

REIKI AND THE SEVEN CHAKRAS

Source: Richard Ellis

Throughout our lives we collect experiences that together define who we are. Our energetic bodies are like a treasure chest, containing everything we have chosen to keep for ourselves on this journey called life.

Every memory, every occurrence, every hurt, every joy, all we have learned and remembered is put together to become who we are. We pack our chests full, believing that they need to be full or we won't be anybody. How much of what is in the treasure chest represents who we really are? Do we truly feel comfortable knowing these collective memories, events, emotions and histories define us? Sometimes we need to lift the lid off our treasure chest and take a look inside. Everything takes up space, and uses energy to keep it there. Maybe we no longer need some of it and could throw it away, leaving more space, more room for newness to flow in?

If you were to take several pictures of your own energy field within a short period of time you would see that this field of energy is constantly changing, depending on the current influences around it. Seeing this helps us realise our daily interactions within this world of energy affects us moment to moment.

Letting Go

It is essential that we become aware of what it is that we have chosen to hold within our energy fields, which creates restriction and causes continued suffering. This can take the form of beliefs on the mental level, trauma on the emotional level and, more often than not, distortion on the intuitive level. Through the use of Reiki we gently introduce a harmonious energy. Once we come to know our own system we begin to see how our experiences are like patterns that repeat themselves as a result of what we are sending out into the world as an unconscious message. We may wonder why certain situations keep arising in our lives, but it is only when we become aware of our unconscious projections that we can stop these patterns repeating.

The Knots In our System

What are the knots in the system? A knot is a distorted pattern within you, that you are holding on to, that separates you from reality and that could be released. It can be a belief, an idea, an emotion, a need, a feeling, a pain, an expectation or survival issues. The action of holding on to anything creates a contraction within your energetic bodies that, wherever located, obstructs the free flow of energy throughout your system.

Any past issue we are still reliving wastes precious energy that could be used in our present lives. Have you ever had an emotional conflict with someone, and whilst they are no longer around you still keep focusing on the conflict, playing it over in your mind? How exhausting is that? All that energy focused negatively towards that person. You feel like you have no energy to do anything else. The moment you resolve the conflict, hey presto, you feel 100 per cent better.

Whatever the drama, fear, anger, pain, addiction, jealousy, depression, conflict, attachment – it sits like a dark cloud in your energy field, draining away your life force and costing you a high percentage of your energy. We have hundreds of these conflicts that remain unresolved and sit in our energy fields like scars.

Think about it – how often do you use the past as an excuse for present failures? Listen to your mind. How often when you are trying to improve yourself in any way do you hear it giving you reasons not to continue? The voice you hear may be that of your father, mother or teacher but it is now in you. You held on to it, believed it, embraced it and continue to use it as an excuse.

The same is true of your emotional body. Any time you are presented with a new challenge, observe how your emotional field contracts in response. Chakras will close down, disabling and disarming you so you are less effective. When a healing space is held through the use of Reiki, it offers the opportunity for release. It simply and very tenderly says, "It's OK, you can let go." The only thing that really serves us is to let go; the only healing is to let go. Release ultimately cures everything.

It is important that we become aware of what we have chosen to hold within our energy fields and to find a way to gently release it, bringing an end to our restrictions and suffering.