

Claiming Your Inner Gifts

The Comprehensive Study of Master Reiki

Mastering Your Life and Reiki

Marnie Vincolisi

This book is not intended as a substitute for the medical recommendations of physicians or other health-care providers. Rather, it is intended to offer alternative information to help the reader cooperate with physicians and health professionals in a mutual quest for optimal well-being and a better understanding of self.

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Supporting and Healing the Inner Child

Almost every emotional issue has stemmed from an incident held in the past, often when we were much younger than we imagine. As we look back as an adult, what happened years ago may seem infinitesimal, but to a small child it was huge.

Example: I once heard a psychologist on a radio station mention every childhood issue, on a rating scale from one to ten, has an intensity of the highest magnitude at a ten. As a small child we rely on the adults in our lives to care, feed, love and nurture us. When this does not occur we are devastated. Just spend a few minutes walking around on your knees and observe how large the world appears when you are only three feet tall. It matters not if the child was physically abused or ignored. As an adult, these invalidations become life altering.

When a treatment is given with Reiki it has the ability to bring in a focus of love which was denied in some way as a child. The love felt will make most clients relax and allow healing of their old wounds. With love as a base, clients will begin to trust your guidance. Reiki will bring the client into the relaxed state of their subconscious mind so the treatment can relieve the stress associated with a traumatic event.



Remember: The subconscious mind rules the conscious mind. Enter the subconscious mind to permanently release the stress associated with any trauma.

When working with childhood issues, you will be guiding the adult or adolescent client to approach their younger child with the understanding and compassion they would hold for a child who was in the same situation now. By administering Reiki and using guided imagery the client will gently float down into their subconscious mind. To open this aspect of their psyche, guide the client to open each chakra, being prudent to have

them make note of any sensations they may be feeling. If they are not aware of any changes in their body, tell them to pretend to feel something. This will stimulate their imagination. You will find that usually by the time they get to the last chakra and often before, they will actually physically feel something in their body. Now they will be ready to see into their inner sight and help their lost child.

Once they are in this relaxed state you will start the process of Inner Child Healing. Request they call in two beings for help; one is a guide to