

Reiki and Awakening to Divine Consciousness

BY DIANE ANDERSON

The email message from one of my Reiki students was simple: “Reiki has changed my life. Thank you, Teacher.” Reiki changes lives. It changed my life. As I reflect on my own experience, I have come to understand how Reiki has affected all areas of my life. My experience can best be described as awakening to Divine Consciousness. This has been an ongoing process that has manifested over time as an expanded awareness of vibrational energy, relationship, and oneness.

Vibrational Energy

All of creation exists as vibrational energy. What differentiates the many forms of energy is the variation in the vibratory rate. In simple terms, we recognize that the energy emanating from an oak tree is greatly different than the energy of a rose bush. My Reiki students, when introduced to the concept of energy, immediately sense the differences in energy between a turtle and a grizzly bear. This is so simple, but it isn't something most of us give thought and recognition to. Differentiating between the energy and strength of a great mountain versus the calm serenity of a grassy meadow brings our awareness of energy to a new level. Soon, we begin to feel the energy of the places we visit, and we know that these places hold the energy of the people who have lived there and the events that have transpired there.

We begin to understand that we feel comfortable in the presence of individuals whose vibrational energy is similar to our own. On the other hand, we may feel very uneasy when we encounter somebody whose energy is vastly different than ours. I can recall an experience when I was seated across the dinner table from a beautiful, vibrant woman who talked incessantly and whose energy was so intense, I literally felt as though I were being attacked. After we finished our meal, I knew I needed to stand up and move around the room a bit in order to take myself out of the path of the energetic shards that seemed to be coming toward me. She is a delightful individual, but her energy was too much for me. I took a moment to encircle myself with protection and allowed Reiki to flow from my being filling the room and surrounding all who were present. In no time at all, there was a noticeable shift in the collective energies of the group and we all began to experience a greater sense of peace and harmony. She

then offered to share some relaxing music with us, which had a calming effect on everyone in the room.

Occasionally we encounter individuals who seem to draw energy from those around them. Certainly this is not a conscious act on their part, but rather an imbalance in their energy field seeking to be healed. These people can easily deplete our energy unless we surround ourselves with Divine protection. We must also shield ourselves against taking on negative energies that may have harmful affects on our health. If we live each day with the intention that we dwell in the light of Reiki, we will not only be protected, but we will emanate the energy of love and healing in all we do.

Reiki, by its very nature, teaches us an awareness of the various types of energies around us and shows us how to use energy exchange to our advantage, creating peace and harmony. Sometimes, all that is necessary in the midst of a negative situation is to apply Reiki, resulting in a positive shift in energy, which in turn creates a harmonious balance. When this happens, healing can be experienced on many levels.

Relationship

Reiki, or Universal Life Force Energy, is what gives life to all living things. We share this energy with one another, with the animals, trees, with all of nature. When we live in right relationship with all things, we acknowledge our inter-relatedness and our interdependence. We recognize how everything we do affects everything else. A simple act of kindness shown to somebody can create a feeling of gratitude and joy within that person that manifests as an act of compassion or kindness to somebody else. And so it gets paid forward and grows until it touches the lives of many individuals.

Practicing the Reiki Ideals is a perfect example of living in right relationship. By letting go of worry and anger, by giving thanks every day for our many blessings, and by treating others with respect and kindness, we create a blueprint for well-being and inner peace. We attract that which we give out to the world, so we begin to experience the gift of grace in our own lives and success in all that we do.

As we grow into the light, expanding our awareness and opening our heart center, our desire to assist the healing of the earth

and all of humanity becomes paramount in our practice of Reiki. We find opportunities to share this gift with others and to live as a channel for healing energy through love and compassion. We also recognize that through our giving to others, we receive the gift of grace in our own lives. Blessings are returned to us ten-fold and all we need to do is to give thanks.

Oneness

We live in a dualistic world where we are accustomed to thinking in terms of “them” and “us.”

