

The Reiki Times

Volume 14, Autumn Issue

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Your Dreams

Prescription
Reiki

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Laws of
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Inside this Issue...

The Three Essential Laws of Energy Beings

By Michael Stephens

Our Awakening

By Elizabeth Villani

Inspiration From The Horses

By Angela Scala

Symbology and Feng Shui and Achieving Your Dreams

By Nancy Kimes

Prescription Reiki

By Sufani Garza

Know That You Are Loved

By Philena Bruce



Wishing everyone
Joy and peace and as always,
the highest of Reiki Blessings!



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The Three Essential Laws of Energy Beings

By Michael Stephens

You are an energy being, not a human being. You are born on earth to experience the most rewarding physical form in the universe – **the human body!**



But, it is also the most challenging physical form in the universe!

Earth's grossly physical nature proffers huge potential for energy beings to evolve but there's a catch! To do this, we must first transcend the potent physical attraction of this planet and realize our true energetic nature. Those of us who fail get sucked into the illusion that we are physical beings on a human journey not energy beings on a physical journey.

Have you ever wondered why history repeats itself? Most energy beings have become so attached to earthly experience and invested so much energy in physical ideas that we are totally oblivious to the fact that those same ideas endlessly perpetuate the very suffering from which we are trying to free ourselves. We found our families, our communities, indeed, the entire global economy on the value that attaining pleasure and avoiding pain is the 'intelligent way' to live life but the angst of constantly trying to avoid suffering is far greater than the courage to simply accept the suffering we have and be at peace with it.

Only then does suffering end.

Thus history will continue to repeat itself and human suffering will continue to grow until we learn to ditch the ideas that perpetuate the cycle of suffering and nurture the energy of living at peace with the present moment.

But how do we know which ideas perpetuate suffering and which alleviate it?

When you were born, you did not pop out of your mother's womb clutching "The Idiot's Guide to Life" but that doesn't mean there is no guide to answer this question. You're just not looking in the right place for it.

Life's laws are encrypted within the code of your emotions. If you attempt to decipher this code in the mind by intellectualizing it, you miss the message it is conveying. Emotions cannot be usefully intellectualized any more than thoughts can be practically felt. In your organs, your bones, your muscle etc., you have accumulated emotional energy that needs release. Life's experience - the events, the objects and the people within it – are the release mechanism; a series of triggers that stimulate the energetic seeds so that they grow, mature and die away.

If you do not allow this energy to die away but hold onto it, you are holding onto an illusion. Attaching to the triggers causes you to spend every moment of your day trying to create a perfect life so that the outside world can stimulate how you desire to feel inside. Think about how impossible that is. Six and a half billion other people are also attempting to do the same thing! The result is suffering for everyone as we all pull in different directions. Every time you ignore the message of your emotions and try to deal with the external situation, you miss the energetic message unfurling within you.



What's the message? It's not complex.

"Experience energy without judgment and let it go." That's it.

The human interpretation of life causes us to meddle with experience hoping to create genuine happiness through intelligence, information, choice and guile. But what is all this choice based upon? Emotional energy! To be more precise - desires and aversions. We covet the right job, the right spouse, the right car, the right status etc., endlessly repeating the same fruitless search for the perpetual high by grabbing on to what we want and pushing away what we don't want. Yet, despite all this effort, despite all the fear, despite all the worry, still we suffer, concluding that our suffering cannot be the result of misplaced effort but must be the result of something broken within us or outside of us that we should fix before we can feel good about life.

But there is nothing wrong with life. There is nothing broken. Any suffering you experience is not a symptom of something going wrong at all. It is the natural response of a mind, body and energy system that is coaxing you to evolve from the impossible task of trying to fix a broken world to accepting your own perfection exactly the way it is.

Look at it like this. When you drop a rock on your foot, you know that dropping another rock on your foot will cause the same suffering, right? You understand and expect gravity to work. And it does so consistently.

But, when you feel angry, frustrated, bitter, resentful, jealous etc., you probably do not recognize these feelings as just another law of energy that, unless you accept and live in accordance with it, will simply keep repeating your suffering until you stop dropping the rock. Reacting to your emotional state with your mind causes endless suffering. Events and people seem to happen 'to' you and you end up blaming circumstance or others for the way that you feel. This disempowers you from doing anything about it. You become a broken victim of energy. Not a perfect product of it.

In contrast, the energy being recognizes that emotions are a message that can only be read in observation, not reaction. The emotion itself is not a part of who you are. In observation you realize that emotions, situations, events and people simply arise and fall without effort. They are part of something transient and temporary and holding onto them causes suffering. Reiki practitioners recognize the great blockages caused by holding onto emotion as if it is 'me' and 'mine'. When you let go of emotion, you cleanse your energy being. When you hold on to them, you obscure it.



There are three essential differences between the human laws that promote our reactions and those of the energy being that generate the awareness of observation. While the first law of the human being is "Maintain pleasure, discard pain", this results in the endless fears that stalk our lives as we attempt to artificially retain that we desire and run scared from our aversions. In contrast, the energy being's first law is "This too shall pass. Let it go without judgment." Peace can only exist when you abstain from the impossible task of trying to create a world that is perfect for you and begin to live in a world that is already perfect and needs simply be observed as such.

