



**Articles to Assist
the Professional
Reiki Master Teacher**

®

Reiki Articles

On the following pages you will find several articles that will help you develop your Reiki practice and recruit students for your classes.

Networking

A wonderful way to share Reiki is through networking with other Reiki practitioners. In some areas there is still a perception of competitiveness among some Reiki teachers and practitioners. This has actually been a natural part of the growth process in many communities. Normally what we see are independent practitioners and teachers, who work in private practice and don't know others in their Reiki community. We know the old adage "There is nothing to fear but fear itself," and usually we fear that which we do not know.

Knowing that fear is at the root of all things that need to be healed, it is possible to use Reiki to heal our fears of competitiveness. All it takes is one practitioner or teacher who wants to create harmony in their Reiki community to make this happen.

If there are already Reiki groups in your area, visit them, see if there is one that you feel at home with. We find the most successful groups are those where there is not just one person "in charge." In these groups different members take turns leading the healing circles, meditations and the Reiki sessions.

Working together and exchanging Reiki is a good way to get to know one another and learn of each others strengths that can help build your network.

If there is not a group in your area, or you cannot find one that you feel promotes harmony among all Reiki practitioners...start one. All you need is clear intent, and Reiki and you are on your way.

Reiki will lead you to others with similar interests, we are longing for unity not separation. So simply place some flyers in public places, and mail them to any Reiki people you know. State on your flyer that you are looking for others to share Reiki with and that you wish to promote harmony in the Reiki community. Pick a meeting place and time and include that in your flyer.

As your network of Reiki practitioners grows, you will be able to refine your mission, and begin to participate in group projects. Take Reiki to the public in events like health fairs, support groups, churches, business women's expos, etc.

The beauty in networking is that you can do so much more to share Reiki with a larger audience than you could as an individual. If you gather names at your outreach events, you can then host Reiki open houses where your Reiki group members can participate. This can help people learn more about Reiki and create business growth for each participating practitioner and teacher.

**So form the vision ... find the people
and become a United Healing Light.**

Developing Your Reiki Practice

by William Lee Rand

The Promise of a Developing Reiki Practice

People coming to you with many different problems, difficulties and illnesses sometimes as a last resort. Watching them leave relaxed, often radiant with joy and new hope. Seeing them improve over time, watching them grow, gain confidence and become more trusting of life. Seeing some make major changes and life adjustments. Occasionally witnessing miracles. Feeling the wonder of God's love pass through you and into another. Sensing the presence of spiritual beings, feeling their touch, knowing they work with you. Being raised into ever greater levels of joy and peace by simply placing your hands on another. Watching your life grow and develop as your continual immersion in Reiki transforms your attitudes, values and beliefs. Sensing that because of your commitment to help others, beings of light are focusing their love and healing on you and carefully guiding you on your spiritual path. This is the promise of a developing Reiki practice.

Reiki is a truly wonderful gift and while some take Reiki training to use on themselves and with friends and family, many feel inspired to share it with a much wider circle. The development of a Reiki practice can be a very rewarding experience. Not only can it provide you with a source of income, there are spiritual experiences that can be much more meaningful. So, assuming you have been initiated into Reiki and have the ability to channel Reiki healing energy to others, I would like to share some ideas and techniques that may be helpful in developing a Reiki practice.

The most important thing concerning the development of a Reiki practice is the quality and strength of your intention. The mind is like a magnet. The quality and strength of your thoughts will determine the quality and strength of what you attract into your life. Therefore it is important for you to develop and maintain a positive mental attitude about your Reiki practice.

Decide with clarity, determination and commitment that you are going to create a thriving Reiki practice. Decide that you are worthy to do this and that there are many people who will benefit from your service. Decide that the value you and your clients will receive from your Reiki practice will far out weigh any effort or sacrifice that might be involved in creating it. Picture in your mind the results you want to create and how it will feel when you are actively involved in a thriving Reiki practice. Meditate frequently on this image and these feelings. Allow them to fill you up and surround you and reach out to others. Use this to motivate you and to help you continue on in the face of doubt or discouragement. Know in your heart that the freedom, joy and satisfaction of having your own Reiki practice is a valid goal and that you are creating it. Believe in yourself and in your purpose.

