

Reiki - What It All Be Like

Home of the 30 Day Reiki Challenge!!!

P - Reiki Alphabet Challenge

Duane Flowers · Tuesday, November 25th, 2008



Reiki Alphabet Challenge

Welcome to the **2008 Reiki Alphabet Challenge!!!** Its great to have you here!!! This challenge is designed to give you something new to Reiki every day by giving you a new letter to focus on each day. Hopefully, by the end of the challenge you will have Reiki'd things you hadn't considered before and thereby increased the boundaries of your Reiki world. So let's get started...

Today's letter is "P" and our focus is on Pain.... here's Lynda to enlighten us... ☒

One the most popular reasons why people seek out Reiki healing is to relieve pain, whether physical, mental, or emotional (or sometimes all three, even if they don't know it yet). Reiki is extremely effective at pain relief, vanquishing headaches, joint pain, and even post operative pain quickly. The calmness that Reiki brings to the system is apparent.

As Reiki practitioners we often forget that we can work on our pain. It's interesting, because during the training and attunement processes we go through intense detox with prescribed daily self healing for three weeks that enable us to strongly go into our pain as it goes away. I can remember the amount of emotional discomfort that came up as I worked with the second Reiki symbol and how some of that emotional pain lodged itself in my shoulders and my

lower back and was very stubborn about leaving!


So for today's challenge I first want you to give yourself Reiki to heal on every level. If you are in physical pain you may open yourself up to the idea that your pain may have emotional or spiritual dimensions of which you are as yet unaware. Keep in mind that the pain may become more intense before it goes away, as it tries to cling as much as possible.

This may be highly uncomfortable and may take a while, so stay with it. Breathe, focus, and try to feel the source of the pain.

Then send Reiki with the same intent to anyone you know who is in pain on any level. Try not to send with preconceptions about where you think the pain is coming from, just let the energy do its work for the highest good.

Once you have identified sources of pain, you may send Reiki back in time to the situations that started the cycle, and forward to help you handle future situations of that kind.

I need to get to work on this challenge myself...

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For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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K - Reiki Alphabet Challenge

Duane Flowers · Thursday, November 20th, 2008



Reiki Alphabet Challenge

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Today's letter is "**K**" and our focus is on our **Kids...** those of us that have them, those who don't can easily borrow their neighbor's, believe me, they won't mind. ☒

Kids are much more open to learning and receiving Reiki as most of the filters that might otherwise block an effective Reiki treatment are just not there. There are, however, other blocks that children tend to be more vulnerable to, mostly of an emotional nature, and some attention to these can greatly accelerate the healing. For example, when kids fall down and cry, it is quite often more the shock of the situation (***and sometimes the embarrassment of having done so in front of their friends***) that leads to the wailing which demonstrates the extent and depth of the perceived **boo-boo** <technical term> and thus validating the situation. The quick and easy healing of that emotional pain can lead to some of the most instantaneous healings imaginable.

Its also been my experience that kids also tend to be more inclined to ask for Reiki in the first place. many adults seem to have some aversion to asking for help of any kind in the first place, even in the direst of circumstances, whereas kids have less of a problem with asking for what they want or need. My children ask far more often than my wife or friends. They grab a quick dose and run off... all fixed. ☒

So, your challenge for today is find a few kids to give Reiki to. Rent 'em if you have to or if there are really none around, send some distance Reiki to any of the 30+ Million starving children in the world. You may not get a thank you... but if you do it will resonate within you for a long, long time.

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limit yourself to the suggested letter of the day. **Use the comment option below** to send your own suggested ideas beginning with the letter of the day so that we might all get some new ideas, motivations and understandings of this wonderful world of Reiki. **And as always, extra points will be given for originality and awesomeness!**

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J - Reiki Alphabet Challenge

Duane Flowers · Wednesday, November 19th, 2008



Reiki Alphabet Challenge

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Today's letter is "J" and our focus is on **Joy**. Here's [Lynda](#) with the details...

At the end of the day the purpose of Reiki is to promote Joy. More joy in our lives as Reiki healers, more joy in the lives of those we heal, and in general more joy in the universe. I have been thinking about this a lot lately as the Reiki community has its share of internal strife and politics, such as anger over people publishing the Reiki symbols.

So for today I would like you to practice sending more

Joy through Reiki in every area of your life and the lives of those around you. Send Joy to your head and heart, Joy to your spirit and soul. Send Joy to your friends and family. Send Joy to the universe.

Think about how you respond to different forms of Reiki than what you practice and if there is any anger or disappointment there send Joy. Think about how you respond to other Reiki practitioners with whom you may be in competition and send more Joy into those relationships. Basically, wherever you feel any strife or resistance, send in the Joy!