The second human law proclaims: “I am separate from you. I must put me first”, while the energy being accepts: “I am everything and I am no one.” Living this law realizes the interconnection of all energy beings in human life but equally recognizes and accepts your incredible personal potential to contribute to everything that happens in the world. When you share responsibility for everything and everyone shame and blame falls away and in its places remains acceptance and conscientiousness.

The final human law is that “I choose my path and my choice determines my feelings”. But energy beings embrace the concept that “By remaining aware of my feelings, my choices will arise naturally from a place of greater consciousness.” Living this way, you transcend the idea that mind creates your life and embrace the power of living consciously and without effort. While humanity strives so hard to build happy lives from the stuff we find in shopping malls, redirecting our energies to build consciousness automatically translates into the wisdom that knows how to build genuine happiness from within.

Through human interpretation of energetic laws, all conflict and suffering grows. While the world is awash with the paraphernalia of human values that supports and perpetuates this painful status quo, the universe is equally drenched through with the potential to evolve beyond it.

Being one with the moment, taking your meditation seriously, practicing your reiki with a heart that understands the innate sharing of the practice, elevating your consciousness to sit and observe the changing nature of your own being, remaining aware and conscious throughout your day; these are all ways for the human being to live in the present moment where the energy being feels no fear for the future or regret for the past.

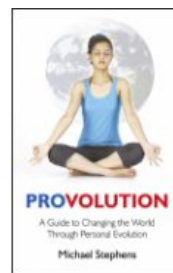
By living the laws of energy beings, the suffering of human beings is cured forever!

About the Author



Michael Stephens is a life coach, Reiki master and organizational consultant. He has worked with thousands of people in Asia, inspiring groups and individuals to generate practical life enhancement. Michael specializes in designing ground-breaking wellness programs and has worked with dozens of corporations, self-help groups and individuals seeking to generate sustainable, practical change. Visit

www.provolutionthebook.com. See www.iarpreiki.org to purchase this recommended book.



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Our Awakening

By Elizabeth Villani



At this stage in your soul's journey the world and all of us playing within this dimension have a task – to awaken. Many who have trained in reiki will have begun the process. Reiki provides a channel for healing but also a channel for the light of truth to be transmitted through the dimensions.

Reiki opens up the chakras to wholeness, it opens the earth's chakras to wholeness, and it is wholeness. For many, when they train in reiki, that channel opens up a pathway within themselves to makes changes in their lives – they begin their awakening. Reiki was a key that turned on spirit in my journey and my belief is that it can also be a key in yours.

So what is an awakening? Well many of us are asleep. We are spending our lives lost in our minds and unaware of our real consciousness. Negative thoughts and doubts, negative words and judgments cloud our hearts and shut out the voice of our souls. We homogenise our days and evenings with endless doing, wall to wall TV, reading, tweeting, internet browsing. Leisure time means shopping or busy, busy, busy activity... we never stop. Awakening the soul begins with providing space for it to come forward. Switching off the TV and letting things be for another day and so stepping into grace. Stepping into the flow of life, rather than resisting it. Fear provides the motivation to fight and do, do, do. Love provides the motivation to live in joy and give. Reiki can accelerate this process both in the practitioner and the receiver.

Reiki was a key in my own journey. As a coach and spiritual teacher I do not use reiki traditionally. I have no massage table/salon bed for clients to recline on, no healing centre, and no reiki treatments as such. Instead I use reiki for three things. I send it many times daily at a distance both to people and circumstances – they are after all both expressions of consciousness. I use it to lift energy in relationships and environments and finally I use it to channel.

I sense that it is this last use that may be of most interest to readers.

In December 2008 I lay on a massage table/spa bed in a salon for a stone massage and my life changed forever. I was shown the truth. The truth that we are all here to awaken to the very best of who we are. The truth that we incarnate to develop our souls and the souls of those around us in our lives. I was shown that my role is to be a midwife to the spirit and help those of us incarnated on the earth to awaken and then become the very best expression of our souls.

The masseur was Reiki II trained but had no idea that I was experiencing such an astonishing vision. Up until this point I had dabbled with channelling. I have for many years now selected a daily angel card and I occasionally do so for others. I was trained as a reiki master by a teacher who encouraged me to channel wisdom and love as part of my training. But it was not an activity that I used consciously – in an awakened state. One of the gifts that the vision gave me was a greater confidence, a sense to confidently surrender to spirit. I knew beyond any doubt that my soul was heard every time that it expressed. I knew that I had guides and spiritual support around me – just as we all do.

As I researched after the vision, everything that I was shown corresponded with the teachings of well known channelers. I read Eckhart Tolle and Neale Donald Walsh. The messages were exactly the same. There was no doubt in me.

And so I let the reiki flow into my crown, igniting my third eye and flowing through my hands onto the keyboard. As a spiritual being I sat awakened to source, one with source, and allowed the energy of source to use me as a vehicle for love in this world.