If doubts arise about your goal, know that this is normal and assume that they have entered your consciousness because they are passing out of you. Whenever we take on a new level of healing or commit to a new goal, old negative thoughts and feelings that have been stored inside and have gone unchallenged are dislodged and begin moving through our consciousness. If your commitment is strong, these old

negative feelings and thoughts will break up and be released. If you feel negative feelings and thoughts come up, know that this is part of your healing and that you are releasing them up to the Higher Power to be healed. Use your Reiki to speed this up and make sure to ask for treatments from others. Reiki psychic surgery can be especially helpful.

There are higher sources of help you can call on. Angels, beings of light and Reiki spirit guides as well as your own enlightened self are available to help you. They can help you develop your Reiki practice by directing clients to you and assisting with treatments. They can be of great benefit, but you must have a strong spiritual intention for your work if you are to recruit their aid. If you are doing Reiki in a selfish way, only for money or to gain control over others or to take on an air of self-importance, or for any other negative purpose, then it will be very difficult for these spiritual beings to work with you. There must be congruence, an alignment within you in order for the Higher Power in the form of Reiki to flow through you in a powerful way and in order for the angels, Reiki spirit guides and other spiritual beings to work with you. Reiki wants only the best for you, but you must align with the nature of Reiki if you are to gain the greatest benefit. The more you can open to the true nature of Reiki which is to have an unselfish heart centered desire to help others, then the more the Reiki spirit guides can help you. Focus on helping others and on healing anything within yourself that may stand in the way of an uninhibited flow of love and compassion. This is what will make your Reiki practice a success!

The development of a spiritual attitude toward your Reiki practice can be facilitated through the regular use of affirmations and prayers. Try the following prayer: "Guide me and heal me so that I can be of greater service to others." By sincerely saying a prayer such as this each day, your heart will open and a path will be created to receive the help of higher spiritual beings. They will guide you in your Reiki practice and in the development of your life purpose.

One thing that can get in the way of developing a spiritual attitude about your Reiki practice is fear of competition. This has caused more problems and created more restrictions and negative energy in the Reiki community than any other area of misunderstanding. Lack is an illusion and this is especially true for Reiki! There is a far greater need for healing on the planet than there are Reiki practitioners who can provide it. Fear of competition goes directly against the nature of Reiki energy and because of this, it can repel people from you who might otherwise be interested in receiving a treatment. Reiki comes from an unlimited supply and does not fear competition. People who do Reiki together find that their Reiki gets stronger as more people join the group. If Reiki was competitive, then just the opposite would happen, it would be strongest when you were alone and get weaker as more people joined the group.

The nature of Reiki energy is one of cooperation. It understands the concept that we are all one and flows freely to anyone and everyone. It works in harmony with all other forms of treatment. It is clearly apparent, the wisdom of Reiki is to wel-

come all other practitioners as allies. If the spiritual purpose for your Reiki practice, is to help others and to heal the planet, then you can only rejoice when you hear about another Reiki practitioner in your area as they are helping you fulfill your purpose. Accept the wisdom of Reiki as your own wisdom, that all others who practice Reiki are helping you. The more you can do this, the more your Reiki practice will thrive.

Don't worry about taking clients away from other practitioners. Each practitioner has their own value and special way of helping others. You will attract the clients who are right for you. Others will attract the clients who are right for them.

An important trend is developing in society that will soon create a great demand for Reiki practitioners. More and more people are discovering the value of alternative therapy. A recent study conducted by Dr. David M. Eisenberg of Boston's

Beth Israel Hospital indicates that people in the US are beginning to turn away from modern medicine and make greater use of alternative health care techniques. The survey concluded that 34 percent of Americans said they used at least one alternative therapy in 1990 and that Americans are spending nearly \$14 billion a year for this treatment, most of which comes out of the patients own pocket. The therapies most used are meditation, touch therapy (such as Reiki), guided imagery, spiritual healing, chiropractic, hypnosis, homeopathy, acupuncture, herbal cures, and folk remedies.

Also of note is the fact that the National Institutes of Health has created an Office of Alternative Medicine whose purpose is to research alternative healing methods and establish their value. Already many healing techniques formerly considered quackery by the medical establishment have been proven valid by this new office. These include chiropractic, acupuncture and homeopathy and they will soon be studying touch therapy and Reiki. Clearly, a paradigm shift is taking place toward the general acceptance of alternative medical treatment. It is likely that Reiki will become widely accepted as a valid form of healing before the end of the decade! Think what this means for anyone with a Reiki practice. A great need is developing for Reiki practitioners!

