

Illustration by Gaia Orion



Living a Successful Life

BY WILLIAM LEE RAND

THIS ARTICLE IS WRITTEN for people with interests in life that have yet to be explored, developed, or fulfilled. These interests often include suspected talents that have not been looked into or tested to see if they are real.

Often the idea of success is based on the accomplishment of a goal that originates from the values and suggestions of friends, relatives, or society. This goal can often be based on what others have done with their lives and could also include their unrealized dreams.

it is important that you explore these feelings to find out more specifically what they represent and what is needed to fulfill them.

You may have heard that we are the creators of everything we experience. And while many people accept this idea, if you feel it might be true, it is something to think about and decide if it makes sense to you. And while it is easy to see how we have manifested the good things we experience, what about the things we experience that we do not like? Why would we manifest those things too?

As a human being, you have the power to create valuable improvements in the world you live in that will benefit you and inspire and motivate others to greater levels of purpose and accomplishment.

If these ideas are accepted and acted upon, your developing level of accomplishment can frequently make the people in your life happy and proud of you. And this can come with some level of happiness for oneself but may also include an uncomfortable feeling of emptiness that comes drifting up into your awareness when alone.

At first, and even for some time, you might have ignored these uncomfortable feelings as the acceptance from those close to you provided reassurance that your life is going in the right direction. But eventually, one gains the personal resources and self-assurance needed to look more deeply into the feelings of emptiness and consider why they are there and what they are asking you to do.

These sorts of feelings are frequently based on potential skills that have gone undeveloped and possibilities for your life that are not valued so much by family members or society in general but often can be the basis of genuine success for you personally. They represent the gateway to a life that is exactly right for you, a life that is deeply fulfilling and will bring true happiness. And because of this,

As an example, if you want a better job and want to make more money, you might take some online classes to learn new skills that are valuable in the field in which you work. You might also send Reiki to your project to help manifest an upgrade in your job classification. And when a better job becomes available, you apply for it. You keep doing this until you get promoted. And when you do, you are delighted and proud and think to yourself enthusiastically, "I manifested a better job."

But have you ever been "let go," better known as being fired? How did you feel when this happened? Did you take credit for it as something you manifested? Or did you blame your boss, the other employees at work, the economy, the government, or something outside yourself? Many people respond to good fortune and failure this way: taking credit for their wonderful experiences and blaming others for the things that happen to them they don't like.

Blaming others for your misfortune occurs in everyday things, but many people also apply it to their lives in general. One of the biggest is blaming parents for everything

negative in their life. Many people have done this, saying: “My parents screwed me up,” or “If only better parents had raised me, I would not have ended up with so many problems and dissatisfactions in my life.”

This way of thinking does not end with blaming one’s parents but often extends to other authority figures, including your teachers at school, your boss, and the other higher-ups at work, as well as political figures and the government.

Doing this seems to create some degree of satisfaction based on the sense that you believe you know something about life that happens to most everyone, except you know the real cause and are aware enough to not only know it but also to complain about it too; at least to your therapist or to your friends and associates, some of which have a similar attitude about life.

It seems many people feel they are stuck in a world that isn’t fair, and there is nothing they can do except blame others for their problems. But does blaming do any good?

One point that is known about blame is that when you blame others for your problems, the motivation is often accompanied by an accumulation of unresolved discontent that keeps part of your consciousness in the past, struggling with difficult events that took place in your life, which up to this point, you could not make peace with. And if this is happening, you cannot make use of the full range of your intelligence and personal power to deal with issues that are taking place in your life right now.

However, there is a way out of this situation that I would like to share with you. It is based on the idea that you give others your power by blaming them for your problems. Take a moment to think about what this means. Blaming is not a solution; you give away your power by blaming. And the power you give away is the power that could solve your problems.¹ Yes, that’s right, and I invite you to reread this paragraph and look up the endnote.

Once you grasp the value of this idea and are willing to try it, what’s next? First, of course, it is to stop blaming others for the difficulties you’ve experienced in this life and take back all the power you have given away. But, before I explain how to do this, I’d like to explain something important about the nature of your current life.