And so I have begun to use Reiki as a tool to awaken myself and others via channelling. When I sit down to write I draw the reiki symbols on my crown and third eye. I then converse with my guides directly and we write through the channel together, just as I am with you now.

So, you can use reiki to awaken yourself to the same channel and use it to awaken others right now. The following steps will increase your chances of connection with source, with God, with Angels, with guides, with other dimensions and support the worlds awakening.

Step One – Surrender. Stop controlling everything in your life and directly throw your life with love at source. When you are interacting with others let go and trust that the right words will come, the perfect circumstances will arise through you and around you for love to unfold as it should. Don't fret if nothing is happening according to any plan that you may have. Accept what is as the flow that is right for your life right now and act on any hunches. Let go and let god. Ask the universe what it wants you to do today, right now, this minute and trust and act on the answer.

Step Two - Ask. Ask to receive direction. In your heart tell source that you are ready to be a channel for peace. Know that you are being heard and start a conversation going with your guides and source with love, another way of putting this would be “pray”. When you practice reiki ask before every treatment or piece of writing or speaking.

Step Three - Don't push. Let go of the future. Listen to your own inner voice and the words and circumstances around you and get on with enjoying your life. Use the distance symbol to emanate reiki to everything around you. Know that all is unfolding perfectly. If you need guidance use an angel card or open any book at a page knowing that the words that jump out at you are there for you to know that you are on the right path, right now.

Step Four - Be happy. Work to follow your joy. Do what you want, not what you should. Positivity allows your soul to find expression. When you combine the powerful love in your soul with reiki you illuminate the world.



Step Five - Work on your issues. Forgive yourself and others. Set them and yourself free. If you need to see a therapist to uncoil your pains then do. Write down all of your grievances and resentments and hold the intention to let them go. Have an emotional fresh start and walk forward in your life. If you are a reiki practitioner help others to do the same by asking source to help and draw symbols and hold the intention for healing to take place.

Step Six - Love who you are. Be who you are. Know that who you are is good enough. Accept who you are and show yourself to the people around you. Feel the relief of taking off the mask that you simply no longer need. You do not need to change your actions or looks to look and sound like a healer. Just be one. Be you. You are then openly a beautiful expression of what is. Inspiring awakening in others and awe in yourself.

Step Seven - Be positively grateful. Choose to see the positive in everything. Only have positive thoughts about yourself and others. Open up the doorway to your soul through the channel by opening your crown and third eye to receive messages. Draw the symbols on them. But know that you are an instrument. Make the most of that instrument by choosing joy.

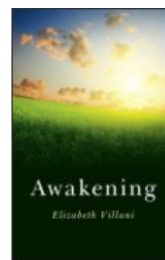
Step Eight - Work on boosting your intuition. Meditate. If this is not for you work to remain awake and bring some space into your life. Turn off the TV. Do less. Listen and be more. Train in Reiki to the level that feels right. Use Angel cards. Buy a crystal wand (I use a lovely one when I write and charge it each night). Talk to your guides and know that they are listening and communicating with you. Your impulses are grace moving through you – so act on them. Remain open.

Be excited because you have incarnated at a time on this earth that asks you to be great. Awaken to yourself and you will awaken the world. What then lies beyond is only the beginning of the power and total rapture that spirit can induce. You are the channel; let reiki connect you to your source.

About the Author



Elizabeth Villani is a coach, reiki master and spiritual teacher. In 2003 she woke up and jumped off the London treadmill. In December 2008 she lay on a massage table bed in a beauty salon for a massage and her life changed forever. As she lay there she was shown the truth, in a mystical experience that concluded in her writing “Awakening”. See her website for details of her events and workshops along with further details of “Awakening”. www.elizabethvillani.net. Also see www.iarpreiki.org to purchase this recommended book.



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Inspiration From The Horses

By Angela Scala



Moving forward
set your intention
implement your plan
know when to wait
it may be time for reflection

Moving forward
plow the way
make your path
take the turns
you may have no say

Moving forward
watch how you grow
know when to say no

Moving forward
be honest with yourself
allow change to flow
they may think you are strange
but you really know

Moving forward
work towards your potential
realize there may be a block
stay open to possibilities
and do not watch the clock

Moving forward
be aware

keep your eyes open
relax and listen.

Moving forward
practice acceptance
and step into each moment.



About the Author

Angela Scala is a Certified BodyTalk Practitioner, Reiki Practitioner, and Buddho/Enersense Master Practitioner. Visit her web site www.angelareiki.com - Revolutionary healing for body, mind and heart.

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Symbology and Feng Shui in Achieving Your Dreams

By Nancy Kimes



TRAVEL

What symbols come to mind when you think of Travel? Where do you feel it most... in your thoughts, heart or soul? These are the places and feelings to explore especially when you have a burning desire to bring your dreams of travel into manifestation. If you can think it, feel it, see it... you can have it! It is like the decadent taste of your favorite dessert. When you think about the

favorite things you like to eat, or do, it doesn't take much effort to daydream about it. This can be a rewarding experience, as long you don't just stay in the daydream.

