A Manual of First Degree Reiki & Self Healing

The Usui System of Reiki natural healing

Mark Stallabrass
Contents

Acknowledgements and thanks .............................................................................................1
Introduction ..........................................................................................................................2
About Reiki healing .............................................................................................................4
History of Reiki ...................................................................................................................6
The Reiki Ideals .....................................................................................................................8
The levels of Reiki .................................................................................................................9
  First Degree Reiki (Reiki 1) ............................................................................................9
  Second Degree Reiki (Reiki 2) .......................................................................................10
  Reiki Master / Teacher .................................................................................................10
The Reiki 1 attunements ....................................................................................................11
Spiritual fundamentals .......................................................................................................12
  The ultimate reality ........................................................................................................12
  The meaning of life ........................................................................................................12
  The soul ..........................................................................................................................13
  The higher self or spirit ................................................................................................14
  Free will versus destiny ................................................................................................15
  Reincarnation ................................................................................................................16
  Karma .............................................................................................................................17
  Psychism ........................................................................................................................19
  Divine guidance .............................................................................................................19
  Psychic safety .................................................................................................................21
  Devotional practice ........................................................................................................22
  The great and the good ................................................................................................23
  Gratitude ........................................................................................................................23
  Compassion ....................................................................................................................23
  Evolution ........................................................................................................................24
  Meditation .......................................................................................................................25
Chakras ...............................................................................................................................27
  Human and spiritual chakras .........................................................................................28
  Masculine and feminine chakras ....................................................................................28
    ◆ Crown chakra ..........................................................................................................28
    ◆ Third eye chakra ......................................................................................................29
    ◆ Throat chakra ..........................................................................................................29
    ◆ Heart chakra ............................................................................................................30
    ◆ Solar plexus chakra ..................................................................................................30
    ◆ Sacral chakra ...........................................................................................................31
    ◆ Base chakra .............................................................................................................31
  Hand and foot chakras ....................................................................................................32
  Planes of consciousness .................................................................................................32
  Balance and healing .......................................................................................................32
  Chakra balancing and healing meditation .....................................................................33
Balancing the soul .............................................................................................................34
Mindfulness........................................................................................................36

Affirmations and mantras ..................................................................................37

Learning from experience ....................................................................................38

Healing using Reiki ...............................................................................................40
  Self healing ........................................................................................................40
  Healing someone else .........................................................................................40
  Adopting a healing attitude ................................................................................41
  Creating a sacred space .......................................................................................41
  Getting help ........................................................................................................42
  Protection ............................................................................................................42
  Helping Reiki energy to flow .............................................................................42
  Placing your hands ............................................................................................42
  The connectedness of all things .......................................................................45
  Reiki healing at a distance ................................................................................46
  Healing other things .........................................................................................46

Meditation and prayer ..........................................................................................47
  Preparation for meditation ................................................................................47
  Grounding ..........................................................................................................48
  Self love .............................................................................................................48
  Healing relationships .........................................................................................49
  Changing relationships ......................................................................................49

Reiki healing good practice ................................................................................51
  Reiki and the law ...............................................................................................51
  Reiki insurance .................................................................................................51
  Professional bodies and regulation of practice ..............................................51
  Help and support ...............................................................................................51
  Reiki shares .......................................................................................................52

Reiki healing good practices ................................................................................53
  Professional practice .........................................................................................53
  Reiki and the law ...............................................................................................53
  Reiki insurance .................................................................................................53
  Professional bodies and regulation of practice ..............................................53
  Help and support ...............................................................................................53
  Reiki shares .......................................................................................................54

Reiki Second Degree ............................................................................................55

Conclusion ............................................................................................................56

References & further reading ...............................................................................57
I am extremely grateful to Chris, Paul and Robert who have been such profoundly positive influences on my life and my spiritual path and to those who have informed and inspired me with their writing and work.

For my divine guidance in the form of those Guides, Teachers, Masters and Angels who are always with me, who always love, help, encourage and reassure me, who give me insight, understanding and healing, I thank you and I thank God.
Introduction

Reiki is a wonderful gift that can help you to change your life for the better. By deciding to become a Reiki practitioner and receiving the Reiki First Degree attunement you become directly connected to a powerful, divine healing energy source which you can channel through your hands for the rest of your life. Reiki is practised the world over by many thousands, if not millions of people and it is an absolutely safe and very powerful way of channelling healing energy.

The Reiki First Degree attunement creates a channel for divine healing energy so that the initiate can channel healing to their selves, other people and things. Reiki cannot be abused or misused because the attunement acts as a kind of filter so that pure, divine healing energy moves through the attuned hands to the recipient. Reiki is truly a divine gift that can help those who are on a spiritual or inner journey by bringing healing and balance to every aspect of our mental, emotional, physical and spiritual selves.

The more that we use Reiki healing energy, the clearer channels we become for the Reiki energy and the better healers we are. Also we channel more Reiki healing energy as we become more healed and balanced, so a conscious journey of self-healing makes us better healers. The path to healing, balance and happiness requires cultivating love and wisdom, aligning ourselves with divine principles and letting go of fears and pain. Reiki healing can help us to become more self-aware and confident about allowing positive changes in our lives as we can become happier and healthier.

For many people their Reiki First Degree attunement is the beginning of a new chapter of their lives and maybe the start of a journey of new spiritual insight and discovery. My own journey has taught me that the things that happen to us in our lives and the ways in which we see people and the world around us are a true reflection of our inner selves. The universe holds a mirror up to us to reflect our love, wisdom, fear and pain. Our perceptions and understanding of life are rooted in our souls, our real selves, and our inner journey of self-discovery reveals who we really are and brings deep healing so that we can achieve greater harmony with life and the universe.

For those who pursue Reiki it can become an important part of their spirituality. I believe that there is divine truth and wisdom in the major world religions and that they will ultimately all lead to the same place but by different paths. For many people Reiki can be or can enhance their spiritual path or practice and without conflict because Reiki is a divine connection that does not have a doctrine attached to it. For people who feel spiritual but not religious the Reiki First Degree attunement can create or enhance a sense of divine union and giving Reiki healing can feel like a spiritual or devotional practice.

The human soul is amazing and complex and the way in which it interacts with the mind and body are staggeringly intricate but any concerted effort to truly understand ourselves is rewarded with learning and healing which ultimately sets us free from our fears and pain to bring personal growth and permanent healing. This is why I choose to teach First Degree Reiki with information about how the mind, body and soul function together, as well as about spirituality, because I feel that this information is helpful to people who want to progress in any way. I have great faith and deep belief that when a soul desires positive changes the universe will conspire to assist it and if this manual can play any part in helping
such changes then I am blessed and truly grateful. Whatever your reasons for reading this manual I wish you healing, happiness and abundant blessings.
About Reiki healing

Reiki (pronounced ray-key) healing is thought to be an ancient healing form but was rediscovered in the late 1800’s by Dr Mikao Usui, a Japanese Buddhist. The Usui system of Reiki is a very simple yet powerful form of healing which is easily given by anyone who has been attuned to Reiki. The Reiki practitioner simply places their hands onto a person and the Reiki healing energy will flow. The Reiki recipient remains fully clothed and can receive a Reiki treatment seated in a chair or lying on a treatment couch. Reiki does not hurt but a recipient may feel physical, mental, emotional or spiritual shifts as healing happens.

The word Reiki has its roots in two words: Rei means universal and Ki means life force or energy. Ki is the energy that all things are made of, like the Chinese Chi (as in Chi Gung and Tai Chi) and is the fundamental energy that makes up everything. Ki is the energy that makes the divinely manifested universe – from the physical planes of consciousness through the emotional, mental and spiritual planes of consciousness.

Reiki is a divine healing energy and can only be channelled by someone who has been attuned to it. The attunement or initiation is the continuation of an ancient process of aligning the initiate with the Reiki healing energies using sacred Reiki symbols revealed to Mikao Usui. Once attuned the initiate is a channel for Reiki healing energy for life.

A Reiki healer is a channel for this divine healing as the healing energy moves through the healer to the recipient. The healing energy does not come from the Reiki healer but rather it comes through them and therefore does not deplete their own energy. The amount of healing energy that is channelled is no doubt amplified by the love and purity of the healer but the Reiki attunement means that an unlimited amount of energy can be channelled by the Reiki practitioner.

The Reiki healing energy goes to where it is needed in the recipient’s mind, body and soul but the hands are placed in specific positions over the chakras and limbs so that the energy can flow quicker and more easily through the consciousness. Reiki healing is only for the greatest good and can never be abused. Reiki healing can melt away fear and pain and uplift the consciousness with divine love and wisdom.

Reiki has no doctrine attached to it and I know that this is attractive to people who may be spiritual but not religious. I have also found that people of different religions have embraced Reiki and have found no conflict with their existing faith. Reiki is seen by many people as a manifestation of divine love and can therefore be used together with their prayer and devotional practice. I know that for many people Reiki can bring about a greater self-awareness or spiritual awareness and this, for some, might be an inevitable part of healing – bringing about positive life changes in perhaps unexpected ways. Healing can lead to greater inner balance, love, wisdom and harmony with the world and universe around us and this is true holistic healing for better health and greater happiness.

Reiki can be used on anything – animals, plants, food, books, cars, buildings and electronic equipment. Using Reiki in this way is akin to blessing something – imbuing something with positive, divine energies that are for the greatest good. And we can take this even further by, for instance, giving Reiki to a plate of food and intending that healing and blessings are given to every living thing (including the Earth) that has suffered to bring us the food. In this way Reiki can become an expression of our gratitude, love and good intentions towards all people and things and we can heal our footprints on the paths of our lives upon this Earth.
We can feel the connectedness of all people and all things and I believe that every time we practice Reiki we are making this world a better place by dissolving fear and pain with divine love and wisdom.
History of Reiki

I have read different versions of the Reiki story and include here the version passed down by my Reiki Master. I do not give this version as the definitive story but hope that it is close to the truth. There is a well researched article by William Lee Rand on his website.

Dr Mikao Usui was born in Japan in the mid nineteenth century. He was fascinated by Buddha and his desire to help others and the unusual metaphysical abilities the Buddha received after receiving enlightenment. It was said that Buddha was able to heal physical illness and that this ability was taught and passed on to his disciples, who also acquired healing abilities after following his teachings.

Dr Usui was aware that there were many people around him unable to lead happy and productive lives because of illness and physical disability. Feeling compassion for them he decided to set out on a quest to see if the secret of healing used by Buddha and Jesus could be found so that he might help the sick and needy.

Dr Usui travelled throughout Japan talking to Buddhist teachers and priests and asking if they had the ability to heal. The answer he got was always the same; ie that whilst it may have been possible to heal in the past, the spiritual side was felt to be more important and the ability to heal the physical body was forgotten and lost.

During his travels he became friends with the monks at a Zen monastery and was allowed to stay and to study the Buddhist scriptures known as the Sutras. The Abbott was also interested in physical healing and helped and encouraged Dr Usui in his pursuit. The Japanese translations did not have the answers he was looking for and as he wanted to read the books in their original language, Dr Usui learned Chinese and eventually Sanskrit. It was in the Indian Sutras that he discovered the formula for contacting a higher power that could give him the knowledge to heal. It was thought that the Buddha had used this formula to gain knowledge of healing himself.

Dr Usui had found the information that he had been looking for but simply knowing the formula did not give him the ability to heal. Having discussed this with the Abbott it was decided that he would go to the top of Mount Kori-yama, a sacred mountain, where he fasted and meditated, following the instructions in the formula, for 21 days.

To keep track of time on the mountain he set up 21 stones and each day he threw one stone away. On the 21st day, after tossing away all of the stones, he had still not received the healing power. It was still night and he stood up, thinking that he had failed in his quest. As he looked out toward the horizon he saw a point of light coming toward him.

Looking at the light he realised that it fact it has a consciousness and was communicating with him. He realised that the light contained the healing power that he was looking for but he also became aware that the light was so powerful that if it hit him it might kill him. He decided that the ability to heal was worth the risk and although he was afraid, he did not move.

The beam struck him on the forehead, knocking him unconscious. Rising out of his physical body he saw bubbles of light containing the sacred Reiki symbols. He immediately received an attunement and knowledge of each symbol and was, as a consequence, initiated into Reiki.
Dr Usui hurried down the mountain. In his haste he fell over, stubbing his big toe and tearing the toe nail. He placed both of his hands over the injured area and within minutes the pain and the bleeding had stopped and shortly after he was completely healed. Having fasted for 21 days, he was very hungry, so when he reached the foot of the mountain he decided to stop at an inn for something to eat. Whilst waiting for his meal to be cooked he heard a young girl crying in a house nearby. Investigating, he found that the girl had been suffering for days with a bad toothache. Dr Usui laid his hands on her face and within minutes the swelling receded and the pain stopped.

The innkeeper, who by now had prepared the meal for Dr Usui, warned him not to eat such a large meal after fasting for so long but Dr Usui ate his fill and felt no adverse effects.

Dr Usui went back to the Abbott. Upon his arrival at the monastery he discovered that the Abbott was ill. Eventually he managed to persuade the other monks to allow him to see the Abbott, who had been suffering badly from arthritis. Whilst talking to the Abbott, Dr Usui placed his hands on the Abbott’s body and the healing energy flowed into the Abbott, who was healed after a short while.

Dr Usui continued to practice Reiki healing and before his death in 1930 had given the Reiki Master attunement to 16-18 people. Reiki was brought from Japan to the west during the Second World War by Hawayo Takata and it is her Granddaughter, Phyllis Furomoto who is the current Reiki Grand Master.

It is due to the incredible Divine aspirations of Dr Usui and his compassionate desire to bring healing to people that this beautiful healing system has been rediscovered, formalised and spread around the world. We are indebted to Dr Usui for his spiritual practice, determination, perseverance and compassion.

