

The Reiki Times

Volume 15, Summer Issue

Let Go

“Why Don’t
I Feel Like
Myself?”

Emotional
Clearing
with Reiki

Transformative
Creativity:
Be at the Helm of
Your Life

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the Waters
Within

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



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Reiki: Healing the Waters Within

By Sufani Garza



We hold our head up to face the downpour of rain with our palms up and we ask the universe “why?” when our soul is troubled. We sit before the ocean with a heavy heart seeking an answer in the wisdom of the crashing waves, with a current so strong and mystical that we cannot explain, yet we respect and honor such tremendous power of the unseen. We silence our voices as we lay in a small boat on a tiny river and we hush our voices and try to see what we are normally too busy to look at. And we sit at the side of a lake and we watch the simplistic life of ducks and birds sharing a life with water as they go out into the world but always return home to its gentle touch of safety. Water connects us all to nature in a universal way. Why do we have such an innate desire to have, be with, immerse ourselves in, and ‘need’ water the way we do. As we will see, water is indeed a profound mechanism for communication in many ways still unexplained. Why water is this way is what keeps scientist perpetually scratching their heads and continuing to study it to unlock its mysterious power.

Water has a powerful hold on the us and for so many reasons, some listed above, we gravitate to large bodies of water for solace to hear the silent teacher that gives us perspective in a chaotic world, and a divisive personality that struggles to release the ego, a conduit to get there.

Perhaps we are so drawn to water because it is what we are made of. Our bodies are 90% water when we are born and as we give ourselves over to stress of the world, water becomes depleted in our system and our bodies begin to dry like the desert leaving the mysterious pathways of a life lived on our face and body. Each wrinkle, earned as a badge of honor.

It is no surprise that when I use the healing touch of Reiki, the white light I call forth turns into water like a stream running through me and then through each body part of my client gently washing away each area of darkness, each area that holds a stagnant energy. Learning that water not only has memory but it will hold a charge or structure of intention without changing its property called H₂O is quite profound. Studies have shown that a person will feel at home because their body that is made up of water will recognize the structure in the water of their homeland which is unique to each place, and will then mix with the water in their system and the memory in that water will tell them they are home. This means that the intention and structure in the water is intelligent and can also be programmed. It's no wonder then that when I am asking the universal charge of energy to run through me that the light I channel turns to water, the great transporter. And as I begin to send the symbols through that water I see intentionally running through the human being before me, washing away their troubles and programming healing and light into the water I envision running through them.

Scientific studies of water have been done consistently, the most famous and mainstream being Masaru Emoto's work on water. His book called, *The Hidden Messages in Water*, was the first look at the intelligence of the water in relation to quality of life. That water actually responds and holds a charge and structure of the programming it receives and then maintains a memory of it. Water told that it is beautiful actually forms beautiful crystal like shapes and became alive electrically. Water told mean things seem to take no beautiful form but seem chaotic in nature. Likewise music allowed to 'Listen' to Bach or Beethoven developed a beautiful shape where as water exposed to heavy metal again did not form beautiful shapes but took on the vibrational shape of the music. Music instills a feeling through its vibration and is why it can influence a state of peace as Reiki or massage music can do, to its polar opposite with music that incites chaos and lyrically is negative.



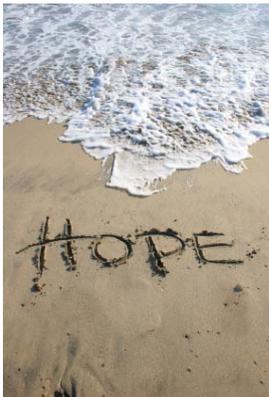
Perhaps when we look at water and how we need it to nourish us, to bathe us, to rain and allow food to grow and feed us, to comfort us in its silence, then we can see that the connection to water is within us and has been since conception. Why is it such a big secret that water is the messenger within carrying along the messages we allow to be programmed into our body? After all, when our body communicates through chemicals to function, what is the primary mover of that chemical to make it travel where it is going? Water! Water is needed for survival on so many levels and when we understand that it is even in our brains

helping us translate messages to our body to function, we understand why what we think and intend has such a powerful effect.

When we practice Reiki healing from a distance or in person, each session begins with the intention to heal. When we intend this session to heal we are sending light and electrical impulses from .03-30 hertz into the person's body. That electrical charge from the practitioner notifies the client's brain and it responds by transmitting the proper chemicals and electrical responses that induce the body's response into relaxation and release of pain, toxins and negativity. Water is that transporter for electrical and chemical responses in the body. The person on the table is the most important intender however because they must intend to be healed and heal themselves. They must program their internal waters to change the messages they have been carrying around for so long that have made them toxic. Buddhist's say that they do not heal 'with' water, but they chant the mantras over and over again to reprogram the 'bad' water within.