Now that we have covered some of the important attitudes, values and beliefs necessary for a thriving Reiki practice, lets discuss some of the practical issues. An important issue is money. Some practitioners do not charge money and this is fine if that is their decision as everyone has the right to charge whatever they want or to charge nothing at all. However, it is often better for the client if they are able to give something in return. They are not paying for the Reiki energy which is free but for your time and the effort you have put forth to learn Reiki. When people receive a treatment for free they often feel indebted to the practitioner and guilty feelings can develop. This creates an imbalance that can get in the way of continued treatments. Charging money allows people the freedom to come whenever they want. If you do have clients who have a money problem, you can charge them less or barter.

How much should you charge for a Reiki session? A good rule of thumb is to

charge about the same for a standard Reiki session as others in your area are charging for massage. A standard Reiki session will usually last about 45 minutes to an hour and a half. When you first start charging for your sessions, you can start at a lower rate if that feels comfortable to you and increase it as your confidence and reputation grow.

Business cards are a good first step when starting your practice. They let people know you are serious about your Reiki business and make it easy for you to give people your phone number in case they want to make an appointment. It is not a good idea to place your address on the card as people may come without calling you. It is a good idea to talk to people first to get a feel for their energy, and let them know what they can expect from a Reiki session before setting up an appointment and giving them directions to your home or office.

Flyers are also a good idea. In your flyer explain what Reiki is and the benefits it offers along with your name and phone number. You can place them on bulletin boards in health food stores and new age book stores etc. and they can be given out to prospective clients.

Beginning your Reiki practice from your home is a good idea as it will save money on start-up costs, but many practitioners have found advantages to having their own office. An office creates professional atmosphere and lets people know that you take your work seriously. You may want to start in your home and get an office after things get going or if you can afford it, get an office right away. Consider the fact that you may want to have group activities in your office when considering the size office you want.

Make sure to get each client's name, address, and phone number for your mailing list. As your list grows, you can mail out flyers on upcoming Reiki events or simply remind people about your practice. A good way to keep track of your clients is to use a client information form. The one in the back of "Reiki, The Healing Touch" is a good one as it includes a disclaimer, which protects you from misunderstandings about the results you promise from a Reiki session. Feel free to make copies of this form and use it

in your practice. Keep your mind open to other ways of adding people with an interest in alternative healing to your mailing list. The mailing list can be an important tool in promoting your Reiki practice.

One way to let people know about your Reiki practice is to offer to exchange Reiki with other alternative therapists. This works well with massage therapists as they are familiar with bodywork and often need therapy themselves. Offer to refer clients to them and ask them to do the same for you. Give them some of your flyers or business cards to display in their office.

When you are at public gatherings or around others and someone complains

about an ache or pain, offer to give them Reiki. If they have never heard of Reiki before, explain that it is a Japanese form of stress reduction with many healthy benefits. If they have a metaphysical understanding you can talk about Ki and the life force etc. Talk to them on a level they can understand. Take 15 minutes or so to treat the area of concern and let them know you do this professionally and give them your card. Tell them what a complete session is like and set up an appointment if they are interested. At parties or large gatherings, the attention you attract when giving Reiki to one often creates interest in others who will want a sample treatment also. Often you end up treating several people and passing out many business cards. As you treat you can talk about Reiki and how it works. Ask the person to explain what they feel. This always creates a lot of interest. Being focused on helping the person and not on getting a client is the key to attracting people for sample treatments. However, if they are interested, a business card is appropriate.

One thing that will really attract attention for your Reiki practice is wearing a Reiki T-shirt. People will want to know what the symbols mean and this opens the door to talking about Reiki. Offer to give them a sample treatment and telling them about your practice. If they seem interested, give them a business card and if possible, set-up an appointment.

A free Reiki evening can create lots of interest. Plan one night a month to talk about Reiki and give sample treatments. If you have Reiki friends, ask them to come and help give treatments. This is a great way to help others and let them know about Reiki and your practice. Make up flyers for your free Reiki evening and put them up in appropriate places. If the Reiki practitioners can meet an hour or so before the meeting to give treatments to each other it will really improve the quality of what the non-Reiki people receive. Also, if you have taken Reiki III\master training, you could give a refresher attunement or healing attunement to each of the practitioners to boost their energy. This is a great way for the practitioners to practice their Reiki and for you to practice giving attunements. Call everyone you know who would be interested and let them know.

