



# Reiki Can Reveal Your Inner Awareness

BY PAMELA ALLEN-LEBLANC

**Y**ESTERDAY, I WAS walking by the water and saw a seal. While this may not seem remarkable, it was, and I viewed it as a message from God and the Universe that everything is all right in the world and I am on the right track. Today I saw a loon. To me, these are magical animals. So, I take their presence in my life as a gift from God—a unique smile from the Universe that is just for me and is precious. God and the Universe smile on you, too. But do you notice? Are you aware?

The word “listening” as I am using it may be confusing, as it implies “hearing with the ears.” And yet, ICRT Animal Reiki Training helped me learn to “listen” with every aspect of my being. Wild animals are aware on many levels as they watch with their eyes and “listen” with their ears, instincts, perceptions, and physical body. In addition, they use inner awareness from their heart to receive telepathic information and gain an expanded awareness of their surroundings.

*Once we can focus on our inner awareness, it becomes possible to listen to the wisdom of other beings and learn from them. For example, when we focus our inner attention on animals, they can teach us how to see the world from their perspective.*

Reiki can help us be aware of messages from God, Source, our higher self, spirit guides, animals, and the Reiki energy itself. In this article, I'd like to help you hone your “sensing” skills with inner awareness. Once you develop this ability, you can work on discretion through Reiki to better understand what to do and say in any situation. And if you feel overwhelmed, I've included an exercise that will help screen out the information you don't need, allowing you to focus. Learning to listen to inner awareness will help you feel empowered and authentic.

I'm often asked what I mean when I say, “I heard,” or “I was told,” or “I got a nudge” from Reiki or Source. I seldom receive words. However, the guidance I receive from Reiki is so essential on many levels that I wanted to explain it to you. To me, it means that I actively “listen” with all of my senses and inner awareness. I have learned to pay attention to even the subtlest detail. It has been a process I learned over time with the help of Reiki.

People receive telepathic messages differently. Each of us has or can become aware of one or more “clair” senses, and Reiki helps us access more of them. The most common three are clairaudience (clear hearing), clairvoyance (clear seeing—you may see pictures, movies, and colors), and claircognizance (clear knowing—you have a sense of knowing but don't know how you know). However, you may have others found on this list: <https://reikilifestyle.com/clair-senses>.<sup>1</sup> Once you understand *how* you experience your intuition, you can tap into it to guide your Reiki sessions and live your life more effectively.

Reiki opened my ability to inwardly “listen” to others confidently and actively, which was hard for me initially. And then it helped me develop the discernment to understand the messages better. I am now aware of the subtlest energies and nuances, am confident in the messages I receive, and understand what to do with them. Part of being an effective Reiki practitioner is learning to “listen” active-

ly to understand our clients completely and to be aware of the information behind the words. Sometimes, this is the only time our clients feel “heard.” And while I was good at being aware of subtle energy, I was not always using enough awareness to understand my clients.

### Hearing, Listening, and Awareness

*Merriam-Webster* defines *hearing* as “the process, function, or power of perceiving sound; specifically: the special sense by which noises and tones are received as stimuli.” So we can think of hearing as collecting information in the form of the words a person is speaking; it is simple and basic. But *listening* means “paying attention, to hear something with thoughtful attention; and to give consideration.” It means listening to the words a person is saying and thinking about what they mean.

In addition, it is important to pay attention to all the non-verbal cues. These include body posture and movement, facial expressions, volume and tone of voice and so forth. And doing this often leads to an awareness of the subtle energies around a person which can reveal a richer and more meaningful understanding of how the person is feeling and what they need to heal.

This inner level of awareness makes use of intuition and telepathy to pick up on the preverbal intentions of what is being spoken and can create a more all-inclusive, multi-dimensional level of communication.

Inner awareness can also be thought of as inward listening in which we are curious; we listen to understand so we can respond and is also part of active listening and may focus on one’s internal state, such as an intuitive feeling, or external events through sensory perception. When people are aware of something, they may feel it or sense it without knowing what it is exactly.<sup>2</sup> Reiki can help us develop our ability to process the intuitive feelings and sensory perceptions which come into our awareness through our “clair senses” when working with clients.

### Reiki Taught Me Inner Awareness

Reiki taught me early on to listen to all parts of myself and how to listen on a deeper level. First, it taught me to know with my heart when I learned to communicate with animals. Did you know that the heart’s electrical energy is over 5,000 times more powerful than our brain’s? Some spiritual traditions consider the heart to be the second brain.

After that, Reiki showed me how to sense using my emotions. Did you know emotions are one way our subconscious mind communicates with us? Notice what emotion you are experiencing at any point in time, and then ask yourself and Reiki what it is trying to tell you. There is often a meaning behind each emotion.