It is no surprise that water comes to me in healing sessions to bring the intention to the client, friend or family member. It is no surprise that without water we can perish - for it is that very water that carries the message to the body to continue working, moving and breathing. Yet water is the least understood property of life.

We can heal our own 'bad' waters within by simply intending a message of hope, a message of faith, belief and beauty for our life. The intention will restructure the water within and carry that message throughout the body systemically, naturally improving our health and quality of life. So an intention to heal reprograms the water in the body with the message of healing and thus it begins its journey of healing throughout the body. A message of surrender reprograms the water within to let go of control and to be in the moment, and the body and mind becomes peaceful and still. We cannot deny that water is the main ingredient to life and we must believe by virtue of the facts that water has within



it a higher intelligence that works in ways that science cannot yet understand but knows to be true. Studies continue on water to understand it however we know that dead water that pours from the tap (water that holds no electrical charge) can become alive again by simply telling it we love it or letting it listen to soft music that is spiritually elevating. And that a small portion of this structured water (programmed with a message) put in with other dead water, will bring the rest of the water to life again with it. If this sounds silly or weird to you, remember that the world upon microscopic analysis is much stranger than we think, and scientific data

has proven all of this.*

When we are fetuses our body is composed of 99% water. It is in fact water mixed with amniotic fluid that keeps us alive during that stage. It is water mixed with DNA that allows the DNA to work and without the water; the DNA would not allow the human being to function as it does. When we are born our water within is 90%. When we reach adulthood the water within becomes approximately 70% and when we die as senior citizens our water is down to approximately 50%. It is no wonder the body begins to dry and wrinkle due to lack of internal waters, and that the body functions begin to falter, as the water that carries all the necessary information of survival just doesn't transport as it used to with such low water within.

If our body is water within, and we know that the messages of intention, of words, of music, can influence the makeup and messages the body is receiving, then it stands to serve that in order to increase happiness and quality of life, then we must be mindful of what we are saying to ourselves, what we are listening to, removing what we have heard that has been negative about ourselves, and allow the healing touch of Reiki and through distance Reiki, to surrender to the new messages of intention gently moving through the body, sending a new message of love, healing and self-worth. If you know that your body is listening with water to program a message, then be mindful of the message you're sending or hearing. As we are intending love, light and healing into a person's energy field to heal, ask them to do the same knowing that with each new intention they are changing the water within and healing their life.



Article Research Resources:

Participants of various studies on water around the world:

- Rustum Rom, Professor, State University of Pennsylvania, Member of the International Academy of Science
- Metropolitan Smolensky and Kaliningragsky, Kirill, Russia
- Kurt Wuthrich PH.D, The Nobel Prizewinner, Switzerland-USA
- Alloys Gruber, Researcher, Austria
- Martin Chaplin, Professor of laboratory, chief of London University, Great Britain
- Alexander Solodilov, Doctor of Sciences, Corresponding Member of the Russian Academy of Natural Sciences,
- Vladimir Voeikov, Doctor of Sciences, Professor oif the Biology Faculty of the Moscow State University, Russia
- Effe Chow, Professor Member of the Executive Council on Alternative medicine, USA
- Gerbert Klima, Professor of the Institute of Nuclear Physics, Vienna, Austria
- Adin Steinsaltz, Rabbi, Isreal

- Emoto Masaru, Author & Researcher, Japan
- Pandito-Hambo-Lama, Damba Ayushev, Head of Buddhistic Traditional Sangha, Russia
- Shamil-Ha Zrat, Alyautinov, Imam-Hatyb of The memorial Mosque, The Poklonnaya Gota, Moscow, Russia
- Victor Inyushin, Docotr of Sciences, Professor, Head of the Biophysics Department of the Kazakhstan University
- Vlail Kaznacheev, Member of the Russian Medical Academy, Novosibirsk, Russia

· Additional Articles and Studies:

- 1. Structured Water Finally Captured by Science! an article by the The Institute of Science in Society.
- 2. Hexagonal Water, Are You Drinking Dead Water? article by Dr. Chung.
- 3. Dr. Gabriel Cousens on Structured Water.
- 4. Structural Revolution article about Structured Water.
- 5. Information about Dr. Masaru Emoto.
- 6. Interesting article from Wired Magazine about Homeopathy and Clustered Water/Structured Water.
- 7. The Importance of Cell Water by Prof. Martin Chaplin.
- 8. Structured Water as an alternative medicine article.
- 9. Structured Water Unit, LLC supports water.org

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 Internationally Accredited Holistic Institute for Higher Learning, offering online courses. Visit her at www.PlaceofBlissAcademy.com, contact at Sufani@placeofblissacademy.com.

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"Why Don't I feel Like Myself?"

By Steve Oakes



A simple question and one that I found to have a simple answer, but that answer only appeared much later, when I applied what I had learned as a Reiki and Crystal healer into studying the Human Energy Field. I had a sound basic knowledge in dealing with any difficulties that healing with Reiki can bring up. I worked diligently, and Reiki, it seemed was very effective.