Every Reiki healer can trace their lineage back to Dr Usui. Here is my lineage:

```
Dr Mikao Usui --> Dr Chujiro Hayashire --> Huwayo Takata --> Phyllis Lei Furmoto

John Watson --> Simon Treselyan --> June Woods --> Jerry Farley

Christine Giles --> Paul Antill --> Mark Stallabrass
```
The Reiki Ideals

These five Reiki ideals were given to us by Dr Usui

*Just for today do not worry*
*Just for today do not anger*

*Honour your parents, teachers and elders and respect all living things*

*Be honest, earn your living honestly*

*Be thankful, show gratitude to everything*
The levels of Reiki

There are three stages of Reiki.

- Reiki First Degree
- Reiki Second Degree
- Reiki Master/Teacher

The First Degree Reiki attunements are considered by many Reiki Masters to be the most important and the initiate receives four attunements. At Second Degree Reiki the initiate receives one attunement which considerably increases the power and flexibility of their Reiki healing. At Reiki Master/Teacher the initiate receives one attunement which enables them to give Reiki attunements to others.

I advocate that initiates leave reasonable periods of time between doing the three different levels of Reiki. There are many Reiki Masters who will give Reiki 1, 2 and 3 attunements to people over a very short period of time but I believe that this is unwise for most people. There is no doubt that Reiki attunements are real blessings for both the Reiki Master and the Reiki initiate and nothing can detract from this precious, divine gift; those who are attuned will always have the benefit of the attunement. The main issue with having the attunements close together is that the Reiki attunements can have a powerful effect on people and generally they need a period between attunements for the different aspects of their consciousness to adjust to and assimilate the new energies. The effects of the attunements vary considerably between people but for some they can be very profound, and even those who don’t feel such effects, the attunements nevertheless create deep, lasting positive changes. I have found this to be especially true at Second Degree Reiki and at Reiki Master/Teacher.

The amount of training that Reiki initiates get at each level of Reiki varies considerably between Reiki Teachers but I like to give comprehensive training along with each Reiki level so that Reiki healers can fully engage with Reiki and with various aspects of healing.

First Degree Reiki (Reiki 1)

I will teach First Degree Reiki to anyone who has a sincere wish to learn Reiki. Just having the attunement will open people to divine energies whether or not they consciously use the energies for healing. Some of those who have had Reiki 1 may stop using it after a short while and others may continue to use it and progress to further levels. It is not for me to know how people’s journeys will unfold but my commitment as a Reiki teacher is to teach those who are guided to me and to teach them as I see best.

I think that it’s a good idea that Reiki First Degree initiates focus upon healing themselves and practice healing others with friends and family. I find that Reiki First Degree healers are not usually ready for professional practice and that it can take some time to get used to the Reiki energies and to giving Reiki healing treatments. Through embracing a journey of self-healing and self-discovery Reiki First Degree healers gain confidence and their healing becomes stronger.

I trust that people who feel that they want to learn Reiki are being guided to do so and will be guided to the right Reiki Teacher for them. If you feel that you should learn Reiki, then trust that it is right for you and that you will divinely guided to the right teacher. For some
people this may be the start or a part of a conscious spiritual journey and I find that Reiki is an extremely wise thing to do for people on such a journey. Learning about and healing the self with Reiki can bring insight into the working of the soul and physical, mental, emotional and spiritual aspects of human consciousness that help us to understand ourselves to and help others. We each come into a life with varying amounts of issues that require attention and healing. For most of us, finding out about ourselves, healing old pain and getting rid of fears is an on-going process that happens gradually. The Reiki First Degree attunement, together with determined attention upon self-healing will help to bring those issues to light, to heal them, making us healthier and happier than ever before.

**Second Degree Reiki (Reiki 2)**

At Reiki Second Degree the initiate receives another attunement which considerably increases the power of their healing. The Reiki 2 healer is given much more versatility in their healing; it may be sent to anywhere and into the past and the future and initiates learn to use Reiki in every aspect of their lives and learn to use sacred Reiki symbols in their healing.

Before giving a Reiki 2 initiation I require that people have made a continued effort in their self-healing and channelling Reiki energy. I would like the Reiki 2 initiate to show that they have practised healing on friends and family and have embraced the Reiki healing system and energies. I also require that Reiki 2 trainees are sincere in their wishes to use Reiki healing to heal others. I train Second Degree Reiki healers to a standard whereby they are confident and proficient enough for professional practice although a small proportion of trainees will choose to do this.

**Reiki Master / Teacher**

The Reiki Master/Teacher attunement enables the initiate to attune others for Reiki 1, 2 and Reiki Master/Teacher. The Reiki Master initiation is for those who have shown a commitment to Reiki healing and to their own spiritual development and that of others. Whereas there are those who may have the level 1 initiation and then may or may not practice Reiki, this should not happen at Reiki Master/Teacher. It is an affirmation that the initiate wishes to lead by example in the field of Reiki healing and to teach others. It is a step that is taken after careful consideration and with a deep sense of reverence for and commitment to the Reiki healing system.
The Reiki 1 attunements

The Reiki first degree attunements connect you to the Reiki source and allow healing energy to flow through you. The attunements are passed by a Reiki Master in a sacred ceremony that connects upper chakras and the chakras in the palms of the hands to the Reiki source using sacred Reiki symbols. This attunement does not take very long; it does not hurt and it lasts for life. The attunement process is divinely guided so that it is always done perfectly.

The attunement has different effects on people but generally speaking people feel the effects of being healed and having their energies raised. A very few people may experience some flu-like symptoms afterwards, but this is really nothing to worry about. Some people may have spiritual experiences – feelings or visions or may feel elated at various times. For about the first three weeks after the attunements the initiate is being healed and cleared as a channel for the healing energy and so Reiki healers may feel some effects during this period. I did not feel anything very much during or straight after my first degree attunement but people whom I have attuned and know report a variety of different feelings or effects.

I recommend that for the three weeks following the attunements initiates should meditate every day, even if for only a short while. Meditating on the Reiki energies and asking for help in understanding and gaining insight into Reiki healing will be useful. The attunements have different effects on different people and initiates should follow their intuition as to what to do; you may feel that you need do nothing. Saying prayers - asking for blessings from the Reiki Masters, Teachers and Guides is something that I would recommend.

I strongly recommend that Reiki 1 initiates give themselves a daily healing. I found this difficult at first and some will feel the energies flowing more than others, but this really is the best way to improve the power of your healing and to heal yourself. Persevere with giving yourself a daily Reiki treatment, even if it is not a full treatment, since this will initiate and sustain change and healing at all levels of your being.
Spiritual fundamentals

The ultimate reality

I use the term ultimate reality to refer to the highest aspect of consciousness of this universe - that which is most divine. Some people may think of this as a supreme being or a state of nirvana or enlightenment.

Jews, Christians, Moslems and Hindus worship an omnipotent God while Buddhists and Taoists see the absolute as more of a state of consciousness. David Goddard, in his book Tree of Sapphires writes this: "There are potential drawbacks to thinking of the Supreme Reality as either a person or a state. Because all images are concepts based on finite experience...In conceiving the Absolute as a person, you embrace the idea, in your subconscious, that some things may be given or withheld by that person – that some beings are favoured and others not. On the other hand, when you conceive of the One Reality as a state, you imply that there is no personal relationship and that you must reach it unaided by the ineffable, solely by your own efforts." The Buddha did not answer the question of whether or not there is a God because he thought that the concept was a distraction - we do not need to contemplate this in order to become wiser and more loving or to become enlightened.

Many mystics believe that ultimate reality is something that can never be understood by the human mind – we can only start to glimpse suggestions of it in our moments of deepest meditation and greatest love but I feel that we are all inexorably connected to and a part of this divine universe and therefore we embody and ensoul divine principles.

Your beliefs are your own and your feelings may transcend words or explanations but I feel that meditation and contemplation of this issue is like seeking ultimate truth and is therefore worthwhile. To grow and develop our spirituality requires allowing positive changes and whatever our spiritual or religious beliefs are now we can trust that a process of wise growth can in no way diminish what we currently hold most sacrosanct.

Thoughts or prayers that have the highest intent are equally loving and wonderful whether they are intended for the universe or for a supreme being. We are each a part of this divine universe and our concepts of the ultimate reality does not make us any less divine or any less a part of it. Doubt is just the part of belief which is in transition from ignorance to understanding and from fear to faith.

I have found that truth unfolds for those who intend and try to find it. If you want to know the greater mysteries of the universe, then you can embark on the journey to discover it. The wise person tries to discover as much about their inner self as the outer world and universe because we can't know what we're seeing if we don't know from what perspective and through what lens we are looking.

The subject of ultimate reality is relevant to your journey through life because your destination defines your path.

The meaning of life

We are here to be as truly happy as we can and to grow more loving and wise through the opportunities and challenges that we have in our lifetimes. We are here to freely choose to love and as we do so we experience the happiness that this brings ourselves and others. We
learn that happiness comes from within ourselves and is reflected back at us by the world and the universe around us. We are here to be happy and to delight in the joys that life brings.

We are here to develop and grow - to expand our consciousness by becoming more loving and wise and it is possible to know and love this universe and everything in it. We are conscious on infinite planes of consciousness, from the physical planes that we can touch, through emotional, mental and spiritual planes of consciousness, right up to the ultimate reality or divine source.

The human incarnation is both challenging and rewarding and we have chosen this path for development of our souls. Our challenges cause pain but also growth and the rich rewards are inner happiness and outer harmony. The Earth is a place of stunning beauty with abundant life and amazing people and when we find enjoyment and happiness in any part of our lives here, then we are reaping the rewards of human existence.

Our souls learn through many lifetimes that inner balance brings happiness and harmony and that imbalance brings pain and suffering. We generally grow unevenly and this brings imbalance and pain which spurs our consciousness to grow in those areas that it has avoided due to fear. People, events and situations in our lifetimes both create fears within the soul and present us with opportunities to face them, grow and overcome them. Although most human lifetimes will inevitably entail some pain and suffering which we can strive to understand and overcome, our lives abound with unlimited potential for love and happiness. Learning about ourselves, other people, our relationships, the world and the universe brings wisdom, and loving these things brings harmony and peace.

The soul

What you imagine to be you – the thoughts, feelings, attitudes, beliefs that make you, the individual, is mostly your soul – the consciousness that temporarily occupies your body for this lifetime. The soul is what psychologists call the subconscious mind and it is a huge and powerful consciousness that has learned and grown through many lifetimes: perhaps even hundreds or thousands of lifetimes. Our minds are free to think any thoughts that we like but the thinking part of us is tiny compared to the vast consciousnesses that are our souls and our thoughts are influenced by our souls.

Our souls are conscious on a vast range of planes of consciousness and each part of this range is related to a particular aspect of the soul. The soul experiences its internal relationship with itself, its external relationship with other people and relationships with the earth and the universe.

The soul is the consciousness that is incarnated as you and the chakras are the main centres of consciousness of the soul. Each chakra has a consciousness of its own and is conscious on a range of planes of consciousness (or dimensions). Our complete soul is like a microcosm of the universe because we are conscious on all of the planes of consciousness, from the physical to the ultimate reality and it is through love and wisdom that we grow and become more conscious of the universe and everything in it.

Physical, mental and emotional problems (pain and suffering) arise through imbalances in the soul and we can discover what our imbalances are by examining and understanding ourselves. By examining our chakras it is possible to find out what fears and false beliefs we
have that create conflict and pain within the soul. Inner fears lead to imbalances and conflict within the soul and will not just manifest as mental, emotional and physical health problems but they will be reflected in the people, relationships, situations, world and universe around us. Our love and wisdom, and fear and pain is reflected back at us by everything in our lives. So by examining our lives we can find out about our inner love, wisdom, fear and pain and understand our souls better.

Choosing to think wise and loving thoughts can absolutely change our lives and can affect our souls, however our deepest fears will usually need more than positive thinking to be overcome. We can find out about our souls through examining our lives, meditating and seeking divine guidance. Fears are purged by painful situations in our lives but by understanding our fears we can make the process of finding balance and good health much easier. We attract to us the experiences that exacerbate our fears until we overcome them and we also attract the love and kindness that is within our souls and which radiate out to the world. Our souls learn and grow through many incarnations and become ever more loving, wise and conscious. Divine love is the foundation of the universe and the more balanced and conscious we become and the more this flows through us.

The higher self or spirit

We are each a part of our higher self, spirit or consciousness that is the greater part of us. Only a small part of your higher self is incarnated as your soul because the higher self is normally too vast a consciousness to fit into a human soul. Our higher selves are conscious of everything that our souls are and are guiding and experiencing the learning of our souls. However, our higher selves do not generally have the fear or pain that our souls do, depending upon their growth - their degree of love and wisdom – their degree of consciousness. But generally we can consider our higher selves as perfect, however small or great they are.

I once read that no more than 50% of the higher self can incarnate and that there is a limit to how much consciousness can actually fit into the current human soul. This made me wonder about my higher self and I asked for divine help with understanding this. One day I was lying down, contemplating my soul and suddenly it was as though my consciousness was transferred to my higher self. It was as though I was immense compared to my normal state. I could still feel my body but it was as though it was tiny compared to myself and it was as though I was remote yet connected. This, I knew was my higher self showing me that it was a much greater consciousness than my lower self – my soul. And then the situation reversed and I felt as though I was bloated, dense and heavy: I was being showed that no more of my higher consciousness could fit into my soul.

Every thought, word, deed, feeling and emotion of your life is experienced by your higher self. Every nuance and every action of your soul at every level is experienced by your spirit. You are not judged, you are just loved completely unconditionally and there is nothing that you can do to stop that.