I have a background in hypnotherapy and also received training in past life regression therapy in which therapists use hypnosis or guided meditation. I had a professional practice providing this type of therapy for over ten years.

With this healing method, it is possible to take a person back to the original cause of an issue they have in their current life, which they would like to heal. During these sessions, a person often goes back to a past life in which they did something which led to the problems they would like to solve in their current life. They discover what they did and experienced, including the decisions that resulted in their current problems. Also included in this kind of therapy is an exploration of what happened during the time in between lives, as the period just before we were born is when we choose the life we are living now.

During this process, we are shown a number of possible lives from which we could choose. These options include who our parents would be in each of our possible lives and what it would be like for us to have them as parents. We are also shown the talents and skills we would have, often developed in previous lives, and the resources we could access. Finally, and most important of all, we were shown the shortcomings, obstacles, and difficulties we would encounter and the personal qualities we would need to develop if we wanted to engage successfully with them and gain the benefits their solutions would provide.² In other words, we knew what this life would be like in advance, and we chose it.

This idea is worth repeating: We chose the difficulties we have experienced in this life because of the value we would receive in the personal growth that would take place by developing the skills needed to deal with the difficulties successfully.

If you are feeling emotional right now while reading this, don’t worry. I felt the same when I learned this and again, even now, while writing about it.

However, it is possible to deal with this understanding about your life in a powerful and healthy way. But to do this, it will require that you take responsibility for the life you have chosen to live and, by doing so, take back the power you have given away by blaming others for your problems.

Here is what you need to do. First, draw the Reiki Power and Mental/Emotional symbols on your hands, and you could also add the Master symbol if you have it. Then place your hands over your heart and give yourself Reiki for a few minutes. While doing this, say the following words to yourself aloud if you are alone or in your mind if that seems more appropriate:

“I am 100% responsible for everything that has ever happened to me.”

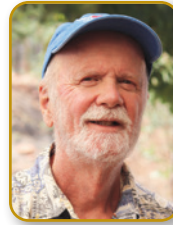
This sentence may be hard to say at first, and some parts of you may tell you it makes little sense. But consider the above section about choosing this life, and with this in mind, I invite you to try this process. And when you say it, say it with the complete conviction that you know it is absolutely true.

Besides repeating the above sentence aloud or to yourself, get a 3"x5" card and write the sentence on it. Then hold it in your hand and draw the Power or Master symbol, or both, on it and give it Reiki as you repeat the words again. Carry the card with you and repeat this process regularly.

By doing this, you will take back your power and be able to use this power to heal all the harm you feel has ever been done to you. You will move into a level of personal authenticity that will feel strong, honest, and free. And as this healing continues, you can easily understand and pursue your goals and aspirations that previously went unacknowledged. And you will enjoy the feeling of allowing the deepest and most meaningful part of your being to guide your life and accomplish the goals that create the fulfillment you sought before entering this life.

As a human being, you have the power to create valuable improvements in the world you live in that will benefit you and

inspire and motivate others to greater levels of purpose and accomplishment. We know that the gift of Reiki, which flows through us, contains great wisdom, power, and direction that can animate the unique purpose we came into this life to fulfill. So, as we pursue our goals and enjoy the life we have been given, let us express our happiness and joy to everyone we meet. ■



William Lee Rand has an extensive background in the study, practice, teaching and development of Reiki. To learn more about his background, please go to www.reiki.org/users/william-rand. He can be contacted by email at william@reiki.org

Endnotes

- ¹ Bernard Golden, "7 Consequences of Blaming Others for How We Manage Anger." *Psychology Today* (Sussex Publishers), <https://www.psychology-today.com/us/blog/overcoming-destructive-anger/201811/7-consequences-blaming-others-how-we-manage-anger>.
- ² However, during the process of you as a soul entering into a physical body, the transition of your consciousness into the use of a newly created brain and nervous system causes a forgetfulness about the events that took place prior to birth.