



# You Are Number One!

BY ROSE O'CONNOR

**W**HEN ONE IS BLESSED to live a life surrounded and guided by Reiki, there are always new lessons to learn. Many years ago, when Hawayo Takata taught Reiki, she used to tell her students "You are Number One!...<sup>1</sup> In Reiki, you First, then other people." This simple lesson of self-nurturing was one that Mrs. Takata stuck to all of her life. She practiced good self-care. Her healthy drink, known as the Takata Cocktail,<sup>2</sup> was for a clear body and mind. As attested to in her book, *Hawayo Takata's Story*,<sup>3</sup> she was a loving witness to many miracles. She was known not only as a great teacher but a great healer.

She always emphasized for people to do Reiki on themselves first and then others. We often focus so much on what and, more importantly, who is outside of us. We want to help, to facilitate healing, to teach others the tremendous gift that is Reiki. These are all good things. But are we really and truly giving the practice of Reiki to ourselves often enough?

In my own life recently, I have been learning new lessons about moving through life with grace during a family crisis involving

receive. Just the other day, I shared a healing session with a friend who is a Reiki student of mine. For two hours, we shared healing energy with one another. We shared love and wisdom too, guided by Jesus, Mother Mary and loads of Angels who joined us. We both felt their presence strongly. Afterward, we both felt renewed, refreshed and cared for. I thought, "I hope that everyone who reads the article can say the same for themselves. I hope that this month they received something special from someone else in the form of energetic healing." We have so much support all the time, and learning to be receivers as well as givers can be our greatest lesson. The water doesn't begin to overflow until the cup is replenished.

We know that when we give Reiki we get Reiki, and yet there is something very different between sharing Reiki with someone on the table and being that someone on the table. Those of us who help others need now more than ever to appreciate our own sweet selves. In Native American medicine, Moose bellows with the pride of accomplishment. He expresses his joy for a job well done.<sup>5</sup>

*...ask yourself this simple question, "What does Love do now?" Love doesn't berate, doesn't blame; it doesn't disapprove. Love is forgiving, compassionate and always kind. Just for today, be kind to others (starting with our Selves).*

deep emotional distress and upheaval. During this time, I have also glimpsed the faces of fear and worry (*Just for today do not worry*). Reiki has been teaching me to move about in a world largely different than the one I am used to, and challenging me to be "Comfortable with Uncertainty."<sup>4</sup>

I've found myself reaching for Reiki constantly, doing self-Reiki sometimes in the middle of the night when I cannot sleep. When this happens, I grab my charging crystal from our Reiki grid and take it to bed with me, holding it against my heart or my solar plexus. I am learning anew the importance of self-nurturing with Reiki. I am being reminded that, when faced with challenging times, if I use it first for myself (I am number One), it allows me to move forward in the best possible way. We all face challenges; some are just grittier than others. Yet these are the times when Reiki, especially self-Reiki, can help us remember our blessings more acutely. *Just for today, be grateful* (for everything life brings your way).

The longer I travel this life, the more I realize that humans just don't appreciate themselves enough. We aren't taught to

We too can be like Moose. Just for this moment, recognize what you do in this world. Do something just for you on a regular basis. Reiki has guided me in writing about some of the ways we can do that and learn to care for ourselves a little better.

## Receiving Ignitions by Yourself

If you are a Holy Fire Reiki Master, you can receive Ignitions or Experiences by yourself!<sup>6</sup> You probably already know that you can ask to receive an Ignition or Experience, like the Holy Love Experience, the Ocean of Holy Love, at any time. However, after talking to students, I'm not so sure that everyone takes advantage of this amazing gift. I know that I could always do it more often! It is a profound and beautiful thing that has been given to us by Holy Fire. All we need to do is ask. I have found that at certain times when I am sitting and doing self-Reiki, a Holy Fire Ignition will just "begin" and it is such a beautiful experience.