I have been told quite clearly that my higher self is my main spirit guide and that it is more than 10,000 years old. It makes me feel safe and comforted to know that I am a part a great consciousness to which I am inexorably connected. I don’t know if my higher self has another soul incarnated at the same time as me or how many incarnations my soul has had. I have more questions than answers but this seems like a healthy state.
Free will versus destiny

Your mind is free in that you have the choice of thinking any thought that you like, any time you want. But the thoughts that come in to your mind may be affected by many different factors, notably:

- your soul;
- your divine guidance;
- astrological influences;
- other people’s choices.

So your will is free, but with influences upon it which can be overcome or ignored and you can ultimately choose what to think, say and do. Our lives are planned so that we will have the experiences that our souls need in order to learn and grow more loving and wise. Such plans are made by great consciousnesses who can predict most of our actions as well as those of others that affect our lives. We may have opportunities to make major changes in the courses of our lives but for some there may be little deviation from the required path.

The major choices that you make in your life may have already been anticipated and agreed with higher aspects of your consciousness and with the guidance of greater consciousnesses but you are mostly free to do as you choose. I’m sure that most people will have moments in their lives when their choice will significantly change things for themselves and others. Some such choices may seem small but can have effects that ripple through time and space. Ultimately there are no wrong choices. There may be choices that are wiser or more loving and those that are less so - choices that promote more love, peace and harmony and those that promote less. But ultimately all of our choices are learning opportunities.

In some cases the choices that significantly affect other people may have to be agreed with their soul and spirit and guides. So how can we have free will, if there are some things that are not allowed to be done to certain souls or their paths? Is there a divine will that that won't allow some things or insists on others? The short answer is 'yes'. Every good wish and prayer that intends divine blessings for people is, in effect, asking for divine intercession for the greatest good. If we pray that people are divinely helped we are effectively using our free will to ask that something good is done for people or a particular person or group. Just imagine how many prayers and blessings are said every minute of every day by people in acts of spiritual devotion.

I guess that there might be a conflict if I ask, for instance, that a person is helped to pass an exam when it would be for their good and for a greater good that they didn't pass it. This suggests that asking for 'blessings' for people is the wisest prayer for divine assistance in someone's life since our free will is then aligned with divine will.

Through your intent to be loving, wise and happy you can make conscious choices that guide you in the right direction and through your intent and thoughts you can guide your soul to a better and higher place. Through being mindful (aware of your conscious thoughts) you can get into the habit of thinking positive and loving thoughts that will in turn have a positive effect on your whole consciousness.

When we let go of control and intend that we are divinely guided, our thoughts and ideas that come to mind may be from outside of ourselves or from higher parts of our consciousness. This does not mean that we can go through life without having to be
responsible for our decisions and actions - we should get to know ourselves so that we know where our thoughts come from and whether they are based on love or fear.

Reincarnation

Your soul reincarnates again and again and has maybe lived hundreds or thousands of lifetimes as a human and after a lifetime there is normally a period of reflection and review in order to fully understand what can be learned from it. A soul may immediately reincarnate in rare circumstances. We may not be consciously aware of what has happened in our past lives but we may actually have conscious memories of them within our souls. My feeling is that our souls forget much of what has happened in distant past lives, just like we forget in our conscious minds much of what has happened earlier in this life.

It is possible for you to find out about your past lives. I have found out a little about a couple of my past lives but it has not been through specifically trying to find out about them. It has always been my intent that I learn about myself so that I can become more balanced and grow and teach others. To try to find out about past lives out of idle curiosity or for recreation could be unwise and might suggest a lack of value or interest in this life - a little like walking backwards to relive the past. The history of your soul has brought you to this point and your past is evident in the current state of your soul – perfectly divine, with all of its imperfections.

Our souls inevitably carry fears and pain across lifetimes and we are not born perfect. We can have a particular fear through many lifetimes until that aspect of our consciousness learns and grows enough to heal. Fears bring about imbalance in the soul which brings inner conflict and pain, which can manifest as mental, emotional and physical pain. These affect our moods, feelings and behaviour and might manifest as anything from a fear of emotionally engaging with others to depression or sociopathic behaviour. A balanced soul, however great or small, is a happy soul, with a healthy mind and body.

We have all been sinners and saints in our different lifetimes and someone who has fear, pain and conflict in their soul may hurt others but may have brought love and peace to others in previous incarnations. It is worth remembering this before we judge others and it is also worth remembering that we are all equal in this universe and no matter how great or small and no matter how balanced or imbalanced we are all but tiny children to the greater consciousnesses in the universe.

A wonderful shaman once told me about the how the tarot cards reflect archetypal human conditions and positions. The card with the number zero is the fool who goes through life with childlike joy, despite not being great, and has good humour, with an open heart. As the human soul goes through many lifetimes of growth, with challenges, opportunities events and conditions represented by other tarot cards, we may arrive at a lifetime represented by the greatest of the tarot cards – number 21: the world. This card represents oneness with the world and all things and the ending of a cycle and the end of a journey of many, many lifetimes. This soul embodies divine manifestation and love flows through them to light up the world. This soul is happy, loving and wise – a sage or spiritual master. But when they reincarnate next time they will go back to card 0 - the fool. The beautifully balanced soul may be an avatar of love and peace - wise and wonderful but is still a small child in this universe. Buddhists may see an endless cycle of reincarnation and suffering but I see growth
that takes us forward to an inevitable destination. We don't just go round and round in circles but rather we spiral ever upwards.

Hundreds of years ago, my soul was incarnated as a woman we can call Jane who was a herbalist and midwife in a village. She was aware of energies and knew something of the continuity of the soul after physical death. She had a daughter whom we can call Daisy with whom she had a strong emotional bond. As Jane lay on her death bed, with Daisy beside her, she made a deep and strong assurance to Daisy that she would always be with her. This was a conscious decision based on profound emotional feelings. In every life since then, when Jane's soul (that we will call Joy) and Daisy's soul (that we will call Grace) were incarnated at the same time, Joy would seek out Grace and although there were times when their love and this attachment was beneficial and happy, there were inevitably times that caused them pain. In one incarnation, when Joy found Grace, Grace had found someone else to be with and this sent Joy insane. This story of my soul demonstrates several important points. It demonstrates that if a conscious decision is made deep in the soul, based on misguided emotional attachments, it can have profound and far-reaching consequences for the soul. What Alice did was to effectively make a powerful contract from the depths of her soul, with another soul. It was learning for my soul over many lifetimes that helped it to understand and differentiate the emotional yearnings of the sacral chakra, the love of the heart chakra and higher divine love. It also demonstrates how souls can become entangled through making contracts based on unwise choices. To the spirit this is just a part of learning but to the soul it is a lesson in love, fear, pain and happiness that helps it to grow over many lifetimes to be more loving and wise. There is a happy ending to this story. I met Grace in this lifetime and we spent time together as partners. When we were guided to find out about our history together it was because we were ready to let go, heal the issues and break the contract, since our souls had grown beyond the need for it.

Karma

Karma is a way of helping our souls to grow over consecutive incarnations but is not solely a punitive system that some may interpret it as. We will inevitably accrue a karmic debt as our souls learn and grow and this debt will be repaid, in part, as we live consecutive lifetimes. The rest will be repaid when we reach a high level of spiritual excellence. In some lifetimes we may incur a greater net karmic debt than in others and in some lifetimes we may earn net karmic credit. Our karmic debts are accrued from actions (thoughts, words and deeds at every level of our consciousness) that cause pain or suffering to living things and karmic credit is accrued from actions that create love, happiness or harmony in living things. Unwise actions may arise from our fear or pain and wise actions from our love and wisdom but the karmic results of actions can be difficult for us to work out and it is not we who are the judges.

Take, for example the case of a parent who smacks their child as a punishment for wrongdoing. Does the smacking result from the parent's love and wisdom or from their fear and pain? What if this smacking results in the child being somewhat reformed and, as a result, doing wiser things in the future? What if, as a result of the smacking, the child incurs less karmic debt in the future? What if it exacerbates a deep fear within them and tips them over the edge into a downward spiral of poor behaviour?

We are only aware of a very small proportion of our behaviour. Our soul's consciousness may be in a constant power struggle with a soul that we know. We may have inappropriate
sexual relationships on the astral planes of consciousness (related to the sacral chakra) with someone with whom we would consider such behaviour outrageous. We may be having a balanced and loving relationship with someone we haven't physically met in this life yet. And even a seemingly wonderful, balanced, loving relationship may have aspects that we are not aware of that are challenging fears that we don’t even know we have. All of our actions have karmic consequences.

Karmic debt repayment is required when it serves a purpose to help people to learn, grow, heal, love, find balance or otherwise do something positive. It is in this way that our misguided actions can ultimately serve as learning experiences and development opportunities so that our souls can grow and evolve. A karmic debt is not necessarily to a particular soul and we may repay our debt to anyone and in a multitude of ways - by our suffering and by good actions.

The greater the journey, the more debt that may be incorporated into it and the greater the rewards may be. I often think of the great Nelson Mandela who suffered for a great cause that brought about truth and reconciliation to help heal the wounds of a nation. I have no doubt that his pain and suffering was a part of a journey to a greater love that triumphed over fear.

Whether we realise it or not, every time we think, say or do something negative it causes us pain. We will feel that pain, whether or not we realise that it is a consequence of that particular thought, word or deed. We feel an immediate effect since it lowers our energy in some way and it also may have a negative effect outside us – on something or someone else. We may consciously learn through experience that these things cause us pain - we learn that lies escalate and that malicious thoughts just deplete us and that violence causes us suffering. And this conscious learning is to our minds what karma is to our souls. Karma is a way of giving a learning experience to our consecutive lifetimes so that our souls have a long-term way of gauging experiences and learning through them. Karma helps our souls to realise that good thoughts, words and deeds lead to happiness and vice versa. Without karma our souls may get stuck in a mode of painful existence lifetime after lifetime without ever getting out. But we should realise that our lifetimes are planned so that we have learning opportunities within each lifetime as well. And often the short-term learning opportunities mirror the long-term learning opportunities, in other words the lessons that we can consciously learn in a single lifetime may be the same lessons that our soul has been learning over many lifetimes.

When we have a painful experience we should look at the immediate lesson that we can learn and treat it as an opportunity for growth and know that the wisdom that is gained will be embedded in our souls for future lifetimes. It is not necessary to try to establish the karmic causes of our experiences because, as I have already written, they are always connected with a current imbalance in the soul that needs to be fixed. The lesson helps our souls to recognise the inner fear and pain which draws to us a similar fear or pain from another. I have learned that the way in which our souls learn and grow over many lifetimes is varied and tremendously complex and mostly beyond our recognition or understanding within a single lifetime. But with a more conscious life we may be able to see the hurtful actions of others not as injustices but as opportunities to reflect on our own issues. Likewise we can be happier knowing that our wise and loving actions create better future lives for ourselves and other people and that such merit comes from consciously engaging with the best parts of ourselves and others.
Psychism

Every person is psychic but we are psychic to varying degrees and in varying ways. The natural variation in psychism is the same in people as natural variation in height and hair colour and in all things in nature. The way and the extent to which people sense the subtle energies of chakras, of spirit guides or angels varies a lot. Some people are very psychic from birth and see or sense spirits all of their lives, while some people can try really hard but sense very little. Most people are somewhere in between and can sense energies or information when they are relaxed.

We sense energies beyond the physical in a variety of ways and at different levels of consciousness - through different chakras. The methods of perception are usually described as clairsentience for the crown chakra (sensing information), clairvoyance for the third eye (seeing information) and clairaudience for the throat chakra (hearing information). We are clairsentient at most levels of consciousness and we can sense emotional energies through the sacral chakra, for instance. In my experience the sensing of energies is rather complex and is not as straightforward as some people may think.

My advice to people is generally to learn to tune in to theirselves and their spiritual guidance more clearly. This does not necessarily mean that you will clearly sense, see or hear a spirit guide and this is not necessary. Your spiritual guides will ensure that if you try to gain insight into yourself you will surely learn the truth. All that is required from you is faith in your divine guidance, trust in yourself and have determination to learn and the ability to look and listen for guidance in a variety of places. Some people can sense clear information straight away from their divine guidance and that is wonderful and certainly helpful for self-understanding but not essential. The ability to see, hear or sense spiritual information does not in itself make someone more loving or wise. Being psychically sensitive does not necessarily mean that someone is more spiritual or divinely connected.

A common question for those who are not so psychic is how do you know that what you are receiving is really divine guidance? The answer to that is it takes faith and trust in yourself. Generally those that question whether the guidance is divine or not are those who may have less faith and who are looking for proof. Divine guidance does generally not give proof, it relies on your faith and if you take a small leap of faith it will be rewarded. With a genuine, deep commitment to spiritual progression, using prayer to reinforce your desire for divine union, to understand yourself, to be rid of fear and to live a better life you experience a deep oneness and knowing. This does not mean that you can become complacent and accept the slightest feeling as divine guidance. We always need to be discerning. There is always the matter of trying to differentiate between what is divine guidance and what is from the mind. Even experienced psychics and mediums can get mixed up sometimes and attribute that which is coming from inside them to external guidance.

Divine guidance

Each and every consciousness is helped and guided by those that are greater than them to evolve and grow ever greater - more loving and wise. Each consciousness evolves and expands through the help of divine guidance.

Human existence on earth is especially blessed in that we are nurtured, protected, helped and guided by an abundance of great consciousnesses who watch over us every second of our lives. Such divine beings are divine representatives and there are great lords, masters,
teachers, guides, healers and protectors and they know every thought in your head and every aspect and nuance of your soul. These great and divine beings may or may not reincarnate but the ones around the earth have generally chosen to help and guide those souls which are incarnate.