If your area has psychic or wholistic fairs, get a booth. Take a Reiki table and ask 5 or more of your Reiki friends to help. Offer 10 or 15 minute treatments with 5 or more Reiki practitioners giving a treatment to one person at a time. Charge \$10.00 or so per treatment. This can be a powerful healing experience and a good demonstration of Reiki. Have a table with your flyers and business cards on it and be sure to get each persons name, address, and phone number for your mailing list. Another way is to use chairs and have one or two practitioners give 10 or 15 minute treatments to each person. The chair method takes up less space and allows you to treat more then one person at a time.

Create a healing service at your church. Recruit other healers to help. You could use both Reiki and non-Reiki healers. This can create tremendous interest in Reiki. Refer to the Summer 93 issue of the Reiki News for a complete explanation.

Volunteer to do free Reiki treatments at hospitals, hospice centers, drug and alcohol treatment centers or in conjunctions with a psychologist or other therapists. By doing this, you will gain experience and people will find out about your practice, but most of all, you will be helping others.

If there is a metaphysical/wholistic paper in your area, offer to write an article for it on Reiki or healing in general. Make sure your name and phone number are listed and that you are a Reiki practitioner or teacher. If you are really serious, decide to write an article every month. This will let people know who you are and what your attitudes and beliefs are concerning healing. They will then be able to decide if they want to come to you. It is also a good idea to place an ad in the same paper your article appears in. You will pay for the ad, but the article will be free!

Write articles for the Reiki News or send in a description of your Reiki experiences. The Reiki News needs articles and is very interested in letting people know about your personal experiences with Reiki. It goes out to over 1800 people interested in Reiki all over the country. Having your name in the paper will improve your reputation especially if you place free copies in your local health and new age book stores and hand out copies to your clients and friends etc.

Develop a Reiki talk and offer to speak about Reiki to local groups. There are many groups looking for speakers and alternative healing is becoming a hot topic. If you have little experience at public speaking, you can join a local Toast Masters Club. There you will be coached and given ample opportunity to develop your speaking ability. If you are making Reiki your career, then the ability to speak before groups is a must. Decide to become a great speaker and go for it.

In many parts of the country the news media are reporting the positive benefits of alternative healing. So, call the local newspapers and TV stations. Find out which reporter(s) are in charge of or interested in information about alternative healing. Talk to them and let them know you are a Reiki practitioner/teacher. Explain Reiki to them in a way they can understand - tell them it is a Japanese form of stress reduction and relaxation that can also facilitate healing. Tell them there are over one million practitioners in the US and the numbers are growing! Give them details and make it interesting and exciting. Offer to give them a free treatment. Let them know that you are available should they decide to write an article or air a program about Reiki or alternative healing or if any questions come up about it in the future. Establish in their mind that you are an expert on Reiki. They will then think of you as a resource person. Most reporters keep a file of people they can call on for different subjects and they will probably put your name in it! If they are not ready to do a story now, when they are ready, it is likely they will call you!

Become certified as a Reiki Master/Teacher by the Center. When you do this, we will list your classes in the newsletter and refer students and clients to you. The Center continually receives requests from people from all over the country who are interested in Reiki sessions and classes. If you are certified by the Center, we can

These ideas have worked for others, they will work for you. Try them! Also, use your intuition to develop other ways to promote your Reiki practice. Remember, a clear intention is the first step to success. Keep track of the result you get with each thing you try. Keep using the ones that work and drop the ones that don't. Keep trying new things until you get the results you want. By following this formula you will create a successful Reiki practice and in so doing, bring joy, peace and healing to others.

Teaching Reiki in the New Millennium

by Laurelle Gaia

Teaching Reiki is one of the greatest joys in my life. Through my Reiki classes I have met people who have inspired and challenged me, and people who have become my best friends. Together we have learned deeper meanings of trust, faith, serving the highest good, and of course unconditional love.

Over the past twelve years I have seen many changes in the way Reiki is taught, and as we enter into the new millenium we will undoubtedly see many more. My personal vision for Reiki training in the years to come is that all teachers will work with integrity and maintain ethical standards in their teaching, so that students receive comprehensive training, and fully experience the loving essence of Reiki through the learning process. I would like to see the internet serve as a tool to network people together more effectively than it is today. Today the internet often serves as a wall or veil between the student and the full learning and healing experience that a classroom setting can offer. I envision the internet bringing students to dedicated teachers, and serving as an informational support tool in the new millenium.

