



# Using Reiki Throughout the Day

BY ELEONORE KOURY

**O**FTEN AFTER WE HAVE TAKEN our first class in Reiki the initial high wears off, and as we get pulled back into our daily lives and into our old patterns, Reiki can sometimes get lost in the shuffle. Even after years of practicing Reiki we can get distracted by the demands of life and lose our connection with Reiki. The beauty about Reiki is that it is not limited to hands-on use. The use of Reiki is unlimited and can be brought into your everyday life. The following suggestions will help you stay connected both with the energy of Reiki, that is always within you and never disappears, and with the basic techniques that can help you maintain your connection with Reiki and its many physical, mental, emotional and spiritual benefits.

## Reiki and Meditation

You can begin your day with Reiki. Many integrate Reiki into their morning and evening meditation practice. It can be as simple as saying "I invite Reiki into my meditation and into my day." One of Dr. Usui's pillars of Reiki is the Gassho meditation. Whenever you place your palms together in Gassho meditation and invite Reiki in, you will begin to feel the warmth of Reiki in your palms that will eventually travel throughout your body and mind. This simple meditation gives your body a full session because all of our body's nerve endings that are connected to all of our organs are represented in your palms. You can do this meditation for 5, 10 or 20 minutes or whatever works for you. It will give you a great boost to begin your day.

You can do a similar meditation at the end of your day and/or give yourself a session. You can invite Reiki into your night's sleep and place any of the symbols you like in your bedroom to support a good night's rest. Often individuals will help themselves fall asleep, or if woken in the middle of the night, Reiki will help them return to sleep, by placing their palms somewhere on their body and chanting any of the symbols. The Karuna Shanti symbol is particularly helpful for this as is the Usui mental emotional symbol.

## Reiki in your morning and evening routine

You can invite Reiki into your morning and evening shower. If you are attuned to the symbols you can beam the power symbol into the shower head intending Reiki to flow through the water. You can also invoke the power symbol as you clean your body, giving yourself an energetic as well as physical shower. You can do the same thing while you are brushing your teeth.

## Reiki and Cooking/Eating

Invite Reiki into your meals and into your meal preparations. Beam Reiki through your palms or your eyes into whatever you are cooking, baking or preparing with the intention that Reiki infuses your food. Before eating your meals place your hands over your food for 30 seconds beaming Reiki to raise the vibration of the food and to assist in digestion. This is especially helpful if you are eating at a restaurant and you don't know who may have been working with your food.

## Reiki and Technology

One of my favorite things to do is to bring Reiki into my work with technological tools and machinery. Invite Reiki into your computer and computer work. Use any of the symbols such as the mental emotional symbol and distant symbol affirming clear, harmonious and effective connection and communication as well as successful completion of projects. Invite Reiki into your phone and all of your phone interactions affirming that the highest good comes from all of your phone calls, texts, emails. When getting into your car visualize Reiki, particularly the power symbol, bathing your car from front to back affirming that your car will be energized by Reiki and you will be protected on your journey.

## Reiki and Chanting

You can chant Reiki symbols throughout your day. I highly recommend *Reiki Chants* by Jonathan Goldman. You can do this silently if in the presence of other people or this can be done out loud

when alone or in the presence of other practitioners. Chanting is another way of inviting Reiki into the space you are occupying, into whatever you are doing or simply giving your mind a focus as you go about your day. This can be done while cooking, cleaning, showering, driving, etc. For example you can chant the symbols and beam the symbols as you are doing your house cleaning. This adds a new dimension to the often tedious act of cleaning by assisting in raising the vibration of your home as it is being physically cleaned.

### Reiki and Relationships

You can bring the symbols into your relationships. Visualize the mental emotional symbol between you and others harmonizing your energies, supporting good communication and assisting you if in a conflict or misunderstanding. This can be done in work meetings, in personal relationships with friends, family or partners. It can also be a great tool to use when meeting someone for the first time to assist in harmonizing your energies. Often this can assist you in being more comfortable in the new situation and opens up a field of compatibility and understanding.

### Meditating/Thinking on Reiki

By simply thinking about, inviting in and meditating on Reiki the energy flowing through you will have a positive effect on you,

your day and on others around you. Reiki can be used in your gardening, with your pets, your children, in the office, at business meetings or out in nature. You can beam Reiki through your eyes or through the soles of your feet as you are walking. Just allow Reiki to flow through you as you are in traffic, standing in line, meeting friends for dinner and so on.

There are countless ways to bring Reiki into your everyday living, supporting a sustainable way of life in which you are more connected to yourself, your environment and the energy all around you. The consistent use of Reiki is preventative care on a physical, emotional and spiritual level. It is low impact and supports both the health and vitality of your personal environment as well as the healing and vibrancy of the planet. Allow yourself to find new creative ways to bring it into your daily life. May these tools assist you in renewing your relationship with Reiki and bring new energy in your daily practice. 

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This is an excerpt from Eleonore Koury's New Reiki CD to be released in 2013.

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