The great lords, such as Jesus, Buddha and Krishna may be so vast that they encompass the world and every human with their love, wisdom, help and guidance and hear every prayer and connection with every human being at every moment. The lords guide the masters who guide the teachers, etc and so every consciousness is guided ever upwards. We should acknowledge the astounding love, wisdom and help of these great beings and honour them with humility but we should always remember that the source of all divine love is that which ultimately guides us.

I was aware from the start of my spiritual journey of a guide who was protecting me and I found out that this was my grandfather, whom I had never met. He was right beside me and I felt a tingling feeling in my leg when he was there. I felt protected, comforted, nurtured and blessed. He was modest when he showed me that he was not a great teacher or master but was with me for guidance during a specific time. Another spirit guide came to guide me when I became a Second Degree Reiki healer. My Reiki Master who gave me my Reiki attunement told me that he could see a man dressed as a jester who tickled him as he was teaching me and who tickled the side of my face to let me know that he was helping me with my healing work.

Angels and spirit guides have different histories and different purposes. Angels are pure, divine consciousnesses that have generally not incarnated as people, so angels have never felt fear or pain. Angels create, organise, manage and administer the universe. Angels have a different path to enlightenment than people. There is an angel for every aspect of the Earth and for every part of human life and endeavour and every person has a guardian angel.

I was giving myself healing one day, lying on my bed. I was concentrating on resolving heart chakra issues of love and forgiveness, something that I had put much work into. Suddenly I sensed a huge ball of light that flew into my room and touched me. At that instant my heart chakra had immense healing and I had a feeling of wonderful love and joy that made me feel incredibly happy. I knew that this was the mighty Archangel Raphael who blessed me. It was sometime later that I read about Archangel Raphael's golden healing ball that takes healing to people.

Our spirit guides and angels love us absolutely and unconditionally, no matter what we do. Your divine guidance is always there, with you and since they know every thought in your mind, you just need to think a prayer and it is heard, listened to and acted upon. Such consciousnesses work at the speed of thought and they respond instantaneously to your thoughts and prayers.

A friend of mine, when he was young was playing in a tree above some metal railings with spikes on the top. He fell and was falling straight towards the metal spikes. He clearly remembers being pushed sideways in mid-air (not by a person) so that he missed a spiky landing. Angels intercede whenever necessary so that our lives go according to a greater plan.

Spirit Guides and Angels work within hierarchical structures, with each one above being more loving, wise and powerful. So each consciousness has its own teacher and guide.
Everyone has at least one spirit guide who is with them all of the time. These wise and loving consciousnesses help you to develop as a person and spiritual being. If you ask your spirit guide to make themselves known you may feel their presence, hear their name or get a reassuring sign but even if you don't you can be assured that you are always blessed with abundant guidance. Such guidance can put a thought in your head at any time to guide you.

Near the beginning of my spiritual journey, at a time when I had less than no money, I was in a crowded shopping street before Christmas and I wanted to buy my father a book called The Celestine Prophecy but I simply couldn't afford it. I said prayers in my head as I walked along through the shopping crowds and then, suddenly there was a hole in the crowd and there, on the ground was a £10 note. I knew that it was intended for me and so I gave thanks and bought the book with it. I have no doubt that my divine guidance was giving me a message about the power of prayer and divine will.

You can find free daily guidance at [www.healingpeople.net/guidance.php](http://www.healingpeople.net/guidance.php)

**Psychic safety**

For most people on a wise spiritual path the issue of safety is not really an issue but it is a subject that there is some misunderstanding about. Many people who do Reiki healing or spiritual work are told to protect themselves in various ways and this can promote fear or even lead to poor practices.

Some people are very sensitive to energies and may feel unwanted energies around them. If we sense an unpleasant energy we are being intentionally allowed to sense it by our divine guides and protectors and they may be allowing only a limited effect of the energy to reach us. The reasons that we may be allowed to feel such energies will normally be connected with our own fears, growth and healing. One of the main reasons for such energies being able to affect us is because we have fear and pain that is in sympathy with that energy. Such energies may affect us to greater or lesser degrees, depending on the amount of our own issues and the strength of the external energy.

Even if we are not aware of such energies, we have energies around us most of our lives that are allowed to challenge us and provoke growth, even if they are mild and we don't notice them. We also have abundant loving energies around us all the time. Any relationship that is consciously challenging will almost certainly be working at all sorts of levels of consciousness to help us to grow. I have seen cases where people have consciously chosen paths to do spiritual work and despite being peace-loving people have encountered challenging energies at all sorts of levels of consciousness which are there to help them to purge fears.

The most important aspect of psychic safety is to know that you have protection all of the time and in order to understand challenging energies you need to become more self-aware and strive for balance. The deep desire and intent to know yourself will ultimately free you from fear. In this world there will always be misguided, fearful or even malevolent energies that can impose upon us but we are always protected from these energies by guardian angels and great teachers, guides and protectors who have all the power necessary to protect us as needed. Any energies that impose upon us are allowed through by these divine beings and the ones that aren't allowed through we won't be aware of because they will never even touch us.
People who are on a conscious spiritual path, just as those who are not, may have energies, relationships and situations that challenge them in order to help them learn, grow and heal. And every relationship involves complex exchanges of energies, some of which may seem unpleasant but which are always under divine authority and ultimately serve to help our souls to be rid of deep fears and pain. We will also have a great many benevolent energies with us at all times from incarnate souls as well as divine beings and their love and wisdom helps and guides us. All people are divine manifestations and we are all on spiritual paths. Our outer worlds (including our relationships with other people) reflect our inner worlds (our souls) and there are few people who are completely aware of every aspect of their souls enough to explain everything that they draw to them in their lives but this is something worth striving for. So if you encounter strange energies the wise thing to do is to meditate and pray for insight and understanding of why you have drawn this energy to you and how it is helping you. Also you should trust that any such energy is under divine authority.

People who are sensitive to the energies of others may be able to feel different energies around them. Sensing strong or unpleasant energies may be because the sacral chakra has unclear boundaries and is in the habit of reaching out to other people's sacral chakra energies. Or a person's heart chakra may be too open if they are on a mission to heal the world. In such a case what is really needed is understanding of the way that the person engages with others and working on clear boundaries. People who can feel the emotional pain of others probably have imbalances of the sacral chakra or heart chakra.

We don't generally feel the need for personal protection when we walk down the street but we might avoid certain places, situations or people. It is worth applying common sense and taking reasonable precautions as long as we have our fears in perspective.

Saying prayers and invoking divine blessings is a wise course of action. Here is a good meditation and affirmation of protection that you may or may find beneficial. Sit and meditate and imagine the eighth chakra - a golden chakra above your crown chakra and just outside your aura (about an arm's length around you and above you). This is the chakra which is your connection to your higher self and spirit guides. Send a chord of light up from your crown chakra to the golden chakra as you reach out for divine protection. Now bring down a golden light from the golden chakra and let it fill every part of your body and soul at every level of consciousness, so that every chakra becomes filled with golden light. Now let the golden light fill your aura to the very edge.

Devotional practice

I feel that it is very important to have a balanced and wise spiritual ambition. We should be aware that we have incomplete understandings of the greater mysteries of the universe and of spiritual truths and we should explore and expand our understanding through wise practice. By making a commitment to aiming our spiritual practice at that which is most divine, to that which is most pure and loving and which is above all else, we are aligning ourselves with divine love and we can be sure that we are always heading in the right direction, even if we still have challenges and difficult choices to make. We cannot fully understand ultimate reality but we are each connected to it and it permeates all human consciousness. If we have the faith to take even the smallest step in a direction that the highest part of ourselves tells us is right, then that faith will be rewarded.
The great and the good

Great consciousnesses incarnate all the time but sometimes very great beings incarnate with special missions - to teach, lead by example and leave a message and legacy of great love and wisdom. Consciousnesses such as Buddha, Jesus, Krishna are so great that people see their consciousness as a guide to growth and can worship them for the divine incarnation that they were. Such consciousnesses are indeed so great that they will be with us if we are committed to their path but we know that these great beings lead us to something beyond them - to the ultimate reality - and that our spiritual commitment should be to this. I believe that the great religions of the world ultimately lead us to the same place but by different paths. Through our many incarnations we have each been Buddhist, Christian, Hindu, Jew, Muslim, Taoist, agnostic and atheist and these have helped our souls to grow and have brought us to where we are today.

Our divine guidance comes through a hierarchy of great consciousnesses, or spirits, in the form of spirit guides, teachers, masters and lords. The greater consciousnesses know every aspect of your consciousness and can see your growth from your creation as a new consciousness to your current state. Furthermore, the greater consciousnesses can predict the choices you make and the response of your soul to internal and external influence. Great consciousnesses are great because of their love and wisdom, whether this was learned through living human incarnations or growing elsewhere in the universe. Whatever our spiritual or religious beliefs we can acknowledge and give thanks for these divine blessings - that those wise and loving beings choose to be with us and to help, guide, heal, protect, nurture and teach us. We can feel gratitude for our nurturing education and respect for our teachers and elders.

Gratitude

As souls on earth and in human incarnations we are blessedly protected and nurtured so that we can learn and grow. Our souls are protected from being thwarted by too much pain or suffering so that we are never given more than we can handle. Furthermore the pain and suffering that we create for ourselves and others is redeemed by great divine beings: that is to say that the pain that we create in ourselves and others is taken from us when we have overcome the fear that created it and it is transmuted through divine love. When we have grown beyond the need for particular fear or pain, it will leave us for good.

These are things to be grateful and thankful for and these alone can be the basis of a wise spiritual practice - feeling gratitude and giving thanks for these and other blessings. Whether or not you know who or what you are thanking, gratitude opens the heart and upper chakras to divine love.

Compassion

We all have compassion since we all have functioning heart chakras and tuning in to this compassion is a good way of developing it further. By engaging our compassion we are practicing compassion and are therefore developing it. With a quiet mind, in a meditative state you can intend that energy flows from the Earth to your lower chakras and into the heart chakra and from the universe into your upper chakras and into your heart. You can imagine your heart light radiant and shining through your own body as you feel a sense of acceptance of yourself as you are now while wishing progressively more love, happiness and
wisdom for yourself. Then you can intend the heart chakra light radiating from your heart beyond you in all directions as you feel a sense of acceptance of every person as they are now while wishing them progressively more love, happiness and wisdom.

Acceptance of yourself and others is an important part of compassion and comes from an understanding that we have all been through many, many lifetimes in which we have all made choices that have brought pain to ourselves and others and we have all done good things that have brought happiness to ourselves and others. Acceptance comes from an understanding that we have chosen a human incarnation in order to understand our divine essence and to fully realise our divine nature. We are all inseparable from the divine source, whatever you conceive that to be. Even people who seemingly have no sense of their spirituality or who deny it or who have malicious intent are still, ultimately divine beings. No person is better than any other since however great our consciousness, we are all but small children in this universe. Accepting all people as they are and as our equals can help us to develop compassion.

Wishing progress towards ever greater happiness for people is another aspect of compassion that can help us to develop. We can surely see that the evolution of humanity is a process of us realising our divine nature and becoming more loving and kind towards each other. We are inevitably moving forwards in this regard and by creating an image of another person or even all people as being completely happy, we can form wise desires and intent for the progress of others. Forming specific ideas of what would make people happy is obviously unwise but there are certain things that we can wisely wish for others. Balance is a wise thing to wish for ourselves and others since this would rid us of inner conflict and pain. Likewise harmony is a wise desire for ourselves and others since this suggests wise and loving relationships with all people, with all things and with the universe. Wishing ourselves and others progress includes the idea of our souls becoming more loving and wise and these are fundamental to our ever increasing happiness.

**Evolution**

If you believe that our souls are each progressing, this brings about the notion that positive change and evolution is the way we are going and that we are moving onwards and upwards. We are becoming greater and our consciousnesses are learning to embrace our true divine nature more fully. As we grow we can allow our spiritual beliefs, attitudes and practices to change and evolve. This doesn’t mean that we should just neglect a chosen path but rather that we can develop our practices to explore our spirituality further.

With wise devotional practice the greater mysteries of the universe can be revealed. Great religions have mystical aspects - for instance Islam has Sufism and Judaism has Qabalah - but this does not mean that you need a religion to develop your spirituality in a wise way.

The way to move forward to become more spiritually aware and healthier and happier is through devotional practice. The wisest intent is to know yourself and seek divine union and if your prayers and practice are to this end, then you are doing something wise and wonderful with your life. If you additionally want to commit to help others, then ask how best you can serve a divine purpose and the answer will come.
Meditation

Meditation can be done in many different ways and for many different reasons, but one thing that most meditation techniques have in common is that the normal chatter in the conscious mind is stopped. This is easier said than done and this part alone can take practice. With a quiet mind and stillness comes the ability to do different things in such a meditative state. You could focus on the inner self (for example the chakras), on things outside the self or you could just be still and quiet. Meditation does not necessarily entail a deep or hypnotic state, for instance gardening and walking can be done in meditative states when the mind is quiet.

Meditation can incorporate devotional practice through prayer, worship or reciting mantras or religious texts which can displace the chatter in the mind and elevate the consciousness in different ways. Many spiritual disciplines incorporate meditative practices that may be prescriptive and related to specific rituals or levels of practice or mastership. I find that prayers before meditating help most people: I pray for help and guidance in my meditation and for insight and understanding into myself and the world and universe around me. My intention is for divine union at all levels of my consciousness from the physical to the highest.

Meditation is truly an essential part of a path to understanding the self and to spiritual growth. Meditation combined with prayer is a powerful way of bringing love, peace and healing to the self and others. Through meditation we can direct our consciousness for a multitude of good purposes to promote happiness and wellbeing. In stillness we can become aware of levels of the consciousness that we were not aware of when thinking or trying to make things happen.