Yet I sometimes heard from clients this plaintive cry; "I don't feel like myself, I know what I should do and how to go forward, yet I just can't seem to accomplish it, I'm always tired." These comments were from people that had shifted significant amounts of emotional baggage, or had overcome great difficulties, they were not people that were unwilling to do the work. For a long time it puzzled me, especially as I had no immediate answer, and my responses often added up to the energy equivalent of "Keep taking the pills!"

I found myself asking "What is the core of energy work, what is the heart of this problem, if Reiki is the energy currency of our life-force energy, why isn't everything healed by it, and instantly? I knew that energy and Reiki came from a higher source and were pure and powerful and right. What then was the answer, what could be blocking the healing so powerfully in some of these people?

The answer didn't come straight away, but it was always in the back of my mind. Then one day a lady whom I had treated numerous times came back to see me, she'd been getting headaches even though she herself felt better, and she also felt that she should be even better, except that, "I just don't feel like myself!" Now this was a lovely lady, very spiritual and caring, and also very emotional. Then it clicked! Headaches! I checked her



chakras and sure enough her Third-Eye chakra was all over the place, and so was her Solar Plexus, enough turmoil to cause headaches for sure. We re-balanced and she soon felt better, but commented that, "Often when I leave, I feel great for a while, and then I start to

feel a bit off, and all the old thoughts come back"

Then the realisation hit me like a bolt of lightning! There was the answer! All the old thoughts! Each time the lady was healed she underwent an energy shoeshine of large proportions, and when she left she felt like her *authentic self*, her real self, the energy person that lives beneath all the layers of human stuff that living in this world cloaks us in. But as soon as she was away from the calmness of healing and back in the harsh reality, then, the *old thoughts* came back. Then another bolt of realisation hit me hard: Reiki and Energy heal us from within, clearing the path down through the Crown and aligning and down through the Base to Mother Earth. Our chakras are realigned and we feel great. Our energy bodies and our human bodies are in line and all is well in the world.

Then as we walk out into the world rejuvenated and squeaky clean, with our hopes and



expectations shiny and bright, we are presented with the same old, same old. Slowly but surely our energy bodies can grind and twist back into the patterns that they were in before. Those hopes become slowly eroded as we begin to see the same things through jaded vision, and sure

enough, in time, back come the headaches and the same old problems. What is happening, why haven't we been healed, and why aren't we changed permanently and positively? The answer is simple and lies in the two most powerful human forces, thought and emotion and what they create.

Wayne Dyer calls emotion 'e-motion' or 'energy in motion', or to put that more simply: What we feel projects out from our Human Energy Fields, and this feeling is the only thing that can be returned to us. It is the same with thoughts, they aren't locked away in our minds, no, they are translated as energy by our Human Energy Fields and projected outward. Basically, our energy fields, and therefore our lives, are the sum total of our actions and reactions to this date, to this second, to this now. But there's one other thing, and this is the key that is mostly misunderstood; the circle of reaction and action to the things that we do not like and behaviour from others we feel we don't deserve. It is called resistance.

Over time we create resistance to letting go of the very energy, thought and feeling patterns that are helping to create the distance from our authentic selves. We actually hold on to the survivalist patterns that hold us exactly where we are, here and now. The key lies in going back to basics, to studying again how we interact with the circle world of thought and emotion, in relearning the fabulous tool that we all possess, our Human Energy Field... We can all re-acquaint ourselves with this marvelous tool of creation, the Human Energy Field that can literally change our lives, here and now, and bring to us the life that we really choose, the authentic life, the energy life.



...Happiness and fulfillment always seem to be 'out-there,' in fact you are constantly told that everything is 'out-there' for you, that success and wealth are waiting 'out-there' for you, love is 'out there,' opportunity and a satisfying career are 'out-there' ripe for the picking. But where is 'out-there'?



About the Author

Stephen Oakes lives in the North West UK with his wife and three children. Steve has studied Astrology for twenty years, applying its theories to practical experiences by using Energy Work. He is also a Reiki healer and uses crystals and dowsing as necessary. Stephen has previously written various novels, screenplays and plays all themed around the tenets of his Energy Work.

Visit his website at www.stephenoakes.blogspot.com

See www.iarpreiki.org for information on Stephen's book *Every Little Thing Matters*.



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Let Go

By Daphne Rose Kingma

“Everything I’ve ever let go of has claw marks on it.”

— Michael Peake



When your life is falling apart, there’s always the impulse to hold on: to him, to her, to it; to the way it was, to how you wanted it to be, to how you want it now. But in order to get through a crisis, you will have to let go of whatever is standing in your way or causing the problem; these are the handcuffs around your ankles, the tin cans tied to your tail. You will have to let go of whatever isn’t serving you,

whatever you no longer need, whatever keeps you from moving forward, whatever you’re so attached to that you can’t see where you’re going.