For those Reiki practitioners who are just learning about Holy Fire, sometimes you might hear the words Ignition, Experience or



Placement and think it is a meditation. Reiki has guided me to explain the difference in this way: A meditation is wonderful. In doing a meditation, we can leave behind our thoughts and go to meet God if we are practiced enough. However, when we receive a Holy Fire Experience or Ignition, God comes to meet us in a most direct way, even if we are not practiced or experienced in meeting with him. The connection is immediate and powerful. This is a wonderful act of self-care and nurturing that is available to Holy Fire Reiki Masters. It is also a good reason to consider training in Holy Fire Reiki.

### Learning the Beauty of Your “No”

“No” is a beautiful word if you use it wisely. It’s a wonderful thing to realize that, sometimes, by saying no, either aloud or energetically, we are creating an opening, for ourselves and for others. A dear friend of mine recently had to stop her healing work for a while and she told me how difficult it was for her to turn her clients away. Why?—because she is a giver just like you and I. Then she read the following quote and recognized the beauty of her “no”: “Everyone has a Higher Self that takes care of them.”<sup>7</sup> By learning what is for us to do for someone else and what is sometimes for that person to do for him or herself, we make the world better, stronger and more resilient. We enable less and empower more.

It feels to me that we are being asked to slow down and watch our movement through the world right now. How does our energy move? Do we feel pressured or are things hectic? Thank goodness for Reiki. We can use it to help us stay focused and make good choices. Free will is something we all have and it affects our whole life. If, for example, we are “pulled at” by others who are insistent that we help them solve their issues or ask things of us that go beyond our comfort zone, we can use our beautiful “no” and make a different choice, honoring what is best for our Highest Self in any given moment. This is where slowing down and checking in frequently with our Highest Self comes into play. We can use our Reiki and check in.

David Vennells, in his book *Reiki Mastery*, gives us his own symbol representing “The Greatest Good.”<sup>8</sup> Many times a day, we can and should ask of Reiki: Is this for our greatest good? That could be anything from completing tasks to meeting someone when you suddenly feel ill to eating a chocolate chip cookie. Maybe eating the cookie is in our greatest good right then! Our Higher Self knows. Reiki knows.

This conscious awareness of every action that we take comes from a deep connection to the present moment. Whenever we are immersed in inner struggle, we lose that present-moment awareness. The lesson I am constantly learning is to choose what is best for my Highest Self and *trust* that everything else will fall into place.

### The CKR Box

In Karen Harrison’s recent article,<sup>9</sup> she explains the importance of recognizing if we are empaths and some things we can do to strengthen our light. One of them is to draw a CKR box around ourselves. Karen teaches us how to draw our CKR box around us in the mornings and keep it around us all day.

As I walked through Walmart the other day inside my CKR box, I was reminded how often we can strengthen our light with Reiki. I sent a mental note of thanks to Karen for her wonderful article as I felt my CKR box allowing me to see the good, to not get caught up in the busyness and the energy of the many people and even all the merchandise in the store (everything has energy as Mrs. Takata would tell us!). In fact, being in my CKR box in the store heightened my human vibration enough to stop and notice a woman with a seeing-eye dog. She was talking to her dog the entire time as she looked for something. I stopped shopping just to quietly observe the joy of companionship and the unconditional love between woman and dog—a small thing perhaps, but isn’t life truly about the small things?

As I thought more about the CKR box, it also puzzled me a bit because I have always taught students, as I have been taught, that with Reiki flowing through us we don’t need protection. And it could be viewed that the CKR box was building a wall of protection, as it were. But then I realized that it was, in some ways, the same as learning the beauty of my “no.” My CKR box is my own. It holds the essence of me, of who I am in the world and the vibration I carry. And everything inside my CKR box is mine to do with what I will. My own choices. My mistakes and my successes. No one else is responsible for my CKR box except me. Therefore, I’m not responsible for anyone else’s either.

I remember a story that my first Reiki teacher taught me. She said, “If a man falls into a well, what will you do to help him? Will you jump into the well after him and say, ‘How can I help you?’ or will you throw him a rope?” Am I acting as an empath or staying in my own CKR box? And in which way can I better help the world?