Meditation can be a way of becoming conscious of different aspects of the self - of our many levels of consciousness but it can also be used to become conscious of things outside ourselves on these planes of consciousness. So meditation can be about an inner journey or an outer journey. We can learn to meditate on specific aspects of consciousness through directing ourselves to feelings connected with that aspect. For instance the heart chakra and its planes of consciousness can be stimulated by focusing on love and compassion for ourselves and all beings. Meditating on the crown chakra may involve our spiritual connection and meditating on the universe or the absolute, however we conceive of it. Meditating on the base chakra and on the physical realms can help us to become more grounded and connect with divine principles of the Earth.

Through meditation it is possible to engage more fully with our own intuition and guidance from higher parts of our consciousness. Likewise it is also more easy to discern divine guidance from outside ourselves. Meditating with a quiet mind and being in a receptive and open state can help to connect with spirit guides and other divine beings.

I believe that the inner journey is as important as the outer journey and that wise meditation practice should involve both of these aspects. It is our inner fears that can block out aspects of our consciousness and it is a good idea to at least have an understanding of these, even if it takes time to resolve them. Without this understanding our meditation may always be incomplete or avoid important aspects that have unresolved problems. I have known experienced meditators who concentrate on certain aspects of consciousness, such as the crown chakra, while ignoring other aspects that have blatant problems. Without self-awareness and an intent of inner balance our meditation practice may always be incomplete.
or we may not achieve the greatest benefit. Furthermore spiritual practice should always be tempered with grounding practice - connecting the base chakra and feet to the Earth - otherwise we can become disconnected from life and create a host of physical, mental and emotional problems.

A master Tantric practitioner called Tilopa gave six Words of Advice to his disciple Naropa and I find these useful aids for my students:

- Don't recall - let go of what has passed;
- Don't imagine - let go of what may come;
- Don't think - let go of what is happening now;
- Don't examine - don't try to figure anything out;
- Don't control - don't try to make anything happen;
- Rest - relax right now and rest.

To learn meditation may best be done at first in a class or a group while being guided through the process or there are also a multitude of guided meditations available on video and audio. Meditating alone may be a little more difficult to start with but this varies tremendously between people and gets easier with practice.

You can find free guided meditations at http://www.healingpeople.net/guidedmeditations. I can help you to learn meditation and guide you through a variety of meditations via Skype and if you have questions or would like to learn to meditate then contact me.
Chakras

The chakras are the centres of consciousness that make up the human soul. Chakra is a Sanskrit word meaning wheel and the chakras can be seen to be coloured, circular energy spheres or discs. The chakras are actually vortices of energy, with the central five chakras being horizontal and having the pointed part of the vortex at the spine and the open part of the vortex at the front of the body. The base chakra has the pointed end of the vortex at the coccyx and the open end at the genitals. The crown chakra has the pointed end of the vortex at the top of the head and the open end directly above. Each chakra vortex spins round and the spin is opposite for adjacent chakras and is contrary in men and women. Facing a woman her heart chakra would appear to spin clockwise and her solar plexus chakra would spin anticlockwise and vice versa for a man. Chakra sizes vary enormously between people but in adults can often be 7cm-10cm (3"-4") in diameter.

Chakras are in different dimensions to our physical selves – they are at higher planes of consciousness. The chakras are the colours of the rainbow – red, orange, yellow, green, blue, indigo and violet. Red light has the lowest frequency and violet the highest; just as the red chakra is to do with the physical planes of consciousness and violet is connected with the highest planes.

Our chakras behave in ways that can be a little difficult to imagine, to start with. Each of our chakras is conscious, aware and engages with different aspects of life and our being. Chakras are conscious and intelligent but not in a way that is always obvious. A sacral chakra feels basic and deep emotions but will not have the slightest idea about love of the heart or the logic of the solar plexus. The sacral chakra is passionate and feeling but can no more be conscious of logic than the heart chakra can understand the base chakra need for physical survival. Energetic information flows up and down the chakras as they talk to each other and interpret the information and learning from adjacent chakras. They each have different roles
to play and they constantly sense and communicate with energies on their planes of consciousness.

The chakra system is as complex and sophisticated as it is beautiful. The chakras are centres of the lower consciousness or the soul and are the subconscious mind. They contain memories and learning of our lifetime and some previous lifetimes and they contain our deepest feelings at different levels of our being. Together the major chakras form what we feel and know to be ourselves – or minds and our feelings. Our souls learn through our experiences and our chakras experience things on many different and subtle levels that we may not be aware of in our conscious minds.

Most people will have imbalances in their chakra systems. Imbalances are due to fears within our souls that happen as our souls grow. Our chakra systems reflect every level of our mental, emotional, physical and spiritual selves and every facet of our being. The outer world that we experience is a reflection of our inner selves and through understanding inner selves we can make positive changes to the way that we experience life and the world and universe around us. It is useful to know about chakras because we can sense them in meditation and thereby find out about inner imbalances and focus healing on them. We can learn about the soul from the chakra system and find out through an understanding of them how we can make positive changes to our attitudes and beliefs to bring us into balance and heal mental, emotional and physical problems.

There are many false beliefs about chakras and one such idea is that chakras can be open or closed. Chakras are always working although they can become more or less more active, alert, receptive or expressive, depending on circumstances or requirements. A chakra that underfunctions is normally due to inner fear in that aspect of consciousness that requires healing.

Human and spiritual chakras

- The top three chakras relate mainly to our spiritual selves and the third eye chakra is the centre of our higher chakras.
- The heart chakra is like a mediator between our physical and spiritual selves.
- The lower three chakras relate mainly to our human selves and the sacral chakra is the centre of our lower chakras.

Masculine and feminine chakras

- All of the chakras may be expressive and receptive; however the crown, throat, solar plexus and base chakras are more connected with masculine principles and are more expressive and forceful.
- The third eye, heart and sacral chakras are more connected with feminine principles and are more receptive and creative.

Crown chakra

The violet or white crown chakra is the part of our consciousness that is connected to the universe and the highest aspects of consciousness - ultimate reality. The crown chakra is the centre of spiritual purpose, universal oneness and divine union. The crown chakra responds
to prayer, spiritual commitment, devotional practice and meditation. The pure divine love of
the crown chakra doesn't feel like love as we normally know it - it feels more like openness,
stillness, peace and oneness with all things. The ethereal, intangible and dream-like quality
of our connection to the highest can transcend the illusion of reality so that we can move
beyond time and space and all things.

For many people a feeling of faith in the divine unknown and the ability to reach out to it
with wise spiritual practice helps to create a healthy crown chakra. The crown chakra can
also be healthy in people who have a sense or acceptance of their spirituality, even if they
have no overt spiritual practice or they cannot explain what they feel. Commitment to a
spiritual or religious path may help us to develop but allowing our spirituality to grow and
change in the face of strict religious dogma may be challenging. People who get angry about
religion, with spiritual reality or with the beliefs of others, may well have damaged crown
chakras. Such damage may be because in a recent life they died for their religion or felt
deserted by their deity. The crown chakra can be healed by sustained acts of faith such as
honest prayer and seeking divine union in meditation.

- Third eye chakra

The indigo or purple third eye chakra is a higher, spiritual centre of consciousness related to
higher learning, wisdom and discernment. The third eye chakra is the centre of intuition,
insight, dreams and clairvoyance through which we can see and understand energies at all
levels of consciousness, whether or not we see clear images clairvoyantly. The third eye aids
great cosmologists, philosophers and mathematicians to see the universe with truth and
wisdom. This chakra sees energies all around us and tells us the blunt, dispassionate truth
with piercing insight. The third eye bestows vision - of a bigger picture, with detail and clarity
and it helps us to visualise our dreams and imaginings.

The third eye is very much connected with seeing the truth about ourselves and the world
and universe around us. Eyesight problems as well as other problems in the upper head can
indicate third eye fear and pain. Such imbalances can be healed by sustained effort with
meditation and visualisation and this can be challenging since it requires inner
acknowledgement of many things that may have previously been fearful to see, such as bad
habits, poor behaviour or unhealthy relationships. Being willing to see ourselves, people, the
world and the universe the way it is can take courage if we lack a sense of unconditional,
divine love that accepts everything just the way it is. The third eye guides us on a wise path
and third eye problems can allow an aimless, undependable person with little idea or vision
about their path.

- Throat chakra

The throat chakra is the blue centre of consciousness connected with truth, justice and
communication. This chakra is about self-expression and being true to our ever-changing
selves. The throat chakra is about expressing our whole selves - our physical, mental,
emotional and spiritual feelings, needs and desires. The throat chakra is about
communication - not only the way that we express ourselves but also the way in which we
listen to and hear others. The throat chakra can be merciful or punitive, depending on the
judgement and can give us the power and strength to fight for justice. It is from the upper
chakras that the throat chakra learns to trust in ultimate divine justice through karma. This
chakra can receive audible spiritual information through clairaudience.
People who are able to express their individuality in creative ways, even if they push the boundaries of acceptability are certainly engaging their throat chakras. People who feel that they cannot say what they need to or be who they are have throat chakra problems, as do people who talk too much and don't listen enough. Ear, mouth, jaw, neck and throat problems indicate throat chakra imbalances. People who hear voices clairaudiently which is not their inner voice or divine guidance indicates a throat chakra issue rather than insanity. A sense of injustice can indicate throat chakra issues, as can saying hurtful or vengeful things but these may be because of an under-functioning heart chakra.

Heart chakra

The emerald green heart chakra is located in the middle of the chest which is the centre of love, happiness and beauty. The heart chakra bestows understanding, acceptance and forgiveness of ourselves and others and sees the divine beauty in people and in life. The heart is also the centre of hope and courage - the ability to overcome despair and find perseverance. The heart has virtue and grace to care for living things and the world. The heart chakra is the centre of our being and has information coming from spiritual chakras above and human chakras below, so understands both worlds. The spiritual divine love that accepts all things as they are and the passion and desire of the human being combine in the heart to create compassion - the desire for health and happiness of people and living things. The self-love aspect of the heart chakra is usually sensed as a rose pink colour.

People who are controlling, live in their heads or who see things in black and white are living more from the solar plexus chakra and this indicates a heart chakra that is not working properly. Vengeance comes from the throat chakra and this can indicate a heart chakra that is unforgiving. Cholesterol, heart and lung problems are mostly connected to heart chakra issues – self-love and other love. The heart chakra gives and receives love which should not be confused with the emotions of the sacral chakra: heart chakra love has higher expectations and a higher tolerance.

Solar plexus chakra

The solar plexus chakra is the sunny yellow centre of our refined personality, character and ego. It is connected with intellect, logical thought and control which can manifest intelligent and successful actions. It is the centre of our sense of personal power and inner strength and a healthy solar plexus chakra confers a sense of self-belief and integrity. Your solar plexus chakra sees yourself as a sovereign being with free will, self-determination and independence and knows that you are in charge of your life and nobody can control your thoughts. This chakra gives a sense of being organised, capable and mentally active and agile.

This is a more masculine chakra and men who are imbalanced may tend to work more from this chakra. A person who feels disempowered will have a diminished solar plexus chakra which can lead them to be pushy, arrogant or controlling in order to compensate or just be timid and lacking in confidence. Some people may defer to the more feminine, emotional sacral chakra or the loving heart chakra than engage or exert their true power, due to lack of self-esteem. Men particularly can engage in confrontation at the solar plexus level which is about ego, power and will. Tense shoulders and neck can be from a defensive posture caused by solar plexus problems. Thinking too much and being too controlling may be linked
to lack of engagement of emotions, creativity and passion of the sacral chakra below or lack of love and trust of the heart chakra.

**Sacral chakra**

The sacral chakra is the orange centre of emotions, vitality, desire and passion. It is the centre of sexuality, sensuality and pleasure. This is also the centre of the inner child that can be selfish, playful, changeable, jealous, inconsistent, engaging and endearing. The sacral chakra is the creative, emotional power that is engaged when we sing, dance and make love and when we create and enjoy beautiful things. This chakra makes the powerful passion and vitality that moves us to enjoy life rather than just survive. The emotions of the sacral chakra can be raw, wild, untamed and sometimes overwhelming, and finding appropriate and creative ways to express these feelings is healthier than trying ignore or subdue them. The sacral chakra

This is a more feminine chakra and in women represents the female archetype. People (women more than men) who are not grounded properly may live too much in the the sacral chakra and become too emotionally-centred. This can be because the earthiness of the unemotional base chakra seems difficult to reconcile with the emotions. For some people the sacral chakra can be over-empathic and can sense and soak up other people's emotions which causes health problems in the lower abdomen, sacral spine and hips. A sacral chakra that is under-engaged can lead to lack of empathy or emotional intelligence and a lack of vitality, fun and pleasure in life.

**Base chakra**

The base, or root chakra is the chakra which roots our souls in our bodies and the physical plane and through our feet to the Earth. It expresses our physical needs which, at its most basic level, are to eat and procreate and fight or flight. It is an emotionless chakra which is the centre of our safety and security as physical people in our bodies and on this Earth. We are each an important part of the earth and welcome to its abundance. Our bodies are made from the Earth and it supplies our food, clothing and shelter - everything that we need to physically thrive here. The base chakra is about feeling comfortable in our skin and in our physical environment. Since money is a kind of basic survival energy, this too is base chakra issue. The base chakra affects our skin, bones and muscles and signs of a healthy base chakra are healthy skin, a strong and healthy body and strong legs and feet. The base chakra is also about sex; not so much the making love of the sacral chakra but more of a physical urge.

The base chakra wants the most healthy food: it is the sacral chakra that eats for pleasure which there is nothing wrong with, in moderation. There are a great many people - especially spiritually aware people - who are ungrounded and suffer skin complaints, lack of money, etc. Fears of scarcity may come from times of hardship in this life or another and can affect the base chakra and attitudes about receiving abundance. Even some people who have money may not spend it on creating a healthy and comfortable environment for themselves due to base chakra fears. People with leg or foot problems may have base chakra issues. Fear of the physical world and seeing it as a place of danger, whatever its origin, is a base chakra issue. People who live with the threat of physical danger may have enlarged base chakras but many people with comfortable lives, remote from their food sources and the land or not looking after their bodies, the base chakra may be diminished.
Hand and foot chakras

There are chakras in the hands and feet that are smaller than the seven major chakras. The hand chakras are connected to the heart chakra and throat chakra via the arms.

