



Weaving More Reiki Into Your Daily Life

BY PAMELA ALLEN-LEBLANC

WILLIAM RAND once said in class, “Anyone can be spiritual living in a monastery, but I think the true test is can you be spiritual while living life in the world paying bills, looking after children, cleaning the house, repairing your car, and so forth?” Certainly, my schedule does not allow hours at a time to spend giving Reiki to myself, so I had to learn to weave it into my daily life, occasionally doing double-duty with other tasks or practices. I want to show you how it works for me so that perhaps you can weave more Reiki into your daily life!

Self-Reiki Sessions

My Reiki Master gifted me with two beautiful, guided Reiki meditations when I first learned Reiki. One was 50 minutes long, and the other was an hour. And while they were beautiful, and I loved doing them, I thought I needed to fit in a full 50–60 minute Reiki session every morning and every evening. So, I did my best, but inevitably, I fell asleep during the evening meditation or couldn’t finish the morning one as I would run short of time. So I felt guilty, believing I came up short and was not “doing Reiki” as I should be.

Often, when we learn Reiki, even though we know self-Reiki is one of the most important things we can do for ourselves, life interferes. Full-length hands-on sessions with all the hand positions are not always possible. So, when I reviewed my Level I & II class with Caroline Musial in 2017, what a relief it was when she acknowledged our busy lives and yet showed us it was possible to do our self-Reiki session in as little as five minutes per day. What’s funny is that when I “needed” to do close to two hours of Reiki, on some days, something within me would give up before I started. But when I was “liberated” to do less, I often did more.

When I teach Level I & II students, I show them several ways to get their self-treatment done each day. Caroline said in class that she felt daily self-Reiki was so important that she would get on a soapbox extolling its virtues, stating, “If you can’t find five minutes per day to give yourself

Reiki, there’s something wrong.” I had to agree. She was right. Then she showed us how she does a complete hands-on session for herself daily in five minutes, spending one minute on each of the following positions.

1. She begins with a hand position over the eyes and face, treating the eyes, third eye, and sinuses.
2. Then she moves one hand to her brow chakra and the other to her root chakra.
3. Then places one hand on her throat as the other is on the sacral chakra.
4. Then, one hand is placed at the heart; the other is at the solar plexus.
5. Finally, wrapping up with a minute on the crown chakra.

After completing this simplified treatment, I realized I could easily continue for another 20–30 minutes, moving to other hand positions as I was guided to, going with the energy flow.

I encourage my students to try all of Mrs. Takata’s hand positions for their self-treatment when they can. But when time doesn’t allow, I have some other shorter self-treatment sessions up my sleeve. I encourage them to try the Japanese-style Reiki session, using the Japanese Reiki Technique Reiji-ho followed by Chiryō, for whatever time they have available.

To do this, we begin with the first pillar of Reiki, our hands in Gassho, the prayer position with the thumbs at the heart, to start the flow of Reiki energy. Then we bring our hands to our brow chakra, asking the Reiki energy to work with our intuition to show us where we need Reiki the most. Then we follow our inner guidance, placing our hands where we are guided. This step is Reiji-ho and is the second of the three pillars of Reiki. Finally, Chiryō, the third pillar of Reiki, is the treatment that allows intuition to guide us to the next hand positions once we feel that each hand placement is complete. This intuitive style of Reiki can be used for any length of time and is how Usui Sensei practiced and taught Reiki.



Another variation of self-treatment is the Byosen Scan. For Byosen scanning, you begin with Gassho and Reiji-ho. But then you scan your body with your non-dominant hand, looking for any sensation in your hands or the activation of your intuition that shows you where you need Reiki the most. Then, you can remain in that hand position until it feels complete or your time is up. Reiji-ho and Byosen scanning are useful because they allow you to go immediately to those areas most in need of healing. Also, it's a great idea to seal your sessions, whichever style you use, with the Power symbol or Holy Fire® when you are done.

At night, I place my hands on my heart, or I place one hand on my head crown chakra and the other on my leg for the root chakra and ask Reiki energy to flow between my hands for self-Reiki, falling asleep with Reiki energy running in a beautiful cocoon of Reiki. I sleep like a rock and awake smiling. Try it if you don't already have an evening self-practice.