Symbology works in conjunction with Feng Shui to bring the whole picture into focus. Each part... thoughts, heart, vision or soul will bring abstracts into clarity and purposeful living. Some people may say you live in a fantasy world or you have always been a daydreamer until it manifests in your life! If you think this happens only for a select few... it is true because you believe it is. If you want to test the waters in relation to achieving your dreams through symbology and Feng Shui you will find satisfaction in the results. When I decided to follow the principles of Feng Shui, not only did I fulfill my dreams, but also many other opportunities showed up to expand my vision and purpose which broadened other possibilities linking me to my life mission.

Your dream may seem a little selfish at first but as it expands you will learn and see how it can be used to help others. Until I fulfilled my dream, which is still ongoing, I didn't know that I was going to write a book about it. Even though my desire was to create travel opportunities, an even bigger picture was revealed. It was no longer just about my dream or purpose. When your dream expands and grows you know that you are on the right track. And when you feel insufficient in something connected to your dream, the opportunity arises to

meet the requirements you feel limited in to feel worthy in your pursuits. You are worthy to have your dream. It is simply positioning yourself with your known strengths to access the awareness, confidence and courage for further growth and recognition. When you feel confident in the actions you take you will know that sense of fulfillment and stability. Practice knowing the reality of your dreams. When you know they are a reality they stop being a fantasy.

SPIRITUAL JOURNEYS

There are many journeys you can take in life. Career, relationships, partnerships, and fame to name a few. One important journey is to find your true self and what you associate with bringing peace, harmony, and happiness into your life. The ego will find all kinds of things artificial. However, the true self will bring substance, lead you to salvation, productivity, blessings, and healing while molding or uncovering your life journeys.

One of the greatest ways to grow to reach new levels that even you can identify is, by taking a spiritual journey that will stretch your beliefs, bring new insights, and discover experiences that propel you past your own limitations... healing conditions, and enveloping awareness that folds into the fabric of your Being. Such a journey is pursued by going within to the depth and core... the deepest part of you that awakens to healing and transformation by your willingness to surrender your analytical mind while embracing your higher self.

HEALTH

Health encompasses all the areas of your life including living in denial. Denial to face the truth or rejecting all that is for your highest good is a component of fear, unworthiness, depression or other health issue that you have accepted or lived with for a long period of time. It is time to live, rejuvenate yourself, be happy. Adjust your thinking to ideas of recovery, zestful living, and divine guidance. You may discover some fun and fulfilling ways that aid in your healing like finding the practitioner, doctor, counselor or formula that provides the balance you have been looking for.

Feng Shui engages in much more than moving furniture. The energy of Feng Shui moves in such a way that it can heal the framework of your life and bring to light an awareness of how to rid yourself of unhealthy patterns that you have needed to be disengage from.

What symbols could you surround yourself with to improve your health? How about removing yourself from toxic people and situation? Or, mentally surround yourself with nature, beauty, fresh air, and clear out sections of your mind that have held onto judgment, anger and resentment. They have been the poison of choice for many who have lost the belief in

themselves and abilities. Take the plunge. Dive in. Break through the ice. Climb that wall or mountain... Cross that bridge. Perhaps you would like to change your style and wear colorful



clothing to show that you have pulled yourself out of the den of despair. Wherever your mind takes you bring it to the light. Shadows appear in your life to see if you really know where you are going or who you are. A shadow may seem to disappear for a while but whether it is in broad sunlight or moonlight, your reflection is still there. What do you see in your reflection? Look in the mirror. Look at your

shadow. Look at your aura if you can. The color or colors of your aura are very telling. Your thoughts and dis-ease reflect in your aura and become visible to others as well.

Let's imagine that a wheel is an 8-sided bagua (octagon shape). Health is the axis... a wheel within a wheel. It is the center, the core of wellbeing. For your own peace of mind, and good intentions, it is important to pay attention to what your body and your emotions are telling you. Examine your thoughts for a moment. Are they fear driven, or are they centered and reassuring? Become centered through breathing techniques and meditation as well as being aware of what you say and how you say it, and this will begin the process of activating your body with healing light. It will instill a sense of love, balance and peace. You will then know that you have the support of the universe in all of your endeavors.

Working with the energy of Feng Shui is not practicing a religion therefore it is not worship. You are directing chi in a positive way through the power of your intention. This takes us to another step forward to area of the bagua that covers "skill/knowledge".

WISDOM AND KNOWLEDGE

You need knowledge to enforce new skills, or perfect and master current skills that you have been working with. When you learn how to use these talents in multiple ways you can generate more business and clients to you. The best way to make use of your talents and access what you need to know is to follow through with wisdom. Wise choices and decisions save you energy, time, money and brings peace of mind to your everyday life. You are happier in your field (career) and endeavors (interests).

When something feels out of place or not quite right, you can give more attention and focus on this situation and come to a quicker solution. When your life or understanding of it is not

properly perceived, it feels chaotic; your priorities are not in the order they need to be to obtain the structure or balance you need. Knowledge alone does not guarantee your success. When you harness knowledge through wisdom you establish a solid foundation where harmony can reside. It is time to recognize the skills you have. Perfect them in ways that serve you and inspires others.