Dr. Usui worked diligently to teach Reiki to others by taking time and care to insure that students had sufficient information, and personal experience with the energy. In today's fast paced society, with the need for healing so great, the dissemination of Reiki information and energy is important to reach the masses. However, I feel it is imperative that quality in the teachings be maintained as well.

The International Center for Reiki Training (ICRT) is committed to establishing and maintaining standards for teaching Reiki. While we openly acknowledge the value provided by all Reiki practitioners and teachers regardless of their lineage or affiliation, we do feel it is beneficial for students to receive comprehensive training, rather than abbreviated classes, or attunements and information via the internet.

We also feel this is imperative to preserve the integrity of Reiki's reputation in the eyes of the traditional medical community and the general public by providing the quality of training that is acknowledged by professional organizations such as the American Holistic Nursing Association, and the NCBTMB (massage therapists).

The ICRT operates a licensing program for professional Reiki masters. This program is an advanced course of study designed to help Reiki masters grow independently under the gentle guidance of the Reiki energy, within a structured program. Because of the explosive growth in the number of people learning and teaching Reiki over the past couple of years, we placed our program on hold. We have not brought any new teachers through the program for over a year. We made this decision so that we could continue to work with the teachers who are in the program, and the student teachers who are in the process. We want each person to receive the support and mentoring they need to become confident, professional Reiki teachers. It is our goal to be able to reopen the program later in 2000, and begin working with people who have been on our waiting list.

The office at Vision Publications, our sister organization, has gone through a rebirthing process over the past year, and at this writing they are implementing new computer systems, and new policies and procedures so that the office staff can better serve our teachers and students.

A major goal we have is to continue to research information about Reiki and to develop new techniques to improve its use. We have developed a system called Karuna Reiki®, introduced courses in Japanese Reiki Techniques, and Reiki and Color Energy. We plan to continue to develop these and other programs as we move into the new millenium.

William Rand and I made a trip to Japan to research the true history of Reiki in 1997, and at that time we met Arjava Petter who later graciously visited us in the U.S. to present the Japanese Reiki Techniques. Through our experiences in Japan we have become open to a flow of constant new information that is coming out of Japan. We plan to continue to be a source for the dissemination of historical facts about Reiki as they become available. All of this allows us to help our students and the Reiki community better understand the roots of this magnificent system for healing and spiritual growth.

I envision more people, from all walks of life embracing Reiki not simply as a healing technique, but as a way to open more fully to their innate creative power, and a pathway to understanding and communicating with their personal Divinity.

Reiki has transformed millions of lives in the 1900s; as we face the challenges and the wonder of a new millenium I look forward to continue assisting people on their healing path as we participate in the growth of humanity and awaken to the age of peace.

Creating Harmony in the Reiki Community

by Laurelle Shanti Gaia and William Lee Rand

In the past several years, the practice of Reiki has undergone many positive developments. Factual information on the history of Reiki has been uncovered, including the discovery of Dr. Usui's memorial, a Reiki manual he wrote and gave to his students and contact with the original organization he started in Japan. Widespread acceptance of Reiki by the general public and the media and Reiki's expanded use by doctors, nurses and hospitals have added to the positive thrust. The momentum continues building, creating an ever increasing interest and awareness in the practice of Reiki.

The next important step must come from within the Reiki community. Negative competition within and between some Reiki groups is a limiting factor that is causing unnecessary difficulties between Reiki people. This attitude greatly reduces the good Reiki could provide to relieve suffering and heal the planet.

While this may seem contrary to what we expect from those who channel God's healing energy, there are Reiki practitioners, including leaders of Reiki groups, who promote a negative attitude toward those outside their group. They fear if other Reiki people are successful, it will take business, prestige and power away from them. Because of this, they look for reasons to invalidate members of other Reiki groups and the style of Reiki they practice. Negative rumors are created to discourage potential students from going to others for training. They want people to think they have the only valid Reiki program. This is done out of a consciousness of fear and limitation.

The wisdom within Reiki clearly contains the qualities of peace, love, acceptance of others, trust in the flow of life, and abundance. Therefore, the use of negative methods to protect or expand a Reiki practice goes against the wisdom of Reiki, thus creating internal disharmony and limiting the good Reiki could do.