You may have to let go of your marriage, your friends, your job, your career, your house, your self-image, the way you deal with things, your past, your dreams of the future. I don’t know what you’ll have to let go of. That’s for you to discover, but I do know that you’ll have to let go of something.

Letting go is scary. It’s a free fall, an act of surrender. It’s releasing ways of being and things you thought were important, and then being okay with the fact that they’re gone. Though it can feel like passivity, letting go is in fact a shift in consciousness that’s a critical part of how you will solve the problem. It takes courage to look at your life and say, this is a helluva pickle I’m in and I need to lighten my load — my financial load, my emotional load, whatever kind of load it is — so I can deal with the reality at hand.

Just as tears are a doorway to the future, so, too, is letting go. When you let go you take an active role in shaping your life because you are taking responsibility not only for an immediate change but also for whatever comes after. When you consciously decide to let go,

whatever ensues doesn't just happen to you. You're not just a passive pawn in the plot. Deciding to divorce, selling your house, shredding your journal, quitting your job — when you choose to take these actions, you are actively letting go. You are intentionally choosing to move yourself in a new direction.

We're not used to letting go. We're used to hanging on for dear life. We hang on for lots of reasons: because something is familiar; because the past is a known commodity and the future is a question mark; because we lack imagination and can't conceive of a future better than the past we've had; because blankets (no matter how ragged and trashed they are) and relationships (no matter how complete they already are or inappropriate they have become) are a comfort to us. We hang on because we've been taught that persistence is good and we should never give up. Or we're simply afraid of the free fall, afraid of coming alive as ourselves.



Having to let go — of things, of the way it was, of your notion of what the future will look like — often creates an identity crisis. We like to live according to our memories of ourselves, of how we were, of the way things used to be. Inside us are templates of these memories, armatures on which layer by plaster layer we have crafted our identities. We think we still are who we once thought we were, but changing circumstances can force us to reevaluate. As with the alcoholic bag lady roaming the streets who still thinks of herself as the prom queen, the college valedictorian who's suddenly just an average student in law school, it's hard to let go of an old identity and move on. But if you don't let go of who and what you once were, you won't be available to become whoever and whatever this crisis is inviting you to become. For instance, without the courage to let go, the small business owner who temporarily drove a cab, the special education teacher who was a waitress for a while, and the young accountant who had to move back in with his parents — might have missed becoming the life coach, the owner of a catering business, and the hospital administrator that they have respectively become. Of course, it's easier to cling to the identity of who we once were than to imagine who we might now become, but, frankly, there isn't any future in it.

Letting go, on the other hand, asks you to believe that somewhere across the Big Tent of Life there will be another trapeze bar that you can take hold of after you've let go of this one. It's an act of terror and freedom, of trust and faith that when you let go, you will find something new, better, different.

But unlike the sidelined CEO, instead of letting go with grace, we're often more like the monkey who reaches into the narrow-mouth jar to grab the coconut inside and then get can't get his hand back out, because he just can't bear to let go of the coconut. Often, it's our desire for more that lies at the root of a crisis, and we have to let go of this desire. The happy shopper can't come home with every bargain at the mall. The refugee can't walk out of town with the kitchen stove on his back. Every form of freedom has a price. You can't have everything you've already got and everything you haven't had yet. The living room isn't big enough for the old couch and the new couch both at once. You gotta let go; you gotta take your pick.

Letting go frees up your energy and your attention. In the open field of surrender lie the seeds of new possibilities. Sometimes the content of the new possibility is nothing — you let go and are left with absence, a vacancy. This, in itself, can be a relief: the lightness of being you feel when you've finally dropped those extra fifty pounds, the silken tranquility in the house when you finally ditch your screaming husband.

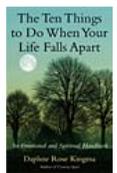


Letting go means not hoping “things will change,” not bargaining or making deals — I'll let go if; I'll let go when. It's not storing the freeze-dried body of your friendship (or your marriage or your job) in cryonic suspension. It's acknowledging that this piece of your life, this relationship, this way of doing things has served its purpose and so it is time to let go of it completely.

In the less is the more. In the emptiness there is room for so much.

About the Author

Daphne Rose Kingma is the author of ***The Ten Things to Do When Your Life Falls Apart***. Her bestsellers include *Coming Apart*, *The Men We Never Knew* and *The Future of Love*. A six-time guest on Oprah, she has also appeared on numerous other television shows and media outlets. A charismatic speaker, she has presented keynotes and seminars to audiences throughout the United States and Europe. She lives in Santa Barbara, California. Visit her online at <http://the10thingsbook.com>.



