVDs, and other helpful information available for you after class. Here are some of my favorites:

- *The Book of Chakras*—Ambika Wauters
- *Energy Medicine: The Scientific Basis*—James Oschman
- *Reiki Best Practices*—Walter Lübeck, Frank Arjava Petter
- *The Spirit of Reiki*—Walter Lübeck, Arjava Petter, and William Rand
- *The Original Reiki Handbook of Dr. Mikao Usui*—Frank Arjava Petter
- *Reiki’s Birthplace: A Guide to Kurama Mountain*—Jessica Miller
- *Reiki: 200 Questions and Answers for Beginners*—Lawrence Ellyard

- *Empowerment through Reiki*—Paula Horan
- *Reiki and the Healing Buddha*—Maureen Kelly
- *If the Buddha Got Stuck*—Charlotte Kasl
- The *Reiki Touch Kit* by William Lee Rand is excellent and comprehensive. It contains a DVD, 2 audio CDs, a deck of Reiki cards and a manual.
- *Reiki News Magazine*—a wealth of information and resources.

The Journey has Just Begun

Even though you have completed your class, your journey has, in essence, only begun. Practice as much as you can. Read. Receive Reiki as much as you can. Trust the energy. Journal about your experiences. Work with the Reiki Ideals. Support your growth by reading inspirational books or asking for guidance. But most importantly, enjoy the journey because that is what is most important.

Daily Inspirational Reading

Cards

- *The Book of Runes* (cards, stones, or book)—Ralph Blum
- *Soul Lessons and Soul Purpose Oracle Cards*—Sonia Choquette
- *Archetypal Reiki Cards*—Dorothy May
- *Angelic Messenger Cards for Divine Guidance*—Meredith Young-Sowers
- *Medicine Cards*—Native American Power Animals—Sams & Carson
- *Sacred Path Cards, Discovery of Self through Native Teachings*—Jamie Sams
- *Messages of Light*—Mario Duguay
- *Archangels; Goddess Guidance; Messages from your Angels; Healing with the Angels; Ascended Masters and Saints*—Doreen Virtue (these are a few Virtue's numerous works)

Books

- *Reflections in the Light* —Shakti Gawain
- *Heart Thoughts*—Louise Hay
- *Living with Joy*—Sanaya Roman
- *Spiritual Growth: Being your Higher Self*—Sanaya Roman
- *Personal Power through Awareness* —Sanaya Roman
- *The Bible*
- *Daily Word*—*Daily Inspiration*—www.dailyword.com

And any other book you may already enjoy or find inspirational. You can also go to your favorite bookstore and notice what book “jumps out” at you—catches your attention.

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July TBA

Long Island, New York

ART/ Reiki Master

March 13-15

META Center

Midtown Manhattan, New York

October TBA

Center for Holistic Wellness
New Jersey

Karuna Reiki® Master

May 15-17

Center for Holistic Wellness
Denville, New Jersey

June 5-7

Long Island, New York

For complete listing of classes and more information: visit www.reikihypnosis.com and see class listings at back of this magazine



Kathie Lipinski: ICRT Licensed Teacher since 1996; Wholistic Nurse; Certified Hypnotist; Past Life Regressions.

Teaching is my passion. Let me share the gift of Reiki with you. Learn how to use Reiki for every day living as well as in your professional life.