By projecting a negative attitude toward other Reiki groups, those who do this actually repel many of the students they are trying to attract and reap the opposite effect of what they are trying to create. If these practitioners would trust the wisdom of Reiki and allow loving feelings of appreciation to develop toward other Reiki groups, they would very easily attract more students and do much better.

It takes courage to make changes in yourself and in your Reiki community, but the effort is well worth it. To begin this process, one must refuse to pass on negative rumors about other Reiki people. Then allow positive thoughts and feelings to develop and be expressed toward other Reiki groups. Begin sending Reiki to create harmony between all Reiki people. Use Reiki to release fear and heal yourself. Trust in the goodness of other Reiki people. Trust in life and in the power that creates it! While this may seem difficult for some to do, remember, you will be successful because Reiki is powerful! As soon as you decide to commit to it, positive forces will manifest, making the process easier than you thought.

It is also important to acknowledge that there are many Reiki groups who already have this positive, loving attitude of acceptance of other Reiki people and are experiencing the healthy, trusting feelings that come from being more at one with the Reiki energy. Laurelle and those in her Reiki community have proven the value of these concepts.

Laurelle's Story

Louisville, Kentucky has been my home for the past 20 years. When I began teaching Reiki here seven years ago, there were several Reiki practitioners and teachers, but no real sense of Reiki community. Everyone seemed to view other Reiki practitioners as competition. They did not talk to each other and often said negative things about one another. I found this to be very uncomfortable and not very Reiki-like. I wanted to do something to help, so I thought about why people seemed fearful of one another. Then the thought occurred to me that we always fear that which we do not know. Reiki would help us heal these fears. Reiki practitioners just need to get to know one another I thought.

So I set out on a quest to find others doing Reiki, and began to promote my teaching practice. I took my brochures to the health food stores and book stores. I began collecting names of others who were doing Reiki, so I could call or write them. After asking permission to leave my brochures, I placed about 150 in the most popular health food store. I lived 30 miles from this store and usually only shopped there once or twice a month. For some reason (we'll call it synchronicity) I had to go back there the very next day to purchase something.

To my surprise all 150 of my brochures were gone! In the very spot where I had placed mine were pamphlets of another Reiki practitioner. Either there has been a BIG run on Reiki brochures in this store, I thought, or someone has stolen mine.

I picked up one of the brochures and took it home and pondered on what to do. I didn't know for a fact that this woman, (I'll call her Margaret), had taken my brochures, but I knew I had to do something.

I sent a lot of Reiki to the situation and asked what I should do. Moments later I heard this question very clearly, "Are you a teacher or not?" Well of course I am a teacher I thought, and began to wonder what I was suppose to be teaching here. I began to converse with my guides and together it seemed that if indeed Margaret had taken my brochures, it was probably because she was afraid. She must be fearful that there is not enough work in our community for several Reiki practitioners. That caused me to realize that Margaret may not know about the Universal Law of Abundance and Prosperity for All.

The guides helped me write a letter to Margaret. I explained how I picked up one of her brochures at the health food store, and that I was thrilled to see she was promoting Reiki. I told her that it is important for Reiki people to work together so the public can learn about the benefits of Reiki. I also cautioned Margaret to monitor her supply of brochures, because mine have a way of disappearing in a very short time. I mentioned that if they vanish so fast because someone takes them, then this was sad because that must mean that person doesn't understand the Universal Law of Abundance and Prosperity for All.

I was careful not to accuse her, and only offered a helpful hint so the same thing wouldn't happen to her. I held the letter in my hands, gave it Reiki as I prayed that this would help heal the situation, and mailed it.

A short time later, I met another Reiki master, Kathie Lipinski. She contacted me and said that she would like to work together to network. We met and began to send Reiki to create harmony in our Reiki community. Three months passed, and then one morning I received a call from Margaret. We had a nice conversation, and she apologized for not contacting me sooner. She said when she received my letter she

didn't know what to do, so she asked her Reiki Master, and she didn't know what to do either. Margaret said "You mentioned something in your letter, that I don't understand. What do you mean about the Universal Law of Abundance?"

Well . . . here was the opening I needed! I explained to Margaret how there is a place for everyone in the Universe, and that we have a Divine birthright for an abundance of everything we need. We simply need to learn how to work with the energy to manifest prosperity in our lives. The conversation went well, and I was invited to a Reiki healing circle. Kathie went with me and this was the beginning of our community coming together.