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Transformative Creativity: Be at the Helm of Your Life

By Miriam Subirana

We are living in a period of crisis that invites to reflect, to re-evaluate where we have put our priorities. We are exposed to living many unexpected situations; unexpected and sudden in their occurrence. Others we see coming but when they arrive, we touch rock-bottom, they disconcert us, they break us. We feel whipped around by being sacked, illnesses, accidents, separations, sudden deaths, explosions and an endless amount of events that cause unhappiness, conflict, pain and anger. We hurry to seek guilty parties in order to project onto them our sorrows and our anger.



This crisis is an invitation to innovate. We have to reinvent ourselves in order to survive and to take our families and, in general, civilisation, forwards. The crisis offers us the opportunity and the responsibility to change consciously.

Some creative guidelines to having creative power in your hands will help us. That way you will no longer be a shipwreck at the mercy of the currents, the waves and the wind; rather, you will be at the helm of your life.

The currents are the situations that you have lived through and that have left marks on you in the form of scars, of relationships that have to be ended, of aspects that you have to reconcile in yourself, of habits that control you. They are the underground currents that move within you and cause you worry, unease and anxiety.

The waves are the multiple influences that put pressure on you. Influences of people, situations, jobs, etc.

The winds are the cultural, religious and social conditionings, the economic, political and work conditionings, the sports team following conditionings... These winds come into our inner house and condition our decisions and actions.

If we do not hold on firmly to the helm of our life, the currents, the waves and the winds will continue to dominate us.

Creativity is the capacity to create, invent, innovate, introduce, communicate, transmit, recreate, combine, associate, project, visualise, channel, express and transform. Creativity is a medium through which to transmit our motivations and intentions.

You can be more creative. Creativity is the great ally of transformation. In the process of transformation, fears, resistances and blockages appear. With creativity you vanquish them, you dissolve them and you overcome them. Getting out of our routine, improving a relationship, or reinventing oneself are some of the many benefits that the fact of being creative bring to us.

In routine you lose motivation. What you were passionate about before is now routine, and you feel trapped by your own reality. Routine pulls you down, and when you consider a change, you quickly desist, since the routine consumes your energy.

Being creative you can get out of your comfort zones and your conformity. With creativity you transcend limits and overcome negative and limiting beliefs. The tragedy lies, according to the *Upanishads*, in the fear of losing the limitations. We need this push to overcome fear and to make the jump.



We need a creativity **that opens**. That opens our eyes **in order to see and become aware**. That opens closed hearts **to feel and be**. That opens limited minds to enter into the unlimited and into the sacred of existence. That opens, so that repressed beings might express their potential without fears. It is a creativity that arises out of curiosity, observation and discovery. You learn to **be inspired** and you value beauty.

We need a creativity that allows us to **leave behind stressful routine**, the lack of union and

non-connection with our essence. That **unites us** and leads us to find the necessary connections to help us as human beings to create a better reality for everyone. A creativity that **is generous** and encourages us to go from a culture of clinging on to a culture of gratitude and generosity.

A creativity that moves out of the energy of the awakened consciousness. That causes **another energy to circulate in the human system**, in the thoughts and feelings, in the mind, the intellect, the memory and the heart. An energy that opens windows: that awakens sleeping consciousnesses. It is an energy which facilitates positive transformation. It is healing and the creator of a new paradigm. It **offers space to be**, to exist and to allow the other to be.

In a world where it seems that we are creative through destroying, we should be capable of coming out of that inertia in order to build. Personal health, the health of the planet and the health of humanity depend on us all working creatively.

With this creativity we will go from an **ego-system to an eco-system**. In the ego-system, everything is about me and mine: what can I get? What can I control? How can I have more power? In the ego-system we have lost trust. The ego-system lacks generosity, which means there is neither true leadership nor creativity. It does not allow for the emerging of the power of the knowledge, of the competences, of the talent and the motivation of each collaborator, because one is centred on oneself. If we don't allow this to arise, the innovation is not possible whereby there might be enthusiasm, collaboration and, above all, the risk of taking on new challenges.

In the eco-system it is all about all of us. While we continue to have the ego-system as a culture, we will have serious problems that will put our survival into question and the culture of greed and violence will prevail.

When our dream breaks, let us build bridges

When our dream breaks, the horizon is shattered, the pillars on which our life was based collapse. We are disappointed. It is the moment to re-invent ourselves.

Do not ignore the possibilities that you have. Discover your inner resources. It is a great opportunity. Some doors close. It is the moment to open others and begin a new stage without regret. Let go of the past. Accept the present.

Look through the window and observe all the possibilities, seeing beyond where you are now. Get out of the cage of your limitations. Without fear. Trust. The Universe will send you help.

Build a bridge that joins the place where you are with the place you want to go to. Begin to walk over the bridge walking from the NOW to the future self. Don't let anything anchor you to the past. Go forward.

Past is past. Events happened and now they are past. What remains is the impression that they left on you. You can change those memories by modifying your way of seeing the events of the past, widening the context, the painting you have placed yourself in. You can recognise the learning experiences. You can forgive and let go. That way you change the reading that you make of your past; you stop carrying a burden. You free yourself and are grateful for what the experiences have brought you in life.

