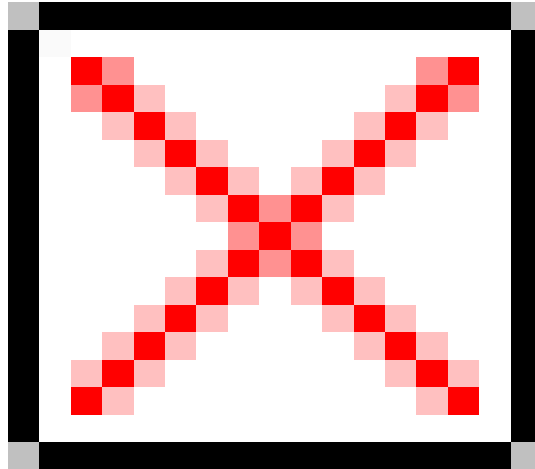


# Reiki - What It All Be Like

Home of the 30 Day Reiki Challenge!!!

## Reiki Reminders

Duane Flowers · Sunday, May 25th, 2008



This is just a short post with a couple ideas on how to make Reiki a bigger part of your life, and centers on tips for **remembering to do Reiki** through **Reiki Reminders**.

**Once you learn Reiki you need to actually use it to make the learning worthwhile**, and knowing when to do so can be a bit thwarting at first. So the first thing I would recommend is to place things around you that remind you of Reiki. These can range from posters, prints or any other works of art that you find appealing and that jogs your memory. Whenever you see these items, make that a reminder to **a) give Reiki to someone else, b) give Reiki to yourself, c) practice accessing and recognizing the subtle Reiki energies, or d) just connect and let it take its own course**. The more you do so, the more Reiki will become automatic and your unconscious mind will get the picture. Just bringing Reiki into your thoughts several times a day is more than many Reiki Practitioners achieve and will go far towards developing a strong Reiki practice.

Instead of placing artwork around your house or place of work, you can put simple post-its or stickers in easy to spot places. **You should try to at least have one in every room** you frequent so that there's always something to remind you to do some Reiki. Another method is

to get one of those watches that beep intermittently or somehow sound an **alarm**. Some mobile phones can be set to buzz or ring with a certain predetermined ringtone at various intervals throughout the day. Computers have free software that will do the same.

Tying a string around your finger may be a bit extreme, as would asking the hotel wake-up call service to ring you every 20 minutes as a reminder, but hey... whatever works!!! :lol:

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



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