I've heard enlightenment described as "an eternal state of Joy", in which case this post is an excellent introduction to that sense of enlightenment... thanks Lynda!! ☒

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I - Reiki Alphabet Challenge

Duane Flowers · Tuesday, November 18th, 2008



Reiki Alphabet Challenge

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Today's letter is "I" and our focus is on Intent. Intent basically refers to your intentions about exactly what you hope your Reiki will do. While you can't actually control the Reiki energy, as it has an Intelligence of its own, Intent can help to focus the Reiki energy and is especially beneficial for distance healing. The stronger your Intent and the greater the focus, the added energy of that Intent will add to the Reiki itself. This makes Intent unnecessary (**as Reiki does just fine on its own**) but a very powerful addition should you care to add it.

Your challenge for today's letter is to give or send Reiki healing to anyone or anything at or in any time or place, but this time create your Intent as vividly as possible. Spend about 5 minutes on the Intent alone, solidifying it so that your Intention is crystal clear. You can even spend a minute or two sending Reiki to that Intention itself, adding that extra empowerment to it before actually sending the Reiki onwards to its final destination. Keep in mind, **the stronger the Intent, the stronger the healing.** ☒

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H - Reiki Alphabet Challenge

Duane Flowers · Monday, November 17th, 2008



Reiki Alphabet Challenge

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Today's letter is "**H**" and our focus is on **Health** and here's **Lynda** with an obvious but vastly overlooked aspect of health to consider.

As Reiki healers who are steeped in the processes of natural non-invasive healing, we spend precious little time focusing simply on everyday health maintenance. This is partly due to the fact that most people come to us for Reiki to alleviate pain, emotional distress, or to ease symptoms of physical dis-ease and we become somewhat trapped in a very Western pattern of utilizing healing only when someone is already showing symptoms of dis-ease and energy disturbance.

This need not be the case! Reiki is a very powerful means of energy balancing and health maintenance, allowing us as practitioners to not only maintain our own well being very easily and with little time needed, but to also assist other in their own health.

So for today's challenge I would like you to work on a daily practice of Reiki for basic simple health maintenance. First scan yourself and others you are working with for any dis-ease and work on that. When the system is a bit more balanced just send the Reiki on through for as much time as you can (as little as 10 minutes can be helpful). Remember that you can heal certain situations in the past, so that if there is a present issue that is clearly caused by a past situation you may send Reiki there as well.

Just 10-20 minutes a day can set you on a path to more balance and energy, to more health, within yourself. No need to wait for a disturbance!

Thanks again, Lynda... great post!!! ☒

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G - Reiki Alphabet Challenge

Duane Flowers · Sunday, November 16th, 2008



Reiki Alphabet Challenge

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Today's letter is "**G**" and our focus is on Reiki **G**oals. I view goals like destinations on a map... if you don't know where you are going, how will you know which way to go and how will you know when you've arrived? If you know what your goals are, you can progress directly

towards them, reorient yourself if you get off track, ask for directions if you get lost, and chart your progress along the way. So it is vital to know where you are heading or what you'd like to accomplish as far as Reiki goes, so you can increase your chances of success.

Reiki goals vary from practitioner to practitioner and really depend on your own personal reasons for being involved with Reiki. If you want to practice more... make that one of your goals, if you want to teach more... make that a goal, if you want to meditate more, make that a goal. The secret to realizing your goals lies in making them as specific and vivid as possible. Describe them as clearly as you can and you will increase your chances of realizing them.

A Reiki Practice without goals soon becomes stagnant and dull and can easily dry up and wither away. So in order to keep your Reiki practice vibrant, alive and growing you need to be aware of your goals, and check on them from time to time to see how you're doing and see if they need changing.

And while you've got your **Reiki Goals** in mind, why don't you send some Reiki to them... the extra empowerment goes a long, long way. ☒

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F - Reiki Alphabet Challenge

Duane Flowers · Saturday, November 15th, 2008



Reiki Alphabet Challenge

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Today's letter is "F" and our focus is on **Family and Friends**.
Heeeeeere's Lynda... ☒

In our excitement about Reiki and our need to spread it around we often discount those closest to us. Or we feel that they might judge us, think us a bit crazy, or not feel the energy! Whatever internal blocks we may have, it is important that we Reiki those closest to us as often as we can.

There is an old saying that we can choose our friends but not our family. If you, like many, still have some issues in dealing with your family, Reiki is a perfect tool for starting to work on unraveling those issues. Start with sending Reiki to the relationships themselves, and then to the individuals specifically. You may find that tensions ease a bit and people become more open and approachable.

Whether your friends believe in Reiki or not, a friend in any sort of pain is someone who needs Reiki! You can either approach them about a treatment, or ask their higher selves for permission and send some Reiki over. If you are having an argument with a friend, Reiki the relationship and the argument should stop.

So don't just limit Reiki to paying clients or professional relationships! Use it in your personal friend and family relationships and they will only get better and easier with time.

And I have absolutely nothing at all to add to that... **thanks, Lynda!!!**

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below!!!