In order to do something different, you have to be different. It is having a vital catalysing attitude of lasting transformation. It is taking on risks. It is getting back for good the shine in your heart and your eyes.



Perhaps we should learn to let go, to not grab, to allow to flow; that is, to live without resistances, being creators of constructive changes that bring about improvements and widen our horizons. To have this capacity of creative and positive response it is necessary to balance action with introversion, silence, reflection and meditation. We achieve mastery in life when our action is balanced with reflection and it is strengthened by silence.

The Attractive Future. The Art to Forget and to Remember

The capacity to forget and to remember are two extraordinary faculties that we have. If we know how to use them, we will reach wholeness. Do not forget what you have to remember. Do not remember what you have to forget. With remembrance we return to our essence, we make the memory of our essential being emerge.

To transform yourself it is not enough to be creative, you need to have an attractive future aim that is greater than the cost of the change. What is the incentive for the transformation? Once you are clear about your purpose, you need to be creative in order to apply it and live it

out in your daily life. In transforming creativity, purpose is essential. Once you find your purpose, it is necessary to be creative to live it out.

It is important to re-find the meaning of what you do, what you do it for and for whom. If not, what happens is that you connect to the forms, the laws, the external, and the labels. And you get lost. You turn into an automaton.

On staying connected to your purpose, you make your purpose more creative. The purpose is usually linked to the best of you, with expressing and sharing it. It is on giving and sharing that we find our wholeness.

In any case, we cannot jump towards the purpose of a broad and unlimited life without taking the necessary steps for it. The small steps are crucial. Each day, select a purpose. It might be to do with how you treat people in your job, your family or yourself. Give yourself a daily purpose, such as for example:

- Being better at work.
- Being better with my children.
- Being better with my parents.
- Being better with myself, in me, for me.
- Today I am going to look at things with more optimism.

They don't have to be heroic purposes; they can be inviting your friends to have a cup of tea,



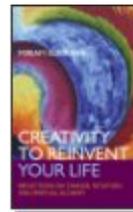
creating a pretty garden in your home, making a cake for your childhood friends. Meditating, going for a walk, reading, writing. Observing the sky and not doing anything else. The idea is to begin to turn the ordinary into the extraordinary. The world of small things can be very big if you decide that it will be that way. Value and enjoy all that is small. Ideals only exist in your mind, but the small things

are the bricks of reality. Mother Teresa of Calcutta said that her mission was “to do all the ordinary things extraordinarily well”.

Creative purposes transform the day, turning it into a pleasure to live through it. You connect to your inner purpose so that a deeper meaning might impregnate what you do.

About the Author

Miriam Subirana, Doctor in Fine Arts, The University of Barcelona, shares her profession as a painter and writer with being a teacher of meditation and positive thinking. She coordinates programmes, projects, seminars and retreats whose objective is to refine and live one's identity and enjoy a fuller life. She gives lectures and seminars in different centres and cities of Spain, Europe, America, Asia and Australia. She has shown her work in galleries and exhibition halls in Spain, Portugal, France, Denmark, England, New York, Sao Paolo, Hong Kong, Mexico and Kuwait, amongst others and has directed the creation of two galleries of spiritual art in Mount Abu and Agra (India). She is the creator and director of the space YESOUI SI, international centre of Art and Spirituality: www.yesouisi.es Visit her website at www.miriamsubirana.com



See www.iarpreiki.org for information on her recommended book *Creativity to Reinvent Your Life*.

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Emotional Clearing with Reiki

By Yahaira

Taking care of the health of our emotional body is the intent of this article. We in our human form experience life on earth with four bodies which are the spiritual, mental, emotional and physical bodies. There are energy centers that correspond to the four bodies and they are called the chakras in eastern systems. For the purpose of focusing on the emotional body, we will refer to the solar plexus area as the seat of the emotional body which is located right under the breast bone and towards the stomach area. When we are out of alignment in this center it tends to feel tight or a feeling of drainage can be sensed. This exercise is to help you to be able to send energy to this center plus to develop a link with this center for it is the center most likely to attune you to your inner guidance via the feeling/emotional body. Emotional clearing allows us to



establish a balance and this clearing is that which allows us to fine-tune the messages coming from our own inner guidance. The feeling center is where our intuition can be accessed. Our intuition is the guidance center of our being soul that allows us to be in knowing of our true path. This center is where we can attune to when we are following our path in a way that is right for us or when we are diverting in the wrong way. How we feel really does matter and the more we can converse with the energy at this center the more we can feel confident in how we are leading our life.

The following exercise is to help you develop your sensitivity to this center by combining meditation techniques, visualization, breath work and Reiki.

Begin your session by sitting in a comfortable chair in a room where you will not be disturbed. Sitting comfortably start to focus on your breath, breathing in through the nose and out from your mouth. I like to chant the OM the universal sound of God or Creator, as a way of clearing all my energy centers and this can also be done inwardly. The OM is pronounced as A-U-M.