MORE ON SYMBOLOGY...

Symbology takes on many forms. The key here is to pay attention especially when you ask them to show up as it will give you a sign, confirmation or direction. Symbols are all around us. You need to open yourself up to all possibilities when using symbolism and not have tunnel vision. And also release your desires or requests for the highest good of all concerned so you can be assured of the best results. Sometimes it is best not to move forward until there is evidence that you are going in the right direction. While other times it takes some action on your part before the symbols appear or they become clearer. One thing that might help you recognize a sign or symbol is feeling a pull in one direction or another. This could be a sign. A big one. And sometimes you won't act on those feelings because of fear. These signs can be subtle, the most obvious or, the most denied. When you ask for confirmation about your direction or guidance and you haven't received any information, think about what you have been attracting or rejecting. Spirit will feed you more information if you follow through with your intention. If the information is ignored guess what... no more information is needed because you haven't done your part (taken action) on what you have already been given.

We use symbology in Feng Shui to empower or strengthen our intention. It is sent out into the universe and heads for the goal line. Objects in this case are used that have meaning and are connected to the area that you want to develop or heal. So, when thinking of symbolism think about the many ways the universe communicates with you. All things are possible to you. No matter how



crazy, wild or unusual, if a thought enters that inspires you with an idea, and that idea keeps visiting you, look at it as an invitation to excel, explore, or manifest.

Feng Shui will give you infinite way to harness, develop, and create whatever you desire.

About the Author

Nancy has practiced the 'Tibetan Black Hat Sect' Feng Shui for 8 years and has manifested an abundance of travel as well as authored a book, "Feng Shui Journeys". Visit her web site at www.FengShuiJourneys.com for more details and workshop information that includes detailed material to create your dreams of travel and much more. See calendar of events for a workshop near you. If you would like to know more about the philosophy of Feng Shui or learn more on how you can manifest your heart's desire, contact Nancy at reiki4u@solinavisions.com

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Prescription Reiki

My Memoir of Spiritual Medicine in a Hospital Setting

By Sufani Garza

The morning of my first appointment I was a little nervous. Ten years as a Reiki Master Teacher and practitioner and I was still a bit nervous. I was in unmarked territory. I knew



when I got the call that I had been moved into a new level of learning with Reiki and I was excited to learn what was coming next. One of my students called me and said she had gotten a call to help a young girl in the hospital from someone she knew. The young girl was in a semi-coma. We will call her Jenny. My first thought was, "Why aren't you doing it?" But just as I thought that out of my own fear reaction to the daunting endeavor, I knew why. If I, being a 10+ year veteran, was nervous, how nervous would someone new to the work be? I could understand. Sooner than I had thought it

through, she explained she was not ready to do it but felt that I was the one who was meant to see the client.

She put me in touch with the woman who asked her to do Reiki; a massage therapist that knew the family and had come in to help, but knew she could not offer her what she really needed. I was interviewed by her over the phone although I never looked at it that way, but could tell she did. Reiki is about surrender and trusting the universe. I knew that I would give her my ideas of how I could do my best to help Jenny however the people I needed to speak with were the parents. It was up to them and no one else. I told her that if she decided to pass my name to the parents I would happy to help, and I left it at that. I received an email from the mother a day later. We had two emails and the appointment was scheduled.

Jenny was in a sub-acute children's hospital from an accident and was in a semi-coma. I knew nothing else about the girl besides her name, accident and that her parents wanted to help her anyway they could. I spent the first two emails listening to the mother and what her

needs were for her daughter. I did not ask her age. It just never dawned on me to ask in light of all the other conversation we had. I realized that when I pulled into the hospital parking lot I was not prepared for how the setting would trigger emotion in me. I knew it would be hard working on someone who had had their ability to live their life taken away, but I don't think anyone can ever really be ready to see what they are going to see. Let me share the setting.

The building was blue and childlike with drawings of butterflies around a sign that read Sub-Acute Children's Hospital. It was uplifting and playful like crayon drawings kids like to see. There were stick figure drawings of children playing, painted on the sides of walls with smiley faces and teddy bears with balloon stickers on windows. The words alone, 'children's hospital' seemed an oxymoron to me; it felt so wrong for a child to be in that place. I wasn't ready for the tears that welled up in my throat and eyes and how instantly I wanted to sob. I didn't even know how old she was. What if she was a baby or adolescent? How would I feel walking in and seeing that? I imagined myself in that setting next to the girl and began telling myself I needed to pull myself together.



It is ok to feel. But at that moment I needed to be in control of my emotions so I could help the young girl. I sat for a moment in the car and a little brown bird flew and landed onto my car windshield. It stared at me chirping and talking to me. He was telling me to get on with it and do what I was there to do. I took a deep breath, gained my composure and got out of the car and walked into the building.

The first meeting with the father was awkward and painfully honest. I say awkward only because it is two strangers coming together and one divulging their private matters of pain so personal it is hard to listen to; all without even knowing the person and within the first few seconds of meeting. There were tears behind his words. I had created a form for the parent(s) to fill out. One was a questionnaire asking basic questions about the nature of the injury, the diagnosis, when the injury occurred, if they were open to other modalities other than Reiki, the parents names, the client name, age and contact numbers and address. The second page was the consent form. I brought it on a clip board thinking ahead of time that they would be sitting in a hospital chair filling it out.

