

Using the Reiki Distant Symbol for Peaceful Sleep

BY MONICA AUGUSTINE



Illustration by Gaia Orion

I LOVE THE REIKI DISTANT symbol for so many reasons. It can send love and healing to our loved ones wherever they are, it can bring information to help with clarity

and insight for a client, and it can be a bridge for other Holy Fire® Reiki symbols. One way I use the Distant symbol every day is in a simple practice just before going to sleep.

I was inspired to use this symbol with the Holy Fire® symbol before sleep to send any energies that need to release and heal up to the Third Heaven, and to create a cocoon of rest, healing, and rejuvenation while I sleep. As I lie in bed, I bring my hands together in the Gassho position as a gesture of gratitude for the events of the day and the gift of Holy Fire® Reiki. I then use the Distant symbol to bring forth a specific issue or situation that showed up during the day and with which I need help or clarity. Finally, I turn my palms up toward heaven as I imagine sending this situation to the third heaven. It only takes a few minutes until I feel a shift in energy and peacefulness that helps me to move into sleep. It's a great way to let go of the day and welcome rest and rejuvenation.

I have been doing this now for about six months, and I have noticed a subtle, gentle clarity in the areas in which I ask for support, and in other areas that I wasn't even aware I needed clarity.

Feeling Guilty for Being Happy

One subconscious habit and inner block I used this practice to resolve is my tendency to throw a wrench into things when I am feeling good about myself and about what's happening in my life. I noticed that when I started to feel good, I would be drawn to watch or read something that made me feel vulnerable, self-critical, or afraid.

As I noticed this and sent the situation up for guidance, I began to see how I felt guilty for being happy and doing well. So, each night that week, I sent this subconscious habit up for healing so I could release that feeling of guilt and welcome joy without reservation. On the last night of that week, I dreamed I was in this colorful, loud, sturdy monster truck, accompanied by a huge, gentle, and kind man. The monster truck was driving over and over a vast area of grass until it grooved a new path. I heard the messages: "We are creating this new pathway that says *Yes to Joy*," and "Joy is positive and nothing to feel guilty about!"

Then the dream shifted scenes. There was an enormous, tall, Hawaiian Sumo wrestler who sat next to me at a restaurant. He didn't speak, but I knew him as one of my spirit guides who appeared when I began Reiki five years ago. I call him "Big Man." When I need help or there is something urgent for me to know, or there's a delicate situation, his energy becomes present standing over and behind me. In the dream, we were sitting at a table, yet everything about

the table was uncomfortable. It was way too high, and I could barely see over it. It seemed as if I was a tiny doll in a full-sized house. The seat was also very uncomfortable, and the food wasn't what I ordered.

Big Man said telepathically, "All you have to do is choose joy. It's not mean to ask for what you want or to get what you ordered and paid for. There is nothing to feel badly about. It's simply up to you to choose joy. I can support you, but you are the one who needs to choose joy."

So, in my heart I became aware of the energy of fear and unworthiness. I closed my eyes and chose joy. I said, "I accept joy. Thank you."

At that moment, the table lowered to a comfortable height, the chair rose to get a little bigger, and the waitress came over and asked if everything was all right. I let her know that the food wasn't what I ordered, and she made things right.

That same week, I received confirmation of the dream's message when a friend and colleague, Deb Goldberg, texted me to "choose joy," when I told her I felt tied-up in being hard on myself that day. This validation remind-

ed me that choosing joy is a practice to be mindful of throughout my life.

These types of dreams don't happen every time I use the Distant symbol before bed (or else I don't remember them), but I experience a subtle shift in my energy as clarity and insight change how I think and feel. As I am consistent with this three-minute practice before bed, I notice that I sleep much better, and I feel more refreshed the next day. I encourage you to experiment with using this practice to recognize and release inner blocks and welcome the experience of peaceful sleep. ✨

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Monica Augustine is an Usui/Holy Fire® III Karuna Reiki® Master and Teacher, and an Intuitive Reader and Life Coach. If you'd like to learn more about

how to train and strengthen your intuition and how to use it with your Reiki clients, or if you'd like a personal session on the phone or in-person, you can visit Monica's website: <http://www.energia-transformyourlife.com>.