The ah sound registers at the lower chakras at the base of spine and sacral center, the OO sound registers at the solar plexus and heart centers, and the MM sound registers at throat third eye and head centers. The OM will clear the energetic pathways of any tensions and will energize you. As you become quiet and focused on your breath at this point you can intentionally let your Reiki flow and place your right hand over the solar plexus the seat of the emotions. As you channel your energy into this center, start to ask yourself for an image or a feeling to speak to you regarding what it is you are feeling. Usually when our solar plexus is leaking energy we can feel our stomach pushing outward away from our body this is a definite clue that you are in need of balancing. As you continue breathing comfortably and rhythmically the very focus on this center will begin to stir the energies and at this time ask your guidance to give you a message by asking “what is it that is causing your emotional body to be out of proper alignment?” This is when you allow yourself to receive impressions about your feelings and begin to tap into your guidance which will offer either impressions or feelings that your subconscious will upload to your awareness and then you can name what they are and ask for a solution to be given to you by your guidance.



For instance, lately my emotional body has been out of alignment and I know this because I have a feeling of weightiness or fullness at this center. I place my right hand over it whenever I am sitting quietly and comfortably and I let my Reiki flow and allow the energy to circulate; as I do this I feel a clearing of the energy and I ask what can I do to aid me through this clearing process. One of the impressions my guidance gave me was to eat more green food particularly salads in order to aid my digestion which has been impacted by the stress that I am currently undergoing. The other form of guidance that I received was for me to have patience and compassion with loved ones whom I am experiencing as stressful energy by being around them when they are going through their difficult life challenges. And the guidance was instructing me not to get overly emotionally attached to their problems but to maintain a compassionate detachment and to allow and accept their life process. In this short alignment I recognized that I had been worrying too much and I needed to re-establish my own boundaries and I felt supported by my guidance. Also I was impressed with the message that I needed to practice this clearing process. I realized that more could come from this exercise. In the mornings I like to sit outside in nature and practice this technique of clearing and attuning to my guidance for daily inspiration and toning and aligning my chakras. I find I can achieve it in a few minutes and extend it out to twenty minutes if I have the time.

By fine tuning this process we can get to be easily in contact with our guidance system. So that instead of reaching into our mind/body for guidance we rather look to our solar plexus area to remind us that the feelings are right behind the emotions and that this center is connected to the intuitional self. The subconscious is full of programs some intentionally put there by our conscious mind and others assimilated almost automatically throughout our experience.

In practicing this exercise you can start to ask your inner self which houses the subconscious to allow you to view a program that is currently operating that is not in harmony with your conscious intentions. These we refer to as false beliefs or rather beliefs that have not been looked at and cleared away like when we clean the files in our computer programs. This is another way of asking to clarify your programming, for example regarding self-esteem experienced via relationships. Ask if the current belief of being in harmony with others is being opposed by a pre-established program that needs to be reviewed. The likely scenario is for the subconscious to open up a feeling of tension or a feeling of out of control or fear at the solar plexus center. Use your Reiki to help move the energy and ask that it be circulated properly.



Allow yourself to receive impressions or sense impressions as to what the contrary feeling is. For instance it may be that you feel tension with others but then ask why, it could be that the opportunity to engage emotionally with others feels like a chore to you perhaps not sensing that the energy that others are projecting towards you are more about supremacy in the relationship rather than having harmony with

you. Then you can make a conscious choice whether to engage in competitive relationships. If you see that the reason for the tension is simply the preference not to engage in relationships that are competitive then you can reprogram your subconscious and tell yourself, "I no longer want to engage competitively with other ego personalities". This command would, in this meditative state, reprogram the solar plexus center to input this new data from which you are wanting more than the previous one and command at that time to clear the old program and allow yourself to see what beliefs come up as you are clearing the center. Continue to invoke your Reiki as you are clearing this area and allow your breath to guide you to when it is done and feels like it is then in balance.

This technique allows for the conversational flow to be established between your conscious and subconscious selves so that obtaining your own inner guidance becomes easier and faster. As you practice this system you'll get better at it and can get creative with harmonizing with your own guidance which is a well of wisdom, peace and security awaiting you.

About the Author:



Yahaira offers energy clearings as part of her intuitive counseling practice. Energy Clearings assist the person in releasing negative programs and attuning to their higher self. Over the years, she has offered classes combining meditation and creative visualization. She is a Reiki Master, astrologer, and combines other modalities for psychic spiritual healing. For more information on her services visit www.yahaira.org

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What Does It Mean to Be at Home to Ourselves

By Jennifer Kavanagh

In one sense, the whole of life can be seen as a search for home, an identity, a journey to be at home in one's own skin. For some there will be a geographic rootedness, a clear understanding of belonging. But many – and increasingly in a fragmented world – will be torn, restless, finding it hard to find a context in which the self can be at home. Others will explore what Gandhi called “the horizontal diversity of the world” or will find that no geographical context is necessary: “rooted” as Simone Weil wrote, “in the absence of a place”.



