

Deepening Your Meditation Practice Through Reiki

By Nancy Bunt

With over thirty years experience with meditation and fourteen years experience practicing Reiki, it is my belief that both meditation and Reiki can each have the effect of enhancing the other. Both practices have the same purpose, to connect with an inner source of stillness and peace.

During a Reiki session an individual can very quickly shift toward a profoundly more relaxed body, mind and emotions; and through this shift the individual becomes more aware of subtleties, trusts themselves more, receives inspiration, gains clarity, and strengthens their intuition. Over time and with regular use of Reiki, these benefits are only strengthened. From a meditation practice you learn to observe your inner experiences and to detach from your thoughts and distractions. This makes it easier during a Reiki session to observe the Reiki energy without making assumptions about the experience or jumping to false conclusions. Therefore, Reiki is wonderful preparation for meditation, and meditation deepens the experience of Reiki. Each practice allows the individual to go inside him/herself to encounter even deeper levels.

However, for most people, using Reiki is easier than meditation. We are all used to our minds often working overtime, and Reiki is simple and most often leads to a deep meditative and relaxed state. People that already engage in a regular meditation practice express that incorporating Reiki into their life takes their practice to a whole new level; and those who have found meditation difficult, through Reiki, they can experience and connect to an inner awareness that they may not otherwise be able to.

Some suggestions for deepening your meditation practice through Reiki are:

- Incorporate a regular Reiki practice into your life.
- Start a practice of journaling right after your Reiki session. You will be at a higher state of consciousness and better able to access your higher wisdom. Once settled into your session, you may want to simply ask yourself “What is it I need to know?”, and allow whatever needs to surface to surface. Your answer may come in the form of a picture, words, thoughts, etc... If an answer comes, great; if it doesn’t, let it go. It will come another time.
- Use Affirmations during your Reiki session. If it is true that our thoughts shape our life, repeating a positive affirmation to yourself throughout your Reiki session will help your subconscious mind to more readily accept it as true in your life. This is a great opportunity to plant the “seeds” you want to sow in your life. Remember to state your affirmation in the present tense, by using words like “I am ...” or “I have ...”. An excellent resource for working with affirmations is “You Can Heal Your Life”, by Louise L. Hay.
- Visualization is another form of positively affirming what you want to create in your life. Instead of repeating an affirmation during your reiki session, visualize in every detail possible what you want to create. See it as if it is already reality. The more you can connect emotionally with and feel the picture you are creating in your mind the stronger it will be.

There are many avenues you can explore to deepen your inner connection. If one doesn’t work for you, try another. All of the suggestions made here have proved to be beneficial to myself and many of my clients. I cannot say which one is right for you, but that’s the beauty of it all. You get to discover for yourself what strengthens your connection to your higher wisdom. Trust in yourself!

Resources

P. Miles, “REIKI: A Comprehensive Guide”, Penguin Group (USA), Inc., 2008

T. Honervogt, “Inner Reiki: A Practical Guide for Healing and Meditation, Henry Holt and Company, LLC, 2001

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