Gassho Meditation

In *Reiki, the Healing Touch: First and Second Degree Manual*, we learn the Gassho Meditation and are encouraged to do it daily, preferably in the morning, for 10–15 minutes. Though if time is an issue, even five minutes is of value. Usui Sensei encouraged his students to spend time in Gassho each morning and evening, chanting the Reiki Ideals: *Just for today, do not be angry. Do not worry and be filled with gratitude. Devote yourself to your work and be kind to people.*

In this meditation, you hold your hands in Gassho, focusing on the space between your palms. Then, if any thoughts arise, you brush them aside and return your attention to the space between your palms. Some mornings, I can find five,

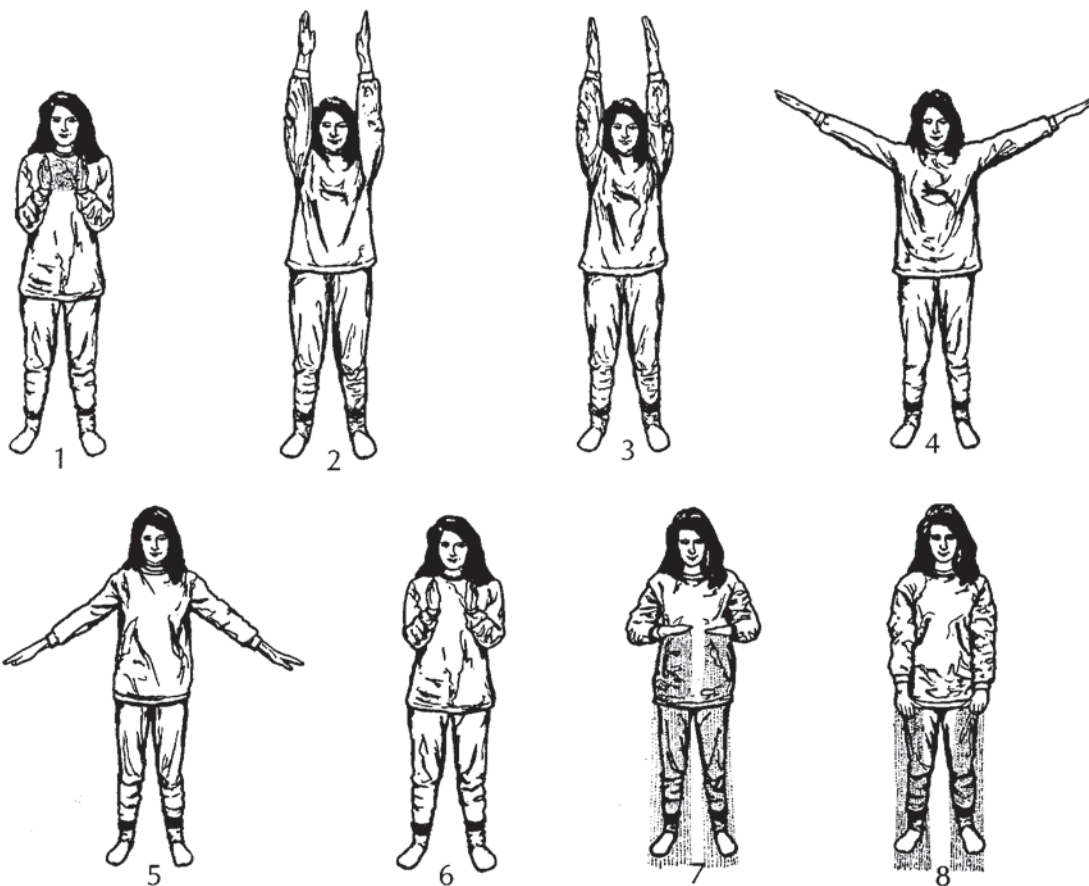
ten, or even fifteen minutes to practice this meditation. And my favorite way to practice it is while listening to one of the Reiki symbols chanted in Jonathan Goldman's "Reiki Chants" music, which can be found on iTunes and Spotify. Each symbol is chanted for 15–18 minutes. And it's a wonderful way to get to know each one better.

But some mornings, even finding five minutes is tough. When I reviewed a Reiki class with Colleen Benelli, she mentioned she uses Gassho often throughout the day. Even if she only has a minute, sometimes less than a minute. She had us try the meditation for just a brief period to see how much it changed the energy in and around us. And this, too, became part of my practice. I use it between clients, as I move from one task to another, and whenever overwhelmed or frustrated. When I see something beautiful, I use it to express my gratitude and once again to wrap up my day. Some days, I spend 15–20 minutes in Gassho, a minute at a time. I love the serenity into which it instantly drops me. Try it, especially when you cannot find the time for a full Gassho meditation.

Invoking Your Symbols and the Reiki Walk

I am a kinesthetic learner. I love movement. So, each morning, I invoke my Reiki symbols, ask them to stay with me for the day, and walk the dogs on the trails on our property. There are several ways to invoke or activate your Reiki symbols. You might draw them in your hands or the surrounding air. I often draw large symbols and step into them one at a time, imagining that they encompass my whole body. You can also sing or chant the symbols silently or aloud if no one is around. You can state the name of each symbol three times. You can take a deep breath in, imagine each symbol at the roof of your mouth and blow them into your hands or the surrounding space, a technique called Koki-ho. You can imagine each symbol in your hands, your space, or surrounding yourself.

Or you can do the Reiki Moving Meditation with each symbol, as is taught in the Usui/Holy Fire® III Reiki Master class. First, begin with your hands several inches apart around your navel. Then, on an inhale, lift them straight up over your head, then turn your palms out, moving your hands and arms slowly in a sweeping motion in an arc around each side of your body, returning to their original position as you say the name of the symbol you are activating, and finally, on an exhale pushing the energy from your hands into the ground.