The questionnaire was brief but important because it gave me a chance to ask the questions I felt I needed to know in order to understand the condition and feel the pulse of where the parents were at and what they wanted for their daughter. It allowed me to see how open the

parents were to spiritual medicine and also was an insight into the current opinion of the doctors. It helps to know the mood of the hospital and how they view the patient. It became clear to me that this work was not just working on the patient but offering support and comfort to the parents. Staff, in some cases, may appear stoic to the relatives of a loved one in some hospitals because they see these injuries every day. But to the parents, it is their loved one. The philosophy of a hospital is very important to the recovery of a patient. I learned that by seeing two polar opposite hospital philosophies. The first of three hospitals I worked at with her was a learning experience and the next two were beautiful supportive experiences.

Once my preliminary consultation was done with the parents I turned all my attention to the



girl. I knew intuitively how important it was to speak to her directly. She was there in the room; I could feel it and I thought to myself 'how I would want to be treated?' I would not want anyone talking about me; I would want others talking to me. To most people she would have appeared to be sedate and unresponsive, but the responses were there, however subtle. Many people could overlook that in

a client like this, and I felt relieved for her that I was there because I cared to notice what so many others attending to her in that hospital did not.

I had no preconceived ideas of how our Reiki experience would be. I just had intent to heal and surrendered to whatever Reiki wanted to teach me through this experience.

Communication with Jenny was a new exchange. She could not tell me after what she felt and inner journeys she may have taken. She couldn't tell me anything. Prior to this experience I had no idea of what a semi-coma was. The reality was, she could hear, open her eyes sometimes to see me on command and other times not. To most onlookers she was unable to communicate. Since Reiki is an energy touch therapy, I knew different.

At first I just did the session. I needed to get a baseline feel for her energy. I also had to get used to the incredible noisiness of the hospital and constant interruptions by the staff. I felt a bit nervous in that setting at first. It became obvious from the beginning which staff members were supportive of Reiki and which were not. Hospital communication is full of subtleties that are picked up only by paying attention to detail. Things happen so fast there and many experiences are unstated communications. It makes sense that the unspoken communication is heightened in a hospital because just like a mother communicates with an infant who cannot speak, in a hospital, you are dealing with energy, slight facial/body expression many times, more than words in critical acute settings. My whole body became a

receiving station for Jenny's energy and that meant I must also not become a black hole for all the other energy in the hospital that was both positive and negative. My ability to feel became sensitive and heightened above average.

There were many interruptions during the work that seemed could wait. I could see her take deeper breaths when her eyes were open when she saw a nurse come in. I could feel her energy shift into worry that she would be poked or prodded again for something else they needed from her. Because of that slight reaction that to others may not have seemed like a reaction at all, I decided that I would be her advocate and ask the parents to protect our time together by making sure that the hospital staff gave us the hour.

During my four months with Jenny once a week at the children's sub-acute hospital, my body began to pick up things from her, rattling in her lungs that were the beginnings of pneumonia, dark spots in her stomach that turned out to be a stomach infection, slight movements of her legs and certain muscles that were not moving before. My fingers had eyes. I learned that she needed to hear me speak to her. I took it upon myself to ask her to help me.



Her arms were contracted most times - difficult to move. I would hold her hand with my hand, and touch the crease of her arm at the inside elbow with the other, and ask her to loosen her bicep muscle and I held her hand with my eyes closed giving her energy. I could feel her efforts energetically and she would release the muscle and our hands connected would move into an uncontracted position. I knew she heard me and it was amazing. Over and over again at every visit she would respond to my command by releasing her muscle.

I found that she looked forward to our visits although she never once said my name when I walked in the room and even though she did not always have her eyes open to receive me. I felt it in her touch when she would squeeze my hand or struggle to open her fingers to hold my hand. I felt it in the way her energy shifted if someone else came in the room she did not want there; I felt it in her breathing pattern and saw it in her heart monitor when she was relaxed and when I touched an area of need. We hope for healing or improvement and we know now because of science that Reiki does stimulate a physiological response. I know I helped Jenny and I continued to hope for Jenny, and in my visions I saw her sitting up awake

from her coma when I walked in – hoping that someday all this work would somehow allow her to wake up.

During many sessions I saw totem animals that came bringing a message for her, I saw colors, felt meridian lines stimulate and would find that they were accurate of emotions before a surgery, a feeling she was trying to get across to her parents-it was all there in her energy - confirming silently what the universe was communicating, all through the connection of our energy. You know it the same way you know what a baby is telling you - no one questions that.

The sessions in the hospital with a coma patient increased my listening with not only my ears, but with my whole body, my fingers that grew eyes, a pulse, my eyes that read energy and messages in hers. What developed from these hospital visits was an uncanny new gift of reading energy more intensely, and I found that my confirmations came through the parents whom I gave the information to after every visit. Repeatedly I would be told the matching information to a dark spot I got or, a totem animal that would appear and the message was something both the parents and Jenny needed to hear, or was related to her current fight to stay healthy. This communication has continued on with other clients in my private practice.

