

# Reflections on Reiki Practice

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Reiki brings light to our lives and can be expressed in so many ways. As a personal self-care practice. As a way to offer care and comfort to family, friends, pets. As a way to connect with other Reiki people. As a volunteer or in opening a private practice. With time and much experience, you may want to become a teacher. Over the years, my Reiki journey has been expressed in all of these ways. This is what I have learned.

## **Remember...daily practice strengthens your connection to Reiki**

The effects and benefits of Reiki are cumulative. With daily practice over time, you will begin to notice gentle shifts and changes within yourself. Perhaps sleeping better; lessening of worry, anxiety, and irritability; reacting to stressors more calmly; being more patient; thinking more clearly; fewer physical aches and pain; feeling more centered and grounded.

## **Remember...with practice, your Reiki hands become more sensitive**

Over time and with consistent practice, you will notice the energetic sensations strengthening in your hands—warmth, pulsing, tingling. As you place your hands, these sensations will change and vary in different parts of your body. But it's not always about the sensations in your hands. Notice your overall experience and feelings during self-treatment—calmer, more relaxed, sleepy, quieter mind.

## **Remember...to keep it simple**

The greatest power and beauty of Reiki is its simplicity. Hands on. Hands off. Place your hands on your physical body where you are experiencing pain or discomfort. If you are in need of comfort place your hands over your heart or give yourself a gentle hug. There is no need for special equipment, or a particular environment. You can connect to Reiki anytime, anywhere, for any amount of time. Offering yourself a few moments of Reiki can bring calm and peace to moments of stress or chaos.

## **Remember...no right or wrong way to practice Reiki**

Students often ask if it's better to practice or "do" Reiki this way or that way or another way? My answer is always, "Yes, Yes and Yes." There is no one way, right way or only way to practice Reiki. There are as many ways to practice Reiki as there are practitioners. If you come to Reiki with compassion and loving kindness, with no attachment to particular outcomes, you cannot fail or do harm. Keep your practice simple. Trust your intuition and inner guidance. Follow your Reiki hands.