The foot chakras are connected to the Earth and to the base chakra. Well grounded people will find it easy to feel a sense of connection with the Earth through their feet.

Planes of consciousness

The chakras are centres of consciousness but there are infinite planes of consciousness between the crown and the base chakras. Furthermore the consciousness of each of these chakras is not just restricted to the area of the chakra but it extends throughout the whole body and even out into the aura (about an arm's length all around us).

Balance and healing

Balances and imbalances within the soul are shown within the chakra system before they manifest as physical problems and can often be sensed during meditation. The colour, size, shape and feelings that you get from a chakra are all indicators of what's going on within them. For instance a dark colour of chakra suggests that there is pain that is ready to leave and be healed. A chakra that is too small suggests that is under-engaged and can be healed by engaging that aspect of consciousness in a healthy and balanced way. Conversely a chakra that is too large suggests over-engaging with that aspect of consciousness. It is unlikely that just one chakra is out of balance since the chakras are a system and a lack in one aspect of consciousness is often compensated for by over-engagement in the aspect of consciousness.
of an adjacent chakra. A chakra that is diminished is usually due to a fear and will result in some kind of pain. The fear creates pain which may be a permutation of mental, emotional, spiritual or physical pain. The pain is there to help our souls to recognise the fear and to grow accordingly. When a fear is overcome and growth is happened, healing can happen instantly - just like magic.

Here are just a couple of examples of chakra imbalances.

- A sacral chakra that is yellow (the colour of a healthy solar plexus chakra) would suggest over-thinking or controlling the emotions and deep feelings.
- A base chakra that is orange would suggest attaching emotions to what should be an emotionless aspect of consciousness.
- A horizontally elongated heart chakra is usually a sign of someone who wants to heal the world. This could indicate an upper chakra problem since faith in life and the universe bestows a sense that life is a process of development and our pain is needed to help us grow.
- A sacral chakra that is horizontally elongated suggests over-engagement with emotions and particularly with other people’s. This could be because of a lack of heart chakra engagement.

The chakra system is complex and this is just an introduction but it is worth getting to know yourself this way. The chakra system is a good way of understanding our souls and I routinely use chakra examination of my healing clients. Together with a perspective about someone’s life, their physical, mental, emotional and spiritual health and their fears, problems and worries, it is a way of understanding people and helping them to improve their inner balance and their health.

**Chakra balancing and healing meditation**

You can find a guided meditation for discovering, healing and balancing your chakras at [www.healingpeople.net/guidedmeditations](http://www.healingpeople.net/guidedmeditations).
Balancing the soul

Healing is fundamentally a process of positive change at a soul level. As our souls experience life in consecutive incarnations we usually learn and grow unevenly which creates imbalances in our souls. Healing happens when we resolve the inner conflicts that create physical, mental, emotional and spiritual pain. The balances and imbalances in our souls are reflected in:

- our thoughts and feelings;
- our physical, mental and emotional health;
- the sizes, shapes and colours of our chakras;
- things that we find challenging and things that we find easy;
- things that we lack and have an excess of in our lives;
- the types of people in our lives and our relationships;
- the way we feel about the world and universe around us.

We are all divine souls and whether or not we consciously recognise our spiritual essence our souls will learn and grow in each life. People who have some spiritual awareness can consciously seek greater understanding, balance, health, happiness and inner peace through a more conscious learning journey.

Self-healing starts by make a commitment to understanding ourselves this will help our inner fears and pain to come to the surface and be healed. Some mental attitudes may be changed by simply learning and understanding a certain truth about ourselves but other things may be so deeply ingrained that it is difficult to be objective about the way that we feel. Some positive change may require a great deal of soul searching, reflection, meditation and prayer and determination to get to the root of a problem. Inevitably such issues are released and healed a little at a time.

Our inner balance can also be helped by creating outer balance. We all know some obvious aspects of a balanced life: that we should try to stay physically healthy by exercising, eating healthy foods and getting fresh air. A balanced life would mean having some fun, enjoying art and music and love-making. We should be diligent in our work, learn and grow and have a balanced spiritual practice. We should strive to love ourselves, our lives and other people. An absence or an excess of any of these things might indicate inner imbalance. Our free will allows us to create such positive changes in our lives although they will normally require us going outside our comfort zones and doing things that our inner fear makes us feel uncomfortable about. For instance being assertive when we fear speaking up or being forgiving when we fear being taken advantage of.

We know that we should be compassionate, strong, forgiving, courageous, kind, assertive, forgiving, determined, flexible, logical, passionate, powerful, meek, discriminating, trusting, firm, gentle, etc at the right times and for the right reasons but choosing the wisest option in a given situation can require self-awareness, prudence and integrity. Trusting the highest part of ourselves and seeking divine guidance are excellent ways of getting help to make wise and positive changes in situations where we might be unsure about the best thing to do.

We don't have to change everything at once and we can trust that we are all divinely guided on a healing journey but we may need a certain amount of courage and perseverance to get to some of our deeper issues which are revealed gradually. We may release something,
understand what it was and think that it is gone and dealt with, only to have it reappear later, so that we can go into it deeper. The good news is that when they are gone, they are gone permanently. This kind of healing journey is not necessarily a quick fix but is the true way to permanent healing. We may have moments of ecstasy when an inner pain is suddenly and unexpectedly released and healed but the chances are that it has taken many lifetimes of growth to lead to that moment.

‘The most powerful thing you can do to change the world, is to change your own beliefs about the nature of life, people, reality to something more positive...and begin to act accordingly.’

Shakti Gawain
Mindfulness

Mindfulness is about being aware of our thoughts and feelings and accepting them. Being mindful gives us insight into our souls and can help us to make positive and wise changes within. This can have a powerful effect on our lives and greatly help our healing.

The word mind means different things to different people, so I will just explain what I mean. I use the word mind to mean the conscious mind - the thinking, analysing chatter that goes on in our heads. Actually this kind of analytical thought is connected more with our solar plexus chakra - with ego, will and personality. This aspect of our consciousness is very controllable in that we are free to think any thoughts that we like.

The soul is the name that I give to what some people call the subconscious mind. This is the far greater part of our consciousness that is conscious on all of those different levels and that has the chakras as centres. This is the part that learns and grows over hundreds of lifetimes and so is far greater than most of us recognise.

The soul has a vast range of conscious feelings, from our universal oneness of the crown chakra to our physical survival of the base chakra. Our logic and analysis may be able to understand the soul in limited ways and we can apply our will to make changes, however, this is best done with insight, wisdom and divine guidance.

To be mindful is to try to be aware, accepting and understanding of the feelings in our souls and where possible and wise, to have positive influences on our consciousness. Some of our feelings may be strong, overt and understood and some may be more subtle, deep and hidden. We may sense them easily and fully or they may be so subtle that we only sense them in meditation, when the mind is quiet and we listen carefully.

For instance, if you meet someone to whom you have an instant dislike, just being aware of those feelings and accepting them is a positive thing, even if you don't want to feel like that and you don't know why you feel like that. In my experience there are a couple of different reasons for this: the first is that you have shared animosity with this person in previous lives, perhaps several, and that meeting them has brought up these feelings again. The second scenario is that you have a fear and pain in sympathy with something inside them. Here, then is an opportunity for growth and development: mindfulness leads to permissive discovery of feelings and after acceptance of your feelings you can learn to move them aside while you investigate the reasons for them, through meditation and prayer.

Our conscious thoughts can be indicators of inner imbalances. For instance thoughts about not being good enough could indicate a diminished personal power (solar plexus chakra), thoughts of revenge indicates lack of forgiveness and love (heart chakra) and feelings of unfairness could indicate lack of trust in divine justice (throat chakra). So awareness of our thoughts and feelings can help us to understand ourselves to deep levels.

With increased self-awareness comes the possibility of using our will to direct our consciousness to help us to have wiser and more loving feelings and thoughts but we should not be too authoritative or controlling of our inner selves. Just recognising thoughts and feelings is very positive and our determination to go deeper to find out the root causes of them will inevitably lead to them surfacing and being released.
Affirmations and mantras

I have known many people who have experienced wonderful healing and life changes through using affirmations and mantras. One student of mine had amazing life changes just from thinking of things to be grateful for each night before sleeping. Affirmations can wisely guide the soul and there is no doubt that certain words can trigger powerful and deep changes. I wonder how many life times I have been a Christian or Buddhist, so that reciting the Lord's Prayer or the Heart Sutra now has a powerful effect on my soul.

Affirmations can be recited in the mind during walking or mundane tasks or focused on when meditating. Here is an affirmation that I created to help me at one time:

- I am love and I am wisdom;
- I am balance and I am harmony;
- I am courage and I am compassion;
- I am success and I am happiness;
- I am abundance and I am gratitude.

An affirmation or mantra can be like a statement of intent for your life path, self-healing or spiritual commitment and can help you greatly. It may be something that you repeatedly reinforce so that it becomes deeply ingrained in your consciousness. This can serve as a constant reminder of your path of self-realisation and healing and can help you in times when you want some positive support or thought.

Your affirmation or mantra may include both general and specific aims that you feel are both wise and wanted. I have learned to be careful about what I pray and wish for. One thing that I feel is an excellent goal is to seek true happiness and this phrase is often used in my prayers for me and others. I also often pray for balance, harmony, love, peace and healing since all of these things are of immediate and long-term help to a person and a soul. An affirmation or mantra can change and develop as you do and might include what you see as currently important in your life and self-healing and what gives you purpose and direction. Let your highest goals be ambitious and in line with divine principles; may they lead you to universal oneness, divine union and true happiness.
Learning from experience

The way that the soul learns and grows is very much like the way that we consciously learn through experimentation - by trial and error. As we do things we learn what causes us pain and suffering and what creates love and happiness. As we consciously learn within our lives, so our souls learn over many, many lifetimes. And this does not just apply to actions that we can recognise, but also to everything that our souls do and feel.

Kolb & Fry (1975) wrote about the experiential learning cycle - the cycle of learning through experience, shown in a slightly modified form below.

This learning cycle can help us to understand the way in which our experiences can be consciously learned from.

The cycle starts with experiencing and feeling; this could be emotional feelings that you have or any experiences that you have in life. What is done, said, heard, thought and felt by you and others are all experiences. This is about your actions and reactions in your life. Some of these experiences may seem trivial at the time or may be something that you are used to as ‘normal’ but all experiences are valid and important. If we want to change our lives to fill it with happiness, success and abundance then all of our experiences are relevant.

The next phase of the cycle involves recognising and reflecting on experiences and perhaps recording them; maybe this could involve keeping a journal, of exactly what happened and how you felt about it. It is important to note details and to be honest about the experiences and to be as objective as possible; for this it might even be helpful to ask a witness what they think happened.

When we have reflected on our experiences and recorded them, they can be analysed. Why did it happen, what caused an event? Although all experiences are relevant we want to learn how to have happy and enjoyable experiences and avoid pain; so what was the effect of the experience on you? What was the effect of your feelings about it? Try to look at things from
different perspectives to thoroughly understand it. Maybe meditating and asking for help and guidance in understanding will help or you can ask for help and guidance through dreams to help you understand.

The next part of the experiential learning cycle is to make a plan of how to behave, feel, react or generally do things in a different way in order to have a happier experience next time. Remember during your planning that this could involve courageously stepping out of your comfort zone, into unknown territory. This is the part where you decide what action to take to create a better life. Through your insight and understanding that you have found from the previous part of the cycle you can change your experiences in order to break a problematic cycle and move on.

The experiential learning cycle has four distinct stages and different people pay more attention or are better at some stages than others. This can reflect our individual learning styles or the way in which we learn from our experiences. There is Learning Styles Questionnaire (written by Peter honey and Alan Mumford (1983) and available on the internet) that can help you to find which parts of the cycle you place more emphasis on. This can be useful so that we can better understand ourselves and so that we can consciously develop the process of learning from our experiences.
Healing using Reiki

Reiki healing is always for the greatest good; it can never be abused or misused. Reiki healing goes to where it is needed, so it does not need to be directed. Reiki healing can work on every part of a person, of their body, mind and soul; it works on every chakra and every emotion; it works on their spirit and their karma. It can go to their past, present or future. Reiki healing can go to every part of a person, to every relationship of theirs and to every part of their life. Just trust that it is going to exactly where it is needed.

Reiki healing is always for the greatest good, even if we do not know what that is. If the Reiki healing that you give to yourself or someone else is not needed at that time, it is never wasted since it will be sent at a later time.

Self healing

Through your intent to find out about yourself and to be healed and happy and through your commitment to change you have started the journey of self-healing. Through faith and trust in your divine guidance a load is lifted from your shoulders and you will know that you are going in the right direction.

The healing process itself can contain moments of exquisite love and joy and may even have times of deep pain and sadness. Changes will happen in your life: many small ones and some larger and more daunting but all changes will take you to a place of more happiness than you have known in your life.

Engaging the truth and finding out that we actually have nothing to fear is like taking off a huge suit of armour. It is removing the protection that we put in place due to our fear, the barriers that have kept out a great deal of life but have not actually made us more secure because our fear is on the inside. Once the armour is taken off we can breathe more easily, see more clearly, feel the pleasure of the sun and the wind and be liberated from our self-imposed imprisonment.