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E - Reiki Alphabet Challenge

Duane Flowers · Friday, November 14th, 2008




Reiki Alphabet Challenge

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Today's letter is "E" and our focus is on **Entrainment**.

Basically, the way Reiki energy works, is that it vibrates at a very high frequency and causes the things that it comes in contact with to vibrate at the same high frequency, thereby enabling them to break through energetic blocks that are interfering with the natural state of good health. The denser the block is, the more stubborn it appears, and the longer it takes for Reiki to break through.

The way entrainment works is simple. Imagine a room with two guitars. If you pluck the E String (top string) on one guitar, the E String on the unattended guitar on the other side of the room will start to vibrate. That is entrainment. This happens because atoms have a natural tendency towards more excited states, which basically means that they just love to dance.  Generally speaking, diseased energy vibrates more slowly than its healthy counterpart, which means it has a lower frequency, and so when Reiki's Ultra Higher Frequencies comes into contact with these slower (**diseased or blocked**) energies, the influence of the Reiki energy causes the slower atoms to vibrate at a higher frequency simply because they are entraining to

the Reiki energy. Simple, eh?

I have found that focusing on this entrainment process, it actually speeds it up. Your attention to it actually adds more energy to it, which has tremendous influence in and of itself. So, your **Reiki Alphabet Challenge** for today, is to perform any Reiki healing you like, either live or distance, on yourself or someone/something else, and as you do imagine you can sense the entrainment happening. Using whichever sensory modality is easiest for you (**auditory, visual or kinesthetic**) visualize this happening. Actually, visual people will be more inclined to visualizations, while auditory people would actually tend to hear the vibrations (**like in the guitar string example**) while kinesthetic people would most likely **feel** the buzz. Just follow whichever is most natural for you.

If you find this entrainment enhancing exercise to your liking, feel free to make it a part of your regular Reiki practice... it's certainly worked well for me! ☒

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D - Reiki Alphabet Challenge

Duane Flowers · Thursday, November 13th, 2008



Reiki Alphabet Challenge

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Today's letter is "**D**" and here's **Lynda** with a lens on **Death and Dying**:

Most of the time we think about healing to save lives, to assist people in living longer. But Reiki is about making people heal and feel better on all levels (physical, emotional, spiritual), which sometimes means assisting the dying process. How can life force energy assist dying?

In the grand scheme of things everything is life force energy and when we die the energy leaves the physical vessel of our bodies. We tend to hold on to that vessel, whether it is our own or that of someone we love and care about, so the dying process is not usually an easy one for anyone involved.

Reiki can assist those who are in the process of dying by helping to calm the emotions, ease physical pain, and promote sleep and relaxation. Reiki can assist those close to the dying person in the same way. A Reiki master can give attunements to the dying and their close friends and relatives to give them the tools to help themselves and one another, thus giving people more control over a process that seems completely dictated from outside of ourselves. Distance Reiki can also assist here.

So today I would like you to send Reiki to everyone you know of who is either dying or supporting someone who is dying. Send Reiki to your physician, to any surgeons, doctors, nurses, and caregivers you know. Think about volunteering at a hospital or hospice to help those close to death go through the process with greater ease and comfort. If you are dying send Reiki to yourself to ease your own departure.

This is not an easy subject to think about, write about, or work with. But death is a part of life, and Reiki can assist here as much or more than it can in any other situation. Peace.

Well done Lynda! You're right, this is not an easy subject to deal with, but it is certainly necessary to think about... before its too ~~late~~ late!

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C - Reiki Alphabet Challenge

Duane Flowers · Wednesday, November 12th, 2008



Reiki Alphabet Challenge

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Today's letter is "C" and our focus is on **Causes**. Oftentimes when Reiki Practitioners give Reiki to specific conditions or situations they treat only the condition or situation itself without the necessary attention to the **root causes** of that condition or situation. Applying Reiki directly to those root causes can not only heal the specific condition or situation itself, but by healing the cause, it is possible to prevent the problem from ever occurring again.

For example, if you are treating a headache, send healing Reiki energies to the cause of the headache as well as the headache itself.

According to health-cares.net **"Headaches have a wide variety of causes, ranging from eyestrain to inflammation of the sinus cavities to life-threatening conditions such as encephalitis, brain cancer, and cerebral aneurysms. When the headache occurs in conjunction with a head injury the cause is usually quite evident; however, many causes of headaches are more elusive. The most common type of headache is a tension headache. Some people experience headaches when they are hungry or dehydrated."**

If you don't know what the cause is, as is most likely the case, allow the intelligent nature of Reiki energy to find it for you. Set your intent to do so and then just sit back and let Reiki to do its thing. This is actually a very good practice to get into whenever you are doing Reiki healing, **always** treat the cause as well as the effect, and if you have a choice... in many cases you may actually want to go for the cause first.

So for today's challenge, heal something... anything you like... and **consider the cause** of whatever it is you are healing. It may not be obvious at first... but it's definitely there! ☒

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