



# Embodying Reiki

BY MONICA AUGUSTINE

**O**VER THE LAST seven years, Reiki has become a lifestyle and spiritual practice for me. As I have nurtured and cultivated my relationship with Reiki, our relationship has evolved and deepened. My first experience was through Reiki sessions given by others. Then, after a few years, I became attuned to Reiki and had several very impactful spirit release experiences. These inspired me to go further and take all levels of Holy Fire® Reiki.

I see that to attune to Reiki, God, Love, Light has nothing to do with controlling, asking, requiring, needing. It is about the gift of attuning to this energy, seeing through the eyes of Reiki, and feeling through the heart of Reiki. Reiki allows us to experience the interconnectedness of all beings and gracefully enables us to be at peace with the highest good in all circumstances and situations. This beautiful energy always moves in a way that is in the highest good for each and all of us—our clients, ourselves, our loved ones, and all beings.

ing. We are Divine Love and Light, expressing itself as us.

Besides this ongoing recognition, here are specific ways I practice embodying Reiki. First, whenever I notice I am thinking of something I want for a client, such as a specific outcome for them, I acknowledge this thought without judgment and return to my open heart space. Second, I return to simply being a conduit of Reiki, knowing and trusting that what is best for this client today will happen naturally and with ease.

*This embodiment of Reiki is an ongoing practice. It is remembering that Reiki is not about us. It is about the Universal Life Energy flowing in an infinite diversity of unique expressions.*

*Reiki teaches us to allow and let be. We learn to let go and know that all is in Divine order.*

As the years have passed, what I notice is an experience of being “one with Reiki.” As if my mind, body, and spirit are a tuning fork vibrating with the frequency of Reiki energy. I am flowing through this life as an expression of Reiki, sensing and following Reiki’s inspiration and guidance. Rather than “doing Reiki” or trying to get Reiki to do things for me, I am simply present, open, welcoming, and allowing Reiki to flow in whatever way each moment needs.

This embodiment of Reiki is an ongoing practice. It is remembering that Reiki is not about us. It is about the Universal Life Energy flowing in an infinite diversity of unique expressions. Reiki teaches us to allow and let be. We learn to let go and know that all is in Divine order. There is such liberation in letting go and remembering that Reiki, God, Love, Light knows us intimately since this energy is the very essence of our be-

I practice the same thing with my wants and desires. When I notice my desire for a specific outcome, I simply observe it, let go, and surrender the outcome to the greater wisdom of Reiki.

Every morning in meditation, I welcome Reiki to flow. I welcome this Divine love, guidance, and protection—and then simply pay attention and notice what arises inside and around me. A beautiful

way to welcome and embody Reiki is through the Moving Meditation we learn in our Reiki Master Training. As you flow through the movements and stay present with how the energy feels and the meaning of the words, you sense the vibration of Reiki throughout your whole body. As part of Reiki meditation, you can also call to mind any Reiki symbol and see where it wants to rest in your body. Then, you can embody the energy of this symbol in your body and energy field.

As you move through your day and travel through life, you can call forth, intend, draw, send, or embody the Power symbol for protection and empowering circumstances to flow in the best way possible. As an example, one day, I was at the grocery store, running late for an appointment and waiting in line. I welcomed Reiki to flow through this situation. Just then, a cashier came off her break, opened the lane next to me, and waved me over. I was so grateful.

You can call forth, intend, draw, send, and embody the Distant symbol

for support and clarity. Feel this symbol as a connection to the third heaven and above and to the situation, relationship, or issue you are dealing with. Imagine this is in the hands of Reiki and that the best possible outcome is unfolding for all parties involved. Then you can witness how the situation unfolds in a way that may be beyond what you could have thought or imagined. You come to see there is a greater intelligence at work. This process brings such deep joy and faith.

One day, I was concerned about something I had said and given to a neighbor. But I did not want to bring it up, as I can make things a bigger deal in my head than they are. So, before bed, I welcomed Reiki along with the Distant symbol to this relationship. The next day, the neighbors accidentally received some of our mail. When they brought it over, they expressed how much they appreciated the gesture and how it helped them through a challenging day. So cool and fun! Thank you, Reiki!

Finally, we can embody Reiki for all beings and our entire planet. As

our individual consciousness embodies Reiki, we bring that vibration to the whole. Our thoughts, words, and actions become inspired and compassionate when we live in and as this energy. Reiki enables us to live from a sense of interconnectedness in which kind and loving actions naturally flow. Embodying Reiki is truly a gift of grace for the healing of our world. It takes awareness and practice. Practice compassion for yourself as you cultivate letting go and trusting awareness. ■

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