

Further Reflections on Reiki Practice

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What I have learned....

Remember...Reiki you first. Say to yourself, “the first person who receives Reiki is me.”

According to our founder, Mikao Usui, daily practice helps us to nurture a pure, healthy heart and mind.

Remember...to cultivate and nurture your own relationship with Reiki

Personalize your practice. Be creative and confident in exploring your connection to Reiki. The potential and possibilities with Reiki are as endless as this universal life force energy. Reiki is a vibrant, adaptable, versatile, and evolving energy that is responsive to your needs for growth, insight, comfort, and guidance. Reiki will gently guide you toward your highest and greatest good.

Remember....become an observer of your Reiki practice. Students and clients often ask, “why” questions. “Why do I feel this?” “Why did that happen?” “This may sound weird, but why...?” My response is usually, “isn’t that interesting?” Release any puzzlement, expectations, or judgement of your Reiki experiences. Reiki is mysterious. There is much about this beautiful, elegant practice that cannot be explained. I encourage them to simply observe and notice how they are feeling in the moment...calmer, more peaceful, relaxed?

Remember....the Reiki Principles (Gokai) every day. Usui Sensei stated that the Principles are “the secret method of inviting happiness, the wonderful medicine for all diseases of the body and soul.” The Reiki Principles are the philosophical pillars of our practice. Mikao Usui taught the Gokai as part of a spiritual path for attaining inner peace and balance in body, mind, emotion, and spirit. The Gokai are universal precepts which are practical and simply stated. The Gokai invite contemplation, self-reflection and personal growth.

Remember...Reiki self-care practice ebbs and flows. This depends on how you are feeling and what is going on in your life. Reiki responds to what you need in any given moment. At times your experience of Reiki feels more intense, resulting in emotional release and healing responses. Reiki brings forward whatever needs to be healed—past hurts, false beliefs, fear, doubt, pain, challenging relationships. Other times your experience of Reiki is subtler, quieter, less dramatic. Then you may wonder why this is happening and if you are doing something wrong in your practice. Do not be discouraged or uncertain. You simply may not have as much personal healing work that needs to be done. Reiki is now focusing on more subtle levels of healing to keep us grounded and balanced on an ongoing basis.

**Remember, even when your Reiki feels quiet,
there may still be profound healing occurring for you.**

Remember... you can always return to Reiki

I know many Reiki students' complete classes with enthusiasm and good intentions to integrate Reiki into their daily lives. But it is not uncommon for daily life to take over and their practice gradually diminishes over time. You can always come back to Reiki after weeks, months, or years. It is like a very dear friend who will welcome you with no questions or admonitions. Simply place your hands gently over your heart, breathe and connect. Reiki is always there, always present, always available. Feel the peace, feel the calm.