I like to bring each symbol in that way. And sometimes, my husband and I stop during our morning walk to do this, or we chant or sing the symbols as we walk. When I activate my Reiki symbols and then ask them to be with me during my morning walk, not only am I in a blissful space as I walk, but I also notice that this is when my intuition is at its most active and when I receive significant insights and guidance.

Other Ways to Weave Reiki Into Your Day

Besides these core Reiki practices, I've noticed several other ways to weave Reiki into my day. Here are a few of my go-to methods:

- I imagine Reiki symbols around any vehicle I travel in, asking the Reiki energy to keep the travelers safe and protected and to notify animals we are coming so that they can move out of the way.
- I draw Reiki symbols in rooms that need "freshening" and sing the Reiki symbols as I clean.
- I activate my Reiki hands whenever they are not busy; when I am reading, traveling, watching TV, or even driving, I will chant or sing the Reiki symbols and sometimes place one hand on my heart or another hand position.

- I try to remember to Reiki food and drinks as I prepare or eat them. And I always Reiki vitamins, supplements, and medication.
- I often use the Distant symbol to send Reiki ahead to my day or important meetings or special events.
- During my self-Reiki session, I send distance Reiki to my past, present, and future students.
- When I do yoga, I fill the room with Reiki symbols and draw symbols on my mat and blocks, receiving Reiki for the class duration. Then, I use hand positions as I wait for the class to begin and in Shavasana pose as class wraps up, I imagine or draw Reiki symbols in my bed before sleeping or in a chair before sitting.
- I cleanse my energy with Kenyoku, "dry bathing," regularly between clients or any time I am guided.
- I use Reiki with any artistic or creative endeavors, such as writing, painting, or crafts.
- I use Gyoshi-ho, sending Reiki with my eyes to strangers I pass on the street, and as I am naturally shy, I send Reiki this way when I meet someone new.
- I send distance Reiki to several goals, situations, and souls with my Reiki grid.
- Besides teaching Reiki classes and seeing Reiki cli-

ents, I get a Reiki session from someone else once or twice per month.

- And I try to review Reiki classes taught by other Reiki teachers as I am able.

There are so many ways we can weave Reiki into our lives. It doesn't always have to be formal or time-consuming. In fact, the more you use Reiki, the closer your relationship with it will become until it is a trusted friend.

As your day winds down, here is a sample bedtime Reiki meditation to try:

1. Draw or imagine the Reiki symbols you feel you need on the mattress where you will be sleeping. For example, use the Power symbol if you need to release pain, the Mental/Emotional balance symbol if your mind is busy or your emotions are heightened, and the Distant symbol if you wish to send ahead or back to a situation. You can also use any Master symbols you feel guided to use.
2. Activate Reiki and your Reiki symbols and breathe, letting go of the business of your day and anything you need to think about later.
3. Place your hands on your heart, or one on the side of your head and the other on your opposite hip, asking the Reiki energy to continue flowing.
4. Form an intention for the following day, imagining the best possible scenarios, sending Reiki and distance Reiki ahead to your day.
5. If your thoughts have not settled, draw the Mental/Emotional symbol on your palms and place them on your brow chakra, specifically asking them to settle. Likewise, if your emotions haven't settled, do the same, but place your hands on your heart.
6. If you feel ungrounded, beam Reiki energy to your feet, imagining roots coming from the bottom of your feet and growing into the earth, or place the Power symbol on the bottom of each foot.
7. Invite your personal energy to come in close to your body. As it does, it releases any energies you are holding or carrying on behalf of others.
8. Release any unhealthy relationship cords and any empath energy you are carrying on behalf of others.
9. Now ask Reiki to:

- Quiet your mind, releasing uncomfortable or busy thoughts, limiting beliefs and the ways and worries of the world.
- Quiet the body, releasing pain, inflammation, discomfort, moving through the body's systems—respiratory, pulmonary, circulatory, digestive, renal, lymphatic, nervous, and so forth—to function optimally.
- Quiet the emotions, releasing any stagnant or uncomfortable emotions you are holding.
- Quiet the spirit, releasing any injuries, trauma, and unforgiveness you hold.
- Form a cocoon of Reiki energy to envelop and protect you.
- Provide you with beautiful dreams and gentle guidance.
- Cloak you in Divine love, peace, harmony, and joy. And to bring you peaceful rest, releasing you from the busyness and weariness of the world.

And then enjoy sweet Reiki dreams having just woven additional Reiki practices into your day.

I hope this has given you a few ideas of ways to weave more Reiki into your life. I believe we can include Reiki easily in our daily lives so that our connection with Reiki grows each time we use it. This action not only raises our vibration, bringing more joy and beauty into our own lives, but it also raises the frequency of the planet. Namasté, my friends. ■

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