When working in a hospital with a patient, it is very rewarding. There is a learning curve that



you must endure and there are differing hospital cultures that you will witness. In my journey with Jenny I followed her to three different hospitals. The first hospital unfortunately treated coma patients like cattle and had already written them off. I could see in the faces of the nurses which ones believed there was hope, and those who had become cold to the realities

of a coma patient and were stoic. There was one in particular that gave me dirty looks every time I said hello to her, never responding in kind. There was another in that same hospital that was like sunshine always talking to Jenny while changing her before my visit. She would poke her head out to greet me and excitedly tell me she would hurry to get her ready. She was a beacon of light to her patients. Blessings to her and for her beautiful work.

The two hospitals after were the most stellar of hospitals. It is amazing how the experience can change so drastically from one hospital to the next. Jenny was moved to Kaiser Permanente California. There I witnessed total respect for healing for Jenny. During my first visit to the new hospital a nurse came in and asked me if I wanted coffee; I couldn't believe it! I witnessed a nurse changing her feeding tube and talking to her through each step before

she did it so that Jenny would not feel like she had no say in what was happening to her body. It touched my heart to see that the staff saw her as human being. They gave us privacy at every visit and they were not judgmental, although some did not know what I was doing. They were always respectful. When she was moved again I was happy to see that the same hospital in another city was the same way. It was a culture. It was important to Jenny's healing.



There were things to adjust to in the hospital. All the people coming and going and the noise outside the door, people who support you and those who loathe you, the bed and unmoving client you have to adjust your body mechanics, the timing, the music you must bring to create the environment, the advocacy you may have to take for the client in a hospital setting, and the fearlessness you may have to rise to in order to do what is right for the patient. Fear is a body reaction and will prevent you from expressing your healing energy if you are intimidated by doctors, staff or hospitals because you have never practiced Reiki before in that setting, or with specific illness or condition.

You must know that for the first four months I cried often when I drove home, sad for her condition and grateful for the fact that my family was healthy and fine. After ten years of working and teaching Reiki, the work took me to yet another level of understanding. The nuances it taught me in the hospital and how to continue to trust in myself even in a new setting with others who sometimes were less than supportive was a confirming solidification of all I have learned.

I felt and continue to feel honored that I was chosen to go into those hospitals and offer myself as a healing channel to Jenny. I felt honored that she let me into her silence and even amongst all the noise, I could meet her there and drown out the busy world and join her. We shared six months together, seeing each other every week. After several surgeries she moved too far away for me to travel, and that was the universe's way of letting Jenny start her next journey of healing. She moved on to have acupuncture and at this point in her healing is now beginning to smile at people and say a few words.

There is a fine line not to cross with this work that is difficult to find, yet important. The family lets you into their world of heartache and pain. You are there for the patient but also the family who are on their own journey with the illness or condition. You must comfort all with

compassion always remembering who you are there for. If you pull yourself in too many directions you will have nothing left to give. It is a hazard of the job you must be mindful of. You also have to know when to let go and not feel sad or even betrayed if the family decides to move onto another form of healing. When you become so close to the family and their world, sometimes your feelings can be hurt. I have found that the parents are aware of this and are careful to be sensitive to you. I have also found that the gratitude in those who seek out this work is tremendous. Patients in hospital care are grateful to receive the work. If you are interested in working in hospitals you can start out in perhaps smaller hospitals or nursing homes, children's hospitals, etc. Ask to see the patients or residents who receive little to no visitation - they need touch the most. There are so many ways to get involved in this work- you must simply tap into the well within you that is fearless and pick up the phone to talk to someone. Perhaps you will chosen?

Despite all the ups and downs this experience caused, there were definitely more ups than downs; there were more learning curves than just in the hospital. What I learned I input into everything my life is about and it increased my sense of gratitude even more than I thought possible. People I knew were asking about her and rooting for her, offering to send her



energy with me through distance. It was beautiful. It made the parents cry when I told them my whole family of Reiki Masters (Mom, Dad, and two sisters) were asking to send energy in with me when I would go to visit. What it brought out in others for me to witness was so touching I cannot do it justice in words. I saw humanity, something we don't always get to see up close in a busy world that is not

always paying attention to the care of others.

My hope is that out of all the prescriptions that doctors write in hospitals for this and that, that someday hospitals are open to all forms of healing and will someday write on their white R_x note pads, "Prescription: Reiki."