Then Reiki showed me how to integrate my body. It turns out that “gut instinct” is a real thing. The gut or intuition in the gut region is sometimes considered the third and most potent brain. So, your body has a lot of excellent information for you when you learn to sense using it. Finally, with all my chakras open, I learned to sense better with my spirit. I heard the subtle energies. I could wade through all the “other” and “empathic” energies out there, and I developed the power to understand how to ignore information that I didn’t need or wasn’t helpful. Reiki gives me the awareness to know what is important and the language to understand how to share it with people.

In my animal communication classes, I teach people to sense using all the parts of themselves but centered in the heart to access the more powerful frequencies available through the heart connection. And in our animal Reiki classes, we hone and further develop our ability to listen and sense to be a better animal Reiki practitioner. So I thought I’d put the two skills together into one exercise for you to try.

### Exercise: Whole Being Listening and Sensing

1. Draw Reiki symbols on your hands, in front of each chakra, and in the surrounding room.
2. Set the intention stating: “Today, I wish to learn to listen with all the parts of my being.” If you feel you have a protective heart wall, add to the intention: “and to release as much of my heart wall as is appropriate for me today.”
3. Now place your hands on each chakra, activating each with Reiki. Then come back to rest your Reiki-activated hands on your heart.
4. Pause a few minutes with each of the following steps. Listen with inner awareness and remember information may come in any of the forms mentioned above. So, pay attention to any impressions you receive with an open mind. Don’t judge them.
5. Close your eyes and ask Reiki to still your mind, body, emotions, and spirit. Then, focus on the sub-

tlest impression you are aware of as you pause after each: your ears...eyes...mind...body...heart...“gut” or instincts...each chakra...your aura.

6. Now be aware of your Spirit with all the parts of your being and ask if it has a message for you.
7. And if you believe in a higher power, whatever name you use, be aware of it and any messages it has for you.
8. Do you have a question? Ask God/Source now and pay attention to any impressions you receive.

### Learning to Pause

Sometimes we must pause, even if not preferred. For example, after learning to listen to and hear the animals, I was most frustrated when I couldn't connect. I knew I had difficulty being aware if my mind, body, or emotions were busy. So, I would not book animal communication sessions when the children were home. I knew I could not get quiet enough to pay attention to my inner awareness properly.

I'm reminded at those times that we are “human beings,” not “human doings.” Learning to pause and be still when these things happen and allowing things to proceed according to Divine timing has been another huge lesson in the listening process. If there are things you are trying to make happen, then often pausing and letting Reiki or the Divine manage the circumstances might be the best option.

### Reiki Helps with Discretion

Another aspect of the listening process is learning *what* to listen to. I was a person who heard too much, especially when I was doing Reiki sessions with clients. And I never knew what I should or shouldn't share, as discernment, good judgment, and being discreet about the information I receive are essential.

Several years ago, I realized I could ask Reiki for help to receive only information needed to pass on to the client or assist with the session. I didn't want to hear anything else. So, I placed the Reiki symbols on my hands and third eye, then on my throat chakra, and finally on my heart. Then I asked Reiki to assist me. Since then, it has been much more comfortable for me to conduct Reiki sessions. I don't feel I am eavesdropping on my client's private affairs. I also noticed that I seldom received information to pass along; usually, the awareness comes to my clients during the session without my involvement. To me, that is all that is necessary for a successful treatment. The session is about their interaction with Reiki more than mine as a practitioner.

### Learning Through Inner Awareness

Once we can focus on our inner awareness, it becomes possible to listen to the wisdom of other beings and learn from them. For example, when we focus our inner attention on animals, they can teach us how to see the world from their perspective. And as much as we work to send Reiki and healing to the animals, plants, and the earth, they often return the favor by sending it back to us!

When we actively direct our attention inwardly, we can receive Divine direction and messages for ourselves and others, and we can decide what to do with those messages. We have probably all heard Divine direction at some point in our lives and said, “No, thank you, I don't want to do that!” Early on, I habitually argued with the direction I received through Reiki from the Divine because it usually directed me to move out of my comfort zone and grow. I have been a Reiki practitioner for long enough that I have learned to pay attention to inner guidance and be open to the possibilities. I no longer argue.

Reiki will develop your ability to be aware of messages from God, Source, your higher self, spirit guides, the animals, and the Reiki energy itself. Learning to listen with inner awareness will empower your Reiki sessions and your life. ■



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### Endnotes

- <sup>1</sup> Colleen Benelli, “Clair Senses,” *Reiki Lifestyle*, March 27, 2020, <https://reikilifestyle.com/clair-senses>.
- <sup>2</sup> Admin, “Difference between Consciousness and Awareness,” *Difference Between.com*, January 3, 2015, <http://www.differencebetween.com/difference-between-consciousness-and-vs-awareness>.