In a world with separate countries and separate governments, we put up fences to keep others out and distance ourselves from people who don’t look and talk as we do. We are detached from God who dwells somewhere “up there” and doesn’t really have anything to do with our daily lives. He watches from afar, sitting in judgment and waiting for the day we stand before him to determine if we are going to be allowed to enter the gates of heaven.

Many believe that this feeling of separation from our Source is responsible for the disharmony, imbalance and disease we experience in our lives. We forget that we are connected to the Universal Intelligence and that we also share this relationship with one another. Acknowledging the divine nature of our existence allows us to release fear and feelings of separation.

Reiki returns us to the awareness of our oneness with all things. It reconnects us with the Divine Source and removes mental and emotional blockages that prevent us from knowing who we really are. Returning to an awareness of our oneness with the Source of Universal Energy awakens within our being the Divine Consciousness that gives us life, supports our immune system, and enables us to experience healing on a cellular level.

Reiki reminds us that we are not making this journey alone, and when we attune ourselves to the harmonious energies of the universe, we create an opportunity to experience peace and harmony within. Reiki then awakens our desire to raise the consciousness of the planet and to help one another on our journey.

The Process of Awakening

Someone once said, “The greatest gift we can give the world is to raise the level of our own consciousness.” Each of us can impact the greater good of humanity when we have a sincere desire to raise our individual energy vibration and level of consciousness. Achieving a higher level of consciousness is not something that typically happens overnight. It is a process of awakening that takes place in stages and often requires intentional effort.

There are many simple, yet powerful, daily exercises that can help us expand our awareness. Starting each day with a positive attitude and intention sets the tone for the day. I like to begin my day with the following prayer: “May I receive all that I need, and may I be shown opportunities to give of myself in service to the

greater good of the earth and all living beings.” Then, as I go through my day, I am aware of opportunities for personal growth and occasions that allow me to be a conduit of grace for others. I look for signs that confirm that the universe is supporting me on my spiritual path. I see others with a new-found sense of oneness. I perform my work and daily activities with joy and gratitude.

I take time throughout my day to affirm my connectedness with all things. This is something that can be done anyplace, at any time, and it is a perfect way to release stress and create inner peace. My favorite affirmation is, “I am one with the Source of All Creation.” By acknowledging our divine nature, we release the negative energies associated with feelings of separation. It is at this moment of acknowledgment that we experience a higher state of consciousness allowing healing in body, mind and spirit.

One of the ways I live a Reiki-filled life is by imagining that I have a funnel over my head providing a continuous reserve of Universal Life Force Energy. When I encounter a difficult situation or somebody who is struggling in any way with the challenges of life, I can beam Reiki for their highest good. When I hear of a natural disaster or tragedy in the world, I send distant Reiki and offer a blessing to all involved. Giving the gift of a blessing is another way we can respond to the pain and suffering of others with compassion and love. We can also use the gift of a blessing to create a healing environment wherever we are. I bless each space I enter for the good of all who are present. I let love and compassion guide me in everything I do. We can set an example for others to follow, and we can make a difference in the lives of friends, coworkers and everyone we meet.

Spending time every day in silence and meditation is one of the most effective ways to raise our consciousness. It has been shown that meditation is a powerful tool for stress reduction and has a positive affect on our ability to handle life’s challenges. By going into the silence, we discover the true nature of our being. It is in this peaceful state that awakening to Divine Consciousness takes place. When we practice even a few minutes of meditation daily, we deepen our connection with the spiritual dimension of life.

Reiki teaches us to let go of ego and attachment to outcome. When we surrender to a higher power, we give up the suffering associated with our need to control people and situations. We then experience the freedom that comes from acceptance of “what is.” We find peace in the knowledge that there is an intelligent force at work in the universe, directing the course of our lives for our greatest good and in accordance with the Divine Plan. When we partner with the Divine in being co-creators of our lives, we gain personal power, raise our vibration, and achieve a higher level of consciousness.



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