

Reiki Teaches Us to Be Present

BY ROSE O'CONNOR

IT WAS 2013, AND I WAS SITTING in a Peace Place classroom completely captivated by my Karuna Reiki® teacher, Laurelle Shanti Gaia. Not enough that I was surrounded by the gems of Peace Place and hugged by the red rocks of Arizona, along with the pure magic of Sedona for the first time, but the teacher sitting before me was full of the wisdom I'd been seeking without knowing it.

Laurelle and her husband Michael Baird always taught through stories, and I was listening to one now that I would never forget. We were learning the uses of Kriya, the last of the Karuna Reiki® symbols, and Laurelle shared with us her method of staying present with the help of Kriya.

Laurelle was the one who drew me to taking Karuna in the first place with her “The Book on Karuna Reiki®.”¹ Along with an amazing staff, she and Michael were running a successful Reiki practice and store in Sedona. She was the Director of the Teacher Licensing Program for the ICRT, along with being an author and who knows how many other hats she was wearing.

So, for her to have a lot of things to juggle each day was very understandable. She told us that Reiki guided her on how to work with this through Kriya's energy. “Take a bowl,” she said, “and on little pieces of paper write everything you have to do that day, which sometimes for me can be quite many things. Give Kriya's energy to the bowl, asking Reiki to guide your hands (in Sanskrit, the word Kriya means completed action).² Pick one piece of paper out of it. Start there, knowing that is where the energy wants you to be and put your attention fully on it. Later you can choose another piece of paper from the bowl, and so on, allowing the Divine energy of Reiki to guide your day and keep it in the present. In the meantime, leave

the rest of your list in the bowl and don't look at it.”³ What Laurelle was teaching our class was a simple yet profound method of allowing Reiki to take care of the details.

This method is a fantastic way of staying coherent in our everyday busy lives, placing our attention fully on the present moment, the only place from which we can truly create anything. Yet, it also applies deeply to the current times in which we are living. Times that can be very confusing, overwhelming, and uncertain; that can make us feel like we have no control over anything.

Right now, when we are feeling the energetic effects of many large-scale crises in the world, and it's easy to see how our minds can move into a state of overwhelm, not knowing what to do first. We build a future that hasn't even happened based on a lot of “what ifs.”

Consciously or unconsciously, we begin to operate out of fear because we cannot predict the future, we don't feel things will ever be the same, and we don't know what we can do. Yet when we are busy trying to project a future that we know nothing about, we lose the very frequency so desperately needed to shift us into the graceful, loving world we'd like to manifest.

So, what if we used our bowl for a purpose specifically designed for this time in our lives? We could write on bits of paper everything we enjoy doing, like walking the dog or watching a favorite movie, making soup, creating something new, talking to a friend on the phone, listening to our favorite music, or whatever makes our heart sing. Taking some time each day to do a few of these things is very important for us right now.

We can also allow ourselves to include a few of our fears, things that haven't happened yet, but that might be on our minds today. Fear of illness or death, losing a job,

or losing a loved one. We can include these into our bowl too. Maybe our bowl will include all the jobs we'd like to accomplish that day as well.

Once we are finished, then we sit for a few moments, filling ourselves with the love of Reiki and placing Reiki into the bowl. Next, we pull our first paper out of the bowl. If what is written contains a worry or a fear, we give Reiki to that fear, imagining it being transformed into love. We can use the Mental and Emotional symbol and any other symbols we have learned, including Kriya. Then we set that paper aside and pull another.

When our paper reflects something that makes our heart sing, or something we know we can give our attention to at that moment, we thank Kriya for calling us now to "complete that action." We can continue to come back repeatedly to our bowl and pull another and another, giving our minds a point of focus and keeping us present in our hearts. In this process, not only do we create a better day for ourselves, but we are creating a higher frequency that will ripple outward to affect everyone around us and everyone in the Universe! Because that's how the Universe works, and everyone connected with Reiki knows this, but we may have to remind ourselves of it.

We are all connected, all the time, and it is not only beneficial to us to take care of our particular frequency right now, but it is also our duty to do so. What we think, how we act, and how we move about in the world affects every other being that exists.

Will our minds stray to the what-ifs? Of course, they may, but if we avoid the conversations and the thoughts of fear and despair and keep our eyes focused on the good of the present moment we are in, Reiki will help us see that all is well inside our own hearts.

We are being called to the practice. We are being called being the spiritual warriors of this time. Can we learn to just be?

Perspective helps. We can always view things from the eagle's view. The eagle flies high overhead, seeing things from a broader perspective. Think of the days when a person's life expectancy was perhaps 30 years. We are horrified today when someone dies "so young" at 30, yet studies suggest "that in a pre-modern, poor world, life expectancy was around 30 years in all regions of the world."⁴

Do you think that people who lived back then worried about a future that hadn't happened, or were more concerned with the day they were given? Today is a good day because today you are alive. Your heart is beating, your mind is working if you are reading this, and hopefully, your

heart is opening to Reiki, every day, in every moment. It is who and what we are. It is pure love.

When I first learned Holy Fire® Reiki in 2014 with William Rand as my teacher, I remember most that what he shared about this evolution of Reiki's energy was the innate knowledge that everything is already all right. I remember assuming it meant that whatever I was about to do or engage in or plan would be all right. But I realize now, at this moment, six years later, that what Reiki was telling us is, when we use Reiki to look into our hearts, to listen to our hearts, everything is already all right inside of us, no matter what is happening outside of us—that the heart is, in the end, the only place that's real, the only place that matters.

So, when you take out your bowl and fill it with pieces of paper of things on your "to-do list" or things on your "get happy list," and then you pick one thing and are present with it, giving yourself in love fully to whatever you are doing in the present moment, even if that's just sitting on your porch looking at the sunset, rest easy in knowing that everything is already alright. And those things you conceive aren't all right? Leave them in the bowl for today and get on with your joy in this moment. This is who we are meant to be. ✨

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Rose O'Connor is an Usui/Holy Fire® III Reiki Master, a Holy Fire® III Karuna Reiki® Master. She is also certified to practice and teach Animal Reiki in the Let Animals Lead® method founded by Kathleen Prasad. Her passions include sharing Reiki with animals and their human companions, writing, teaching, traveling, and communing with nature. She shares Reiki in Colorado and Pennsylvania, and around the world. Please write to her anytime at rose@reikislove.com, as she would love to hear from you!

Endnotes

- ¹ Laurelle Shanti Gaia, *The Book on Karuna Reiki®, Advanced Healing Energy for Our Evolving World* (Hartsel, CO: Infinite Light Healing Studies Center, Inc., June 2001), 51.
- ² "What Is Kriya? - Definition from Yogapedia," Yogapedia.com, accessed December 22, 2020, <https://www.yogapedia.com/definition/5022/kriya>.
- ³ Paraphrased from Karuna Reiki® class with Laurelle Gaia.
- ⁴ Max Roser, Esteban Ortiz-Ospina, and Hannah Ritchie. "Life Expectancy," Our World in Data, May 23, 2013, <https://ourworldindata.org/life-expectancy>.