Margaret, her Reiki Master, Kathie and I began to discuss the need for harmony between Reiki practitioners in the community. We agreed to work together. We contacted all the Reiki Masters in town, including people who were from different lineages and groups, many of whom had not been communicating and had sometimes said negative things about each other. We invited them all to a "Harmony in the Reiki Community Healing Circle." We chose the massage school as a neutral meeting place rather than anyone's Reiki office, or a church. Energetically, this made it a creation of the community, rather than feeling like one or two people were "in control." Everyone was encouraged to take an active roll, whether it was presenting educational topics or leading the healing meditations or the exchanges. From this first group we created an organization that was named United in Healing.

We developed a mission statement. In the beginning it was single pointed. Our mission was simply to get to know each other and to create harmony in the Reiki community. Our common goals were to heal ourselves, each other, our community and the world. It was a wonderful experience participating in such an evolution within our community. It only took a few key people with a common vision and the willingness to use the Reiki energy to empower that vision to make all of this happen. Sometimes we have a tendency to forget how powerful Reiki is in helping to manifest goals that are truly for the common good.

United in Healing began to grow. We started a quarterly newsletter, and continued to send Reiki to our goals. All members could advertise classes and Reiki sessions. We began to participate in community outreach events, like health expositions at the malls, disease support groups in hospitals, and even presenting Reiki in churches. After our first big mall event, we collected the names of people who wanted more information, and invited them to an open house where we did Reiki introductory presentations and demonstrations.

We expanded our mission statement to read:

To unite the community of wellness practitioners in harmony.

To serve as a bridge between complementary healing and the medical community.

To organize and conduct research programs.

To support one another's personal and professional healing.

To share information and services through community outreach programs.

United In Healing networked with breast cancer, fibromyalgia, diabetes and other support groups and sponsored Reiki marathons for critically and chronically ill people. We developed a free clinic cooperative, and our membership continued to grow. In one weekend in 1998 our members had over 102 students in their Reiki classes.

As we became supportive of one another, everyone's Reiki practice began to grow. We were doing much better than when we were all isolated. Those who were truly able to embrace harmony in their hearts for one another have done the best with their practices. Those who chose not to overcome their fears, still find things more difficult. We continue to honor where they are on their path, and send Reiki to help heal the remaining resistance.

As people come and go, communities grow and change. United in Healing in Louisville is currently restructuring. One of the things we learned is that to insure that our foundation is strong, it is important to have several committed teachers who are harmonious leaders.

We are rebuilding our foundation with dedicated Reiki Masters. At the same time, we are all mentoring our level I & II students. The mentoring includes providing our students opportunities to practice Reiki with each other, and offering our guidance. At each session, we take time for questions and answers. Some of our clients are willing to allow students to participate in their sessions. This allows students to work side by side with an experienced teacher, and observe the many ways Reiki works in a clinical setting. When I work with my students in this way, they see firsthand what I do when Reiki is teaching me a new technique to use for that particular client, and how I incorporate chanting, scent, sound, visualization, and color into my Reiki sessions.

While Reiki is being embraced in a larger way by the government, the medical profession, churches, the school system and the general public, we are preparing for the next evolution of Reiki in our community. The efforts of our little United in Healing group has helped Reiki weave its place into all these areas of our community because we recognized our fears, prayed, used Reiki, and worked together to heal.

National and Global Harmony

Laurelle's experience demonstrates the power of Reiki and the value of taking action to create harmony between Reiki people. Our experience indicates that Reiki has a hidden potential that only expresses when Reiki people work together in harmony. As harmony increases within the Reiki community, this hidden potential will create wonders beyond what we can imagine! We encourage you to take action within your own community. As you do this and join with others all over the country and around the world, we will begin experiencing an expanded Reiki potential. This is certain to allow Reiki to become an active force in government, politics, the military, education, business, family and health care. As you help to create harmony between all Reiki practitioners, you are helping bring out the best that Reiki has to offer.

Due to the efforts of many positive groups and movements, the world is changing from one ruled by fear and competition to one blessed by love and cooperation. As the Reiki community grows in harmony, this process will accelerate.

This is the wave of the future! It is here now if we choose it. With Reiki, the future of our planet is beautiful!