I used to be a visitor at Pentonville prison in London: a vast container of 1200 or so men, most of whom are being held there for a short time, waiting for a court judgment, or on their way to a longer-term jail. A harsh, inhospitable place, full of comings and goings, no time to form friendships or feel part of a community. I visited Ben one day. We sat on the steps of the landing, there being no other easy place to meet. Ben was a Buddhist, and he pronounced himself to be utterly at home. His cell was his space; he did not feel constrained. Despite not being free in any physical sense – he was locked in, not free to leave and was subject to being told what to do for much of the day – he had made even that inhospitable place his own. He felt free.

How do we come home to self? How can we feel at home in our own presence, without worrying about the value of our belongings, without a continual need for distraction, or a puffing up in status, bank account or grandeur of surroundings? Sometimes the feeling can simply come upon us, take us by surprise, but understanding, then coming to terms with, the different layers of our belonging is a life's work. All human beings live with “baggage”. We won't necessarily “get over” all our sense of pain and loss, but the jagged bits will become less sharp as we accept them as part of the totality of our life's experience. No one said it was easy. Only when we have, to some degree, made peace with the different aspects of how we relate in the world, will we come home.

I am good at shutting doors on the past, closing compartments of my life that no longer seem relevant or might be painful. I don't think it's necessary to penetrate deeply into all of these rooms, but peace demands a certain integration of where we have come from with where we are now.

Inner hospitality

Coming to terms with where we are now calls us to work on what John O'Donohue calls inner hospitality. To work on self-acceptance, on recognizing, reaching for and expanding the sense of a world within, our unique world from which we approach the outer. Once we accept ourselves, "can live with" ourselves as we are, we will not feel the need to compete, to project, to show off or to battle with others. Once we trust ourselves, we will be able to trust others, to breach the walls of fear, hostility and defensiveness with which we surround ourselves.

And we will not put ourselves down. In the Alternatives to Violence Project, the first building block is affirmation of self and others; a guideline for all workshops is that there shall be no put downs of others – or of self..

In the Jewish and Christian religions we are bidden to "love your neighbor as yourself". Some of us will find loving ourselves the harder task. How to achieve this wondrous state? My own experience is that the journey mirrors that which we take in relating to others. The journey, it seems to me, begins with compassion. While being all too aware of our faults, we can suspend our judgmental tendencies, and regard ourselves with gentle kindness. From compassion, we can move to understanding, acceptance and, finally, trust.



So much of what we do in life is running away. Rather than staying in the home of ourselves, we do anything to escape. We distract ourselves. We run to the past and the future. The past has gone; the future does not yet exist. The past may never have been how you remember it, and the imagined future may never come to pass. Only by being in this present reality can we be said to be at home.

Rather than doing something, we need to stop. Stop our busyness, our filling of every moment with activities, noise, company, worry about the past or anxiety about the future or

what is taking place elsewhere. Stop, and let the peace creep in. Stop, and let the body relax, pay attention to the breath, the sounds around us: where we are now.

If we take time to do this on a regular basis, this peace will become a part of our lives. There will then grow a space in which the inner voice can be heard, a leading to what is true for each of us as unique individuals with failings and flaws, but also with boundless potential. Courses, workshops and books can support us on the way, but there is no substitute for allowing ourselves to be. Giving ourselves permission.

But we are not alone. In reaching within, ironically, we will come upon the place which connects with others: the place of Spirit that connects with Spirit in other people and the rest of creation, that bridges diversity to reach the One. It is from that still place, that place of



truth, that we most truly relate to others, a place which others perceive as something solid to which they themselves can relate. Just as there some buildings, some houses, that have a positive ambience, a “good feel”, so we have all met people who radiate a grace-filled state of being. Even with no speech, it draws us. Inner acceptance is inviting to others. If we are at home, it allows others to be so

too. If we are always “out”, there is nowhere for others to visit. Friendship and community are, first of all, inner qualities.

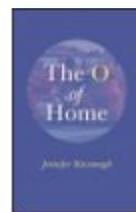
Coming home to self will, for many, be part of a spiritual journey. An inner voice, but part too of something beyond us. God within and without.... Safety, community, relationship, connectedness: home.

Adapted from The O of Home by Jennifer Kavanagh.

About the Author



Jennifer Kavanagh worked in publishing for nearly thirty years, the last fourteen as an independent literary agent. In the past ten years she has run a community centre in London's East End, worked with street homeless people and refugees, and set up microcredit programmes in London, and in Africa. She has also worked as a research associate for the Prison Reform Trust and currently facilitates workshops for conflict resolution both in prison and in the community. Visit www.o-of-home.co.uk



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