### Developing a Practice of Self-Appreciation and Nurturing

This one isn’t easy to start to do but it’s worth the effort. It begins with “Reiki Self First” every day, for five minutes or fifty. It means scheduling a Reiki session for yourself with a friend or a fellow professional. There are many other self-nurturing things we can do to care for our own energy. Perhaps it’s taking a bath and thanking every part of your beautiful body for doing what it’s supposed to do and for housing your Spirit. Or taking the time to listen to a Reiki meditation, a Reiki radio show,<sup>10</sup> a Reiki podcast<sup>11</sup> or reading a book about Reiki. One message I am reminded of constantly of late is that everything I choose every single day is a

choice between lower and higher vibrational activities and thoughts. Each time I choose the higher vibration I am loving and nurturing my Self. Reiki can help.

### Creating Self-Nurturing Thoughts

I believe we must begin by listening to ourselves, which isn't always easy! *Just for today work hard.* Often our thoughts and reactions are so random that we don't even notice what we are thinking. All of us, me included, tend to be hard on ourselves for doing things that aren't in alignment with the "person" we think we should be or could be. For me that can mean eating a slice or two of pizza because I know that my sensitive stomach won't be happy. I feel as though I've let myself down and I hear myself mentally berating myself for eating two slices of pizza! For you this can mean any number of things. You lost your car keys, you let dinner get cold, you forgot to do something at work, you got impatient with your spouse and so on. But self-appreciation means that we can practice forgiveness and LOVE for our own selves! A novel idea, yes? However, with Reiki all things are possible. *Just for today, do not anger.* Who are we most often angry or disappointed in? Ourselves of course!

As my mentor and teacher Colleen Benelli shared with us in a recent *Reiki Chat* podcast,<sup>12</sup> ask yourself this simple question, "What does Love do now?" Love doesn't berate, doesn't blame; it doesn't disapprove. Love is forgiving, compassionate and always kind. *Just for today, be kind to others* (starting with our Selves). If each of us can simply engage in loving ourselves unconditionally, using Reiki for ourselves FIRST, we can collectively change the vibration of the entire world. *Remember, just for today, you are number One!* 🌿

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### Endnotes

- <sup>1</sup> Helen J. Haberly, *Hawayo Takata's Story* (Olney, MD: Archedigm Publications, 1990), 54.
- <sup>2</sup> William Lee Rand, *Reiki: The Healing Touch* (Southfield, MI, 1991), 162.
- <sup>3</sup> Haberly, *Hawayo Takata's Story*.
- <sup>4</sup> Pema Chodron, *Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion* (Boston, MA: Shambhala, 2003).
- <sup>5</sup> Jamie Sams and David Carson, *Animal Medicine* (New York, NY: St. Martin's Press, 1999), 81.
- <sup>6</sup> William Lee Rand, *Usui/Holy Fire II Reiki Master Manual* (Southfield, MI: Vision Publications, 2012), 82.
- <sup>7</sup> Anita Moorjani, *Dying to Be Me*, [anitamoorjani.com/radio-archives/](http://anitamoorjani.com/radio-archives/)
- <sup>8</sup> David Vennells, *Reiki Mastery* (Hants, UK: John Hunt Publishing Ltd., 2005), 137.
- <sup>9</sup> Karen Harrison, *Reiki News Magazine*, Spring 2017, 29.
- <sup>10</sup> Paula Vail, *For the Love of Reiki*, [www.voiceamerica.com/show/2375/for-the-love-of-reiki](http://www.voiceamerica.com/show/2375/for-the-love-of-reiki)
- <sup>11</sup> Colleen Benelli, *Reiki Chat*, [reikilifestyle.com/reikichat/](http://reikilifestyle.com/reikichat/)
- <sup>12</sup> Colleen Benelli, *Reiki Chat*, [reikilifestyle.com/reikichat/](http://reikilifestyle.com/reikichat/)