This story also will appear in the copywritten unpublished, 'True Stories of an Urban Shaman~ A Memoir of Spiritual Medicine' by Sufani Garza

About the Author

Sufani Garza is a Registered Healer (RH) through International Natural Healers Association (INHA) and a member of the International Association of Reiki Professionals (IARP). She has over 10 years of experience in the healing industry, is a Reiki Master Teacher (RMT), a Seichim Master Teacher (SMT), a Master Shaman Teacher of Deep Release Point Therapy™, a Shaman of Ama Deus-from the Guarani Tribe of Central Brazil, a Meditation Teacher, a State Certified Massage Therapist (SCMT) and Certified Holistic Educator (CHE), a graduate from National Holistic Institute, and is the owner of Place of Bliss Academy, an Accredited Holistic Institute for Higher Learning, offering online courses. Sufani teaches locally at spas, fitness studios, privately and has taught hundreds of student's nationally over the years. Sufani runs a private practice as a Holistic Practitioner in Northern California, and lives with her husband and three children. **Contact Information:** www.PlaceofBlissAcademy.com
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Know that You are Loved

By Philena Bruce

Many years ago I thought the world hated me. It was just uncanny how badly complete strangers would treat me. Then as I taught myself to feel loved, my world changed beyond recognition.



With practice I discovered that when I felt loved, life worked, my needs were met. When things were not going so well, it was always because I had not felt loved for a while.

I discovered that my world is a reflection of me. My energy field defines the world I experience, my emotions define my energy field and how I perceive defines my emotions. The only thing I have control over is how I perceive. Thus I taught myself to imagine that I was loved by the Universe.

This changed my life.

At the apex of my change in direction all sorts of positive things connected to abundance were happening all at once. Bus drivers in London let me on without a ticket. Black Cab drivers in London would either refuse to take any money saying that they were going along that street anyway or they would look at the meter and say, “just give me a fiver,” about half the fare. One London restaurant was feeding me free, another just asked for half the bill. This second restaurant gave my friends a 10% discount even when they turned up without me. I owed £2000 to a shop in Oxford Circus who told me to pay them when I could. When I took an American friend of mine into my bank to cash Travellers Cheques, the bank refused to charge commission as she was a friend of mine. Life was just a stream of people wanting to give me things for free, particularly when I needed them.

This state of feeling loved and having my needs met more or less on demand did not last forever. When I noticed that life was not working, I then realised that I had not “felt loved” for a while. So I again began a daily or thrice daily practice of “feeling loved”. Having mastered the initial stages of this, I found keeping up the feeling only required the minimum of time. A few times a day I would say to myself, “Remember you are loved” or “I know that I am loved.”

At the same time I would try to reproduce the feeling. I found this particularly helpful while travelling. When I feel loved, people turn up at the exact moment I need them, whether it is to help me lift a bag, or to help me get where I am going.

How to Feel Loved by the Universe

Imagine or pretend that the trees love you, the ones you can see from your home or office or the ones you walk past in the street. Imagine the paving stones love you, the sky, clouds, houses, actually anything that you can see around you which is not human. This is because humans may give conditional love and you are needing to feel unconditional love. You can either spend half an hour a day “feeling loved”, or you can do it on the move. Sometimes I would go on special “loving walks”, when time was not an issue, and when there was nothing particular I had to do. As I walked around I would look at things: trees, buildings, paving stones etc and imagine that they loved me.



In the beginning I started with London Underground platforms. I would stand there waiting for a train, imagining the platform loving me. From platforms I progressed to paving stones and trees.

Before I learnt to remember that I am loved, my life was lonely and scary, as it seemed to me that no one cared if I lived or died. I remember family gatherings when 20 or so people would cram into a few cars and drive for miles to a wedding or some other type of party. I would drive alone as no one wanted to go with me, or else a relative would come so as not to feel guilty about my being alone. Nobody wanted to go shopping, see a show or go on holiday with me. Life was hell. My family blamed me for bringing unhappiness into my own life. In retrospect, I realize that they were right, I was responsible. I lived a lonely life. I was afraid of people and all sorts of situations. At 29, my misery reached its peak so I left my job and travelled around India for two years.

In South India I met Father Bede Griffiths of Shantivanam Ashram in Tamil Nadu. From him I received as much unconditional love that a human being is capable of giving. This started me on my path of love, though I didn't know it at the time. Father Bede told me that God loved me, or I wouldn't be alive. I didn't believe him. Many years later I decided to believe that God loved me and to teach myself to feel that love, and when I did, I changed my life forever.

My own healing path has been a thirty-year-long adventure filled with trial and error. I offer to

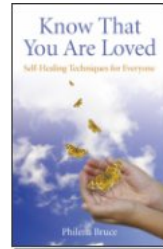
share many tried and tested ways to change your life to live in a more fulfilled way. These are methods which anyone can apply with a little perseverance and the desire to live a happier more successful life. But if I were to teach one thing only, it would be the fundamental truth that **you are unconditionally loved.**

Remember you are loved. Remember you are loved. Remember you are loved. This statement alone, when accepted by your unconscious mind as well as your conscious mind, can change your life for the better, forever.

Remember you are loved; break out of your chrysalis and become the wonderful butterfly you truly are.

About the Author

Philena Bruce (B.A. Econ. & P.G.C.E. Maths) is a world-renowned healer with thirty years experience who has developed a tool-kit for self-healing. Philena not only transformed her own life, but helped change the lives of thousands of her clients, some of which she describes in her book. See www.philena.co.uk or www.knowthatyouareloved.com. See www.iarpreiki.org to purchase this recommended book.



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