Many people suffer considerable trauma in their lives at some time and old wounds are another part of us that can be healed. The pain of separation from loved ones through bereavement or for other reasons can have a profound effect on people, as can any traumatic event. We all have coping mechanisms for such trauma that can often entail closing off a part of ourselves deep inside and this can be a subconscious self-protection measure. This protection can stay in place and the pain can stay buried until we undertake self-healing. The protection measure can keep a certain part of us blocked up and closed off and this is often exhibited as insecurity, an unwillingness to give or receive love or an inability to indulge in certain feelings, emotions or relationships.

Once you have been attuned to Reiki it is easy to give yourself Reiki healing; all that you do is use the hand positions to give yourself a treatment every day, if possible. This, together with your commitment to change and progression will heal you.

Healing someone else

It is not necessary to know about a person’s attitudes and beliefs in order to give them healing and they do not have to be prepared to change them in order to receive healing however it obviously makes a huge difference. Know that just by showing someone love and compassion you are helping them and effectively giving them healing and if someone wants
to receive healing you are helping them just by the act of giving unconditionally. At the level of Reiki 1 you can give healing to friends and family and know that by this act of kindness and attention you are helping them and helping your relationships with them. But be prepared to go into a slightly different mode when you start healing with them. Try to put to one side the emotions that may naturally occur in your relationship.

Create an appropriate atmosphere and a sacred space and wash your hands before and after healing.

Explain to your recipient what you will do and put them at their ease. Tell them that the Reiki energy is an intelligent energy and that they will get just the right amount of healing. Get their permission to lay your hands on them and make sure that you do not intrude upon their body or space.

Whether the recipient is lying down or sitting in a chair, there is no problem if they drift off to sleep.

**Adopting a healing attitude**

Before giving a Reiki treatment affirm to yourself that after the healing you or the recipient will be a happier and healthier person. Be prepared to let go of things of the past that have caused pain and suffering and be prepared to embrace a new future that is bright. If you are healing another tell them this: tell them to be prepared to see things in a different way and let go of old stuff.

Have calm emotions and know that emotions are not necessary for healing; only love is necessary. Feel your unconditional love for yourself or your unconditional love for the person that you are healing and feel with all of your heart and all of your intent that you wish their pain and suffering to be alleviated. Affirm that the problems of another are not your problems, neither do you need or want them. Feel that you are not taking problems away from another, rather that Divine healing is neutralising their pain, changing darkness into light.

Affirm that you will give Reiki healing and feel your ever strengthening connection to the Reiki source. Know that the Reiki healing you are giving is for the greatest good and trust that you are being guided and the healing is happening.

**Creating a sacred space**

It can be a good idea to create an environment free from too much other energy when doing healing, especially when healing someone else. Much of this is common sense, for instance making sure that there is nobody else in the immediate vicinity can be helpful as can doing the healing in a relaxed and comfortable environment. Switch off telephones and put out the ‘do not disturb’ sign and take any necessary steps to keep from being disturbed.

Creating a sacred space can be done quite easily through a prayer to God and the Angels, asking them to bless the healing space with their love and to cleanse it of unwanted energies. Ask the Angels to create a sacred space and visualise it being done. The power of your intent is everything; create a golden bubble around the area you wish to cleanse and protect and this then becomes a sacred space.
Burning fragrance sticks and candles is actually very good for helping to create a sacred space. Playing some gentle and relaxing music can be good to help create the right atmosphere in your healing space and may help to calm the recipient of the healing.

When you are finished it is a good idea to give thanks for the sacred space and visualise it being removed.

**Getting help**

Pray to God and/or to the Reiki Masters, Teachers, Guides and Healers in spirit to bless you with divine guidance and to give their love to help heal the recipient. Pray that their love will heal the pain and suffering of the recipient and guide them to happiness. Know that Reiki always works for the greater good and trust that whatever happens is the right thing. When you are finished healing give thanks to those who have helped and guided you.

**Protection**

I know many healers and spiritual people who feel the need for protection as a matter of course. My experience is that protection is fundamentally a fear-based reflex and by continually using protection one is affirming weakness and vulnerability. When you walk down the street do you feel the need for protection? Most people use common sense in avoiding unpleasant people and staying away from undesirable places. By invoking a sacred space for your meditations and healing and through your prayers you have all the protection that you need. Have faith.

**Helping Reiki energy to flow**

Feel that you are a divine being, a part of God and know that by being a Reiki healer you are a conduit for divine love. Feel your heart chakra spinning round as you feel unconditional love for all things. Feel a beautiful ray of healing light come from above your head into your head and down through your chakras into your heart chakra; feel the light move from your heart chakra down each arm into the palms of your hands and a beam of light come from each palm into the recipient. Also feel light entering directly through the back of each hand, enhancing the beams of light already coming from your palms. Feel that through your love and through the love of the Divine healers with you the pain and suffering of the recipient will be healed.

Know that healing will happen, whatever you do and that it will always be for the best. But also know that healing is increased by the strength of your intent to heal, by the strength of your unconditional love and compassion and by your prayers for healing.

**Placing your hands**

With your Reiki 1 attunement you need, as much as possible to actually place your hand on the person: however, this will always need to be done with respect to the recipient’s body and their personal space. Where the hands cannot be placed on the client, touching them, the hands should be held just away from the body. Ask your client before you start healing or during the session whether they feel comfortable with your hands in certain positions. You should be aware what is acceptable and ask your client to be explicit about what they feel comfortable with and what they don’t. Apply discretion. Where it may be suitable to place a hand on the front of a man’s chest it would not be suitable with a woman. Equally
the base chakra is a place which often needs a lot of work but where no hands can be placed. The way to overcome any awkwardness or embarrassment is to clearly ask the healing recipient and agree with them, before the session which areas may be touched and which may not.

A full Reiki treatment normally takes about an hour, with each hand position being maintained for 5 minutes or so. There are traditional hand positions used for Reiki healing and these tend to be over the chakras, with additions. There are more hand positions around the head since this is an area of major importance. These are basic hand positions but you should be guided as to where to place your hands. You should also be guided as to how long to keep your hands in one position, but remember that Reiki healing flows to where it is most needed, so it is better to spend longer in the positions that are most comfortable and have the most contact with both hands. Use your intuition and divine guidance to sense where you should place your hands. For instance, if your client complains of a bad knee you may feel that you should spend time with your hands on their knee.

Hands on shoulders
This is comforting for the client while I say prayers for us both and feel the Reiki energy start to flow.

1 - Crown chakra
Place both hands on the crown of the head.

2 - Third eye chakra
With one hand behind the head and the other on the forehead or both hands could be under the head.

3 - Ears and jaw
With respect to the client's boundaries, the hands may need to be held just away from the face.
4 - Throat chakra
Touching the throat is uncomfortable but resting one hand on the collar bone may be comfortable enough.

5 - Heart chakra
Obviously when treating a woman hands should be held away from the chest.

6 - Solar plexus chakra
One hand each side of the solar plexus chakra works well.

7 - Sacral chakra
With the hands each side of the chakra. The sacral chakra is about a hand's width below the navel.

8 - Base chakra
Both hands can be held away from the base chakra or the hands can be placed to each side, on the hips.

9 - Arms
Hold the client's hand with thumbs interlocking and one hand on the shoulder. Then do the other arm.
The connectedness of all things

All things in this universe are connected in that however great or small their individual consciousness we are all made of the same basic energy and we all originate from the same source. The senses of the crown chakra let us feel that we are all part of a universal consciousness and that all things are one. This is the feeling of divine love – a sense of the unity of all things and that despite our feelings of individuality, the oneness of everything in every plane of consciousness, whether living or not, is mighty powerful thing. This unity is greater than the unity of human group consciousness, greater than the unity of the consciousnesses that revolve around our sun for it firmly links the many billions of galaxies in the universe and everything therein. This unity means that we are permanently in contact with everything, no matter where it is and we can use this sense of connection to send Reiki to anything, whether it is next door or across the other side of the universe.
An example of how this can be used in practice is when you Reiki food you can send Reiki to everything connected with that food, intending that any pain or suffering caused to any creature or thing through growing and bringing the food to you is healed. This is a technique that can require practice and concentration but that is an advanced spiritual practice and has wondrous results. In the way that we reduce our carbon footprint or do things to offset it, so by this method we can neutralise the damage we do to the Earth and the living things upon it. You may think that the damage has already been done, so how can this be undone? Well, universal unity does not only bridge the vastness of space but of time as well. Reiki healing fixes the past and future as well as the present. By using Reiki to undo the damage done to the Earth and living things upon it we are healing the planet but we are also neutralising the karmic debt as well. By giving this healing to food you are clearing the karma associated with receiving that food.

**Reiki healing at a distance**

At the level of Reiki 2, initiates learn to send healing at a distance however I feel that it is of use to start practicing at this stage. If there is someone whom you love and wish to heal and who is absent, then simply say a prayer to the Reiki Healers in spirit, asking them to give healing to that person. You should not imagine yourself there, with the person giving healing but rather should feel all of your heart chakra love for that person. Diminish your emotions and build up your unconditional love and compassion for that person and at the same time feel the object of your thoughts as a Divine Reiki Healer in spirit who goes to that person to convey your love through Reiki healing. This really works and Reiki healing will be sent through a third party but by your intent and love.

**Healing other things**

Embrace Reiki as a part of your life and use it as much as possible. Remember that every time you use Reiki you are bringing divine love to Earth for healing. You can Reiki your food; as you do so you can intend that all of the creatures that have suffered pain in the making of the food are healed and that the food is energised with positive energy. Likewise you can Reiki water and other drinks.

You can Reiki any living thing, including plants. You can heal animals with Reiki but be aware that you should not force healing on them – follow your intuition as to whether it is appropriate.

You can Reiki medicines, especially homeopathic or natural remedies. You can Reiki crystals to imbue them with positive energies. You can Reiki a book that you are reading and it will be more easily digested and remembered, if that is for the greater good. You can Reiki machines, batteries and fuels. You can Reiki anything!
Meditation and prayer

...my advice is that you intend with every part of your being that you are guided by the highest divine power...

Meditation is done in many different ways for many different reasons but the thing that meditative techniques have common is to stop the chatter in the head – the questioning, analytical thoughts that come to mind. Meditation can basically be described as turning attention, consciousness or awareness to a particular part of mind, body or spirit, inside or outside yourself. Meditation plays very important roles in self-healing; it is the way in which we can get quiet enough to listen to and understand our real selves and our divine guidance. Meditation is the way in which we can get really relaxed and free from distraction so that we can turn our full attention to performing a task. Most people find meditation quite difficult if they have not practiced it before and it can take some perseverance. Here I describe kinds of meditation that can help you with self-healing; there a several exercises that will help with growth and development. You can also listen to my online free guided meditations.

I have found that there are many people who don’t like the word ‘God’ or they don’t like the fact that God is referred to as ‘He’ or they don’t believe in a single Creator. That is fine. My suggestion is that you pray to whatever or whoever you see as the most Divine person or thing that you know of or can imagine. It is by aiming for the highest and by asking to always be guided by the most Divine that you will always stay on the right path. Many people choose to pray to Jesus, Buddha, a saint, prophet, deity or other person that they see as a divine incarnation. That is ok but let it not be because you don’t know what name to call God or because you don’t feel worthy to go directly to God. Your relationship with the supreme reality and your understanding of God are your own but my advice is that you intend with every part of your being that you are guided by the highest divine power you can imagine – God, if you will. Let your prayers reflect that you wish every moment of your life from this moment onwards to be divinely guided, that you wish to receive divine healing every day, that you wish to be an instrument of God, that you wish to be truly happy and that you wish to have more love and less fear. These are my suggestions. I also suggest that prior to meditation you ask for the highest divine guidance in your meditation and that you ask for divine healing prior to each meditation.

Preparation for meditation

Make enough time for meditation – about ½ hour is a good minimum. Switch off the phones, put out the dog and make sure that you won’t be disturbed.

Creating a sacred space can be done quite easily through a prayer to God and the Angels, asking them to bless your space with their love and to cleanse it of unwanted energies. Ask the Angels to create a sacred space and visualise a golden bubble around your space - the power of your intent is everything.

Burning fragrance sticks and candles is actually very good for helping to create a sacred space. Play some gentle and relaxing music if this helps you to meditate.

When you are finished it is a good idea to give thanks for the sacred space and visualise it being removed.
Here are some meditations that can be very useful.

**Grounding**

This technique helps you to feel your connection with the Earth. This is an extremely important meditation because no matter how much we make spiritual connections, we still have to live as humans on Earth. This meditation should be used every day since it can prevent and rectify many major physical, spiritual and mental problems to which people are prone. During this short meditation the underlying knowledge and principles are that the Earth is your true Mother since your body is made of the living things on the Earth. Know that the Earth nurtures and cherishes all life here and that you are a part of the Earth. Feel comfortable and secure in your physical body, knowing that you are completely safe.

Firstly say a prayer asking for help and guidance in your meditation.

Sit in a chair with your feet flat on the floor and become aware of the Earth beneath your feet. Be aware of its vastness and beauty, and of the immense variety of life that it supports. In your head address the Earth's consciousness directly - talk to it. Thank the Earth for its beauty, for the food that sustains your body, for the air that you breathe and for your home and possessions that have come from it. Feel as one with the Earth and remember that you and the Earth are both made of God. Now become aware of your base chakra - the bright red energy centre at the base of your spine. See it as clearly defined, bright and as the centre of your bodily life force. Feel, coming from your base chakra, a bright red chord, the same diameter as the base chakra, that you take down to the centre of the Earth and secure there. Secure it with an anchor, a hammer and nail or in any way you choose, but see and feel it happening. Feel a steady trickle of base chakra energy flowing down the chord to the middle of the Earth. Now call your name down the grounding chord three times, taking ownership of the chord and feel that you have a flexible attachment to the Earth. Feel that you are now as one with the Earth.

This is a very good and important meditation that everyone can benefit from. With a little practice it can be done every day without necessarily being in a meditative state - it can be done whilst eating or walking. When you create a new grounding chord, first destroy the old one with love and thanks, knowing that its energy will be recycled.

Thank all those that you asked for help in your meditation.

**Self love**

The underlying knowledge and principles for this exercise are that you have self love, everyone does. It is true that if you work on increasing this feeling of inner contentment, that it will grow. Increasing love for yourself entails releasing fears about letting go of our problems and getting in touch with that part of us that is happy and loving. Increasing self love will increase your capacity for loving others unconditionally. Be prepared to change your attitude towards yourself and finish this meditation as a different and better person with a more positive mental outlook on life.

From the centre of your chest feel your heart chakra swirling round. Now think positively about yourself and feel content with your body and mind. Imagine, visualise and feel a beautiful white light shining from your heart chakra to every part of your body and feel how this makes you feel even better about yourself. Feel real forgiveness for your shortcomings and accept yourself as a human being. Feel your self worth by thinking of the good and
positive things that you do for people and say to people every day. Know that you contribute to society and that you are a benefit to your friends and family. Feel the white light fill the whole of your body, bathing it in your own love.

Now feel the white light expand beyond the surface of your skin into your aura (about an arms length all around you). As you do this, feel love for yourself and your past, forgiving yourself for your past failings and feel these problems melt from your aura as the white light shines through it. Imagine, visualise and feel your whole body and aura bathed in a pure white light. When you want to finish just slowly become aware of your physical body and open your eyes when you are ready.

Thank all those that you asked for help in your meditation.

**Healing relationships**

The principles of this meditation are that relationships with people are actually links of energy between us and as such can be given healing. Change should happen continually through our lives if we are living in a healthy and dynamic way and if we embrace positive change with trust and optimism. For this meditation we ask for Divine healing. Know that this means that healing is for the greater good and not necessarily what we consider for the best. This means that if it is for the best that a relationship should be broken completely, then this will happen, or if it is for the best that a relationship is strengthened then that will happen through the healing.

Imagine, visualise and feel yourself standing in the middle of a circle of all of the people with whom you have any kind of relationship, however slight and with whom you have ever had a relationship. See the circle of people but do not feel that you have to individually identify any of them. Feel that there are ties between you and them; you do not have to see these ties in any particular way but feel that there is a bond there. Intend that because you are changing you wish these bonds to change and adapt to the new you. Feel your unconditional love for these people, knowing that your relationships have been a mutual agreement, but it is time for the relationships to change. Now pray for Divine healing for all of these relationships and people and see an Angel or a healing Guide bless those bonds between you and the people in the circle with Divine healing. Intend that this healing goes to the very depths of the relationships and feel that you have been liberated from bonds that have held you back. Feel that you have new and improved relationships that give you a feeling of freedom.

Thank all those that you asked for help in your meditation.

**Changing relationships**

This meditation uses similar principles and is for the same reason as the one above; but for this meditation we do not ask for healing for the relationship, we actually destroy the relationship of the past and a new one is created that reflects your progress and change.

Visualise yourself and become aware of your major chakras except the crown chakra and base chakra. See a bunch of chords that come from each of these five chakras and know that these are connected with people with whom you have relationships. It is not necessary to see exactly who these are attached to, but know that they represent all of your relationships. Starting at the third eye chakra imagine that with your hand you grasp the bunch of chords and with unconditional love to all those people with whom you have
relationships gently but firmly pull the bunch of chords away from your chakra. Feel this disconnecting the relationships from you and as you do this feel healing energy pouring from your hand, sending healing down those chords. Now gently but firmly pull those chords from the other people and place the chords in a bin of white light by your side, knowing that they will be destroyed but the energy will be recycled. Imagine placing your hand over your chakra as healing energy pours from your hand, healing the chakra and dwell on this for as long as you need to before continuing the same procedures with each of the five chakras.

Know that new relationships will be created automatically, without you having to do a thing and feel free to behave differently with people. Remember that the relationship is an unwritten agreement about how to behave, so you are responsible for it and should create the kind of relationship that you want.

Thank all those that you asked for help in your meditation.
Reiki healing good practice

I suggest that Reiki First Degree initiates do not treat people or animals on a professional basis, since I feel that a greater degree of training and experience is desirable for this. I feel that Reiki First Degree healers should concentrate on self healing and can practice on friends and family. Here I outline some points that are worth noting about Reiki.

Reiki and the law

Under UK law it is only a qualified and registered medical practitioner who is allowed to diagnose medical conditions. Reiki practitioners are not allowed to make any diagnosis or claim to be able to cure any condition. A responsible Reiki practitioner should ensure that clients seek proper medical treatment and that animals have been seen by a vet. Furthermore clients should let their doctor know that they are receiving Reiki treatment.

A Reiki healer should be wary of treating children under 16 years if the parents are refusing medical treatment since the practitioner may be complicit in breaking the law.

Reiki insurance

Before treating someone professionally it is advisable to be insured for professional indemnity (malpractice) and for public liability. This insurance is not too expensive but does have some requirements of practitioners, such as keeping client records.

Professional bodies and regulation of practice

At the moment there is no statutory regulation of Reiki in the UK (by an act of law) and Reiki groups have, for some time, been moving towards voluntary self regulation so that it can be practiced to recognised standards. This has both advantages and disadvantages. The main advantage is that clients can know what they are getting for their money and can be sure that their Reiki practitioner is properly qualified, insured and practices to minimum standards. A disadvantage of this is that Reiki courses and treatments may become more sanitised and restricted. There is no doubt that for many Reiki healers and teachers Reiki forms a part of their spiritual and holistic health beliefs and practices and these affect their Reiki teaching and practice. This means that a Reiki client or student may not be fully aware of what they are getting before they go for their Reiki course or treatment and that they will probably not get just Reiki.

The Reiki Council is the UK's advisory body for Reiki and works through Reiki professional bodies. Reiki has many diverse branches and is practiced in many different ways and the Reiki Council seeks to bring Reiki practitioners and their organisations together.

Help and support

As a Reiki Teacher I am committed to giving my students ongoing support, help and guidance and they are encouraged to contact me any time for this. Whether or not you are my Reiki student I am happy to give you help or guidance about Reiki healing and Reiki practice. I would like you to feel comfortable with approaching me about any issues that you have and I will try to help you. Contact mark@healingpeople.net.
Reiki shares

Reiki shares are sessions where Reiki healers get together to give each other Reiki in a group. This is a valuable support system for Reiki healers and gives us a chance to meet up, share experiences and receive valuable healing from each other. I would recommend these sessions to all Reiki healers, especially if you are feeling low or could do with some support and TLC. During Reiki shares each person receives Reiki healing from several people at one time and so it means that healing times are usually shorter. Whereas a regular healing session might last for an hour, a Reiki share healing can typically last for between 5 and 15 minutes for each person, depending on how many healers there are. Reiki shares are normally a regular hands-on healing session; however I tend to offer initiates the option to run through a guided meditation/healing before the group healing session.
Reiki healing good practices

Professional practice

I suggest that Reiki First Degree initiates do not treat people or animals on a professional basis, since I feel that a greater degree of training and experience is desirable for this. I feel that Reiki First Degree healers should concentrate on self-healing and can practice on friends and family.

Reiki and the law

Under UK law it is only a qualified and registered medical practitioner who is allowed to diagnose medical conditions. Reiki practitioners are not allowed to make any diagnoses or claim to be able to cure any condition. Reiki is recognised as a complementary therapy – as being able to complement traditional medicine. A responsible Reiki practitioner should ensure that clients seek proper medical treatment and that animals have been seen by a vet. Furthermore clients may want to let their doctors know that they are receiving Reiki treatments.

A Reiki healer should be wary of treating children under 16 years if the parents are refusing medical treatment since the practitioner may be complicit in breaking the law.

Reiki insurance

Before treating someone professionally it is advisable to be insured for professional indemnity (malpractice) and for public liability. This insurance is not too expensive but often requires practitioners to keep client records.

Professional bodies and regulation of practice

At the moment there is no statutory regulation of Reiki in the UK (by an act of law) and Reiki groups have, for some time, been moving towards voluntary self regulation so that it can be practiced to recognised standards. This has both advantages and disadvantages. The main advantage is that clients can know what they are getting for their money and can be sure that their Reiki practitioner is properly qualified, insured and practices to minimum standards. A disadvantage of this is that Reiki courses and treatments may become more sanitised and restricted. There is no doubt that for many Reiki healers and teachers Reiki forms a part of their spiritual and holistic health beliefs and practices and these affect their Reiki teaching and practice. This means that a Reiki client or student may not be fully aware of what they are getting before they go for their Reiki course or treatment and that they will probably not get just Reiki.

The Reiki Council is the UK’s advisory body for Reiki and works through Reiki professional bodies. Reiki has many diverse branches and is practiced in many different ways and the Reiki Council seeks to bring Reiki practitioners and their organisations together.

Help and support

As a Reiki Teacher I am committed to giving my students ongoing support, help and guidance and they are encouraged to contact me any time for this. Whether or not you are my Reiki student I am happy to give you help or guidance about Reiki healing and Reiki practice. I
would like you to feel comfortable with approaching me about any issues that you have and I will try to help you. Contact mark@healingpeople.net.

Reiki shares

Reiki shares are sessions where Reiki healers get together to give each other Reiki in a group. This is a valuable support system for Reiki healers and gives us a chance to meet up, share experiences and receive valuable healing from each other. I would recommend these sessions to all Reiki healers as a great source of support. During Reiki shares each person receives Reiki healing from several people at one time and so it means that healing times are usually shorter. Whereas a regular healing session might last for an hour, a Reiki share healing can typically last for between 5 and 15 minutes for each person, depending on how many healers there are. Reiki shares are normally a regular hands-on healing session; however I tend to offer initiates the option to run through a guided meditation/healing before the group healing session.
Reiki Second Degree

The First Degree Reiki attunement means that you can channel Reiki healing energies any time that you choose, for the rest of your life - you do not need to have this attunement again. There may come a time that you feel that you wish to be initiated into Second Degree Reiki and this may be a good thing for you to do. Many Reiki teachers suggest waiting for a period of at least three months between Reiki 1 and Reiki 2. If you feel that you wish to take your Reiki Second Degree I suggest that you meditate on it and ask for divine guidance so that you can find an answer. If Second Degree Reiki is an appropriate step for you, then you will be guided to the right Reiki teacher for you when the time is right.

An initiation into a degree is, as the name suggests, the initial step onto a higher stage. It is the beginning of another part of the Reiki journey that will require learning and understanding in order to make the most of it. Although I have been initiated into the degree of Reiki Master, this does not mean that I have mastered Reiki or even mastered myself. It is a step I have taken to signify my intent to practice at a higher level and to teach others. I feel that a Second Degree Reiki initiate should have the intent to practice Reiki on other people and also have the intent to move themselves to a higher level of Reiki and spiritual practice.

I feel very strongly that we heal more by who we are than what we do. By moving through an inner journey of self-discovery and healing, and through our intent to become healthier and happier, we create a more rounded personality that shines with love and wisdom. Just by being like this we are setting an example to those that we would heal. Some of my Reiki First and Second Degree initiates who have persevered in making positive life changes as well as spiritual progress have, at first, incurred disdain from those close to them. Family and friends may feel fear about the impending changes to their relationships. However, with continued effort the Reiki healers have found that they gradually gain the respect of those in their lives who can see the positive effects that it is having upon them. Their friends and loved ones can see that the pursuit of truth and balance has led them to a better place and through this they wish to have some of the same and will ask them for Reiki treatments. Such is the effect of the Reiki healer who is committed to their own progression that they stir the desire for healing and positive life changes in others.

I fully believe that when we are initiated into Reiki, as if we were initiated into any spiritual commitment, that we are offering ourselves up to be instruments of divine will and this carries a degree of trust and faith. With Reiki we are offering ourselves to be instruments of divine healing and peace and at Second Degree Reiki we are affirming our commitment to this path. Many people can take First Degree Reiki and later decide that Reiki is not for them but I feel that Second Degree Reiki can be a significant commitment to devoted souls.

I have known people who want or hope that a Reiki attunement will give them spiritual growth without effort - unearned spiritual merit. We should be aware that this is not the case. However seemingly powerful the effects of an attunement may be, we are deluded to think that the attunement takes us forward any more than is warranted. I believe that the Reiki Second Degree attunement happens at the right time for a Reiki healer and consequently many initiates are already at the right point in their soul journey for Reiki level 2 and so when it happens it can feel like they have arrived at an important destination. We undertake Second Degree Reiki knowing that we are committing to personal and spiritual development and to helping and healing others.
Conclusion

By undertaking your own path of self healing you are helping yourself and other people of this world. Through your own personal and spiritual growth you raise all human consciousness as well as your own. Learn to love and nurture yourself and you will become stronger, happier and potentially better at healing other people.

Here are some key points that summarise my advice and guidance to you on your Reiki and self-healing journey:

1. Trust that as a Reiki healer you are a channel for divine love and healing. Take time to give yourself healing. As you help and heal yourself, you help and heal all people.

2. Take time to meditate, whatever experience you have. Use meditation to heal yourself, understand yourself, seek divine guidance or create divine union.

3. Strive to understand yourself and understand ways in which you can create more balance and happiness in your life.

4. Develop your faith and trust that you are helped and guided every moment of your life by something that is conscious, wise, loving and greater than you, even if you find it difficult to conceive of such a thing.

Truth will be gradually revealed to you and you will learn and grow at the right time. You have nothing to fear or worry about and even in times of sorrow you should be aware that you have the best guidance in the universe at your side, giving you help, love, guidance and healing.

I hope that this manual serves you well but please contact me if you need help or guidance with your Reiki or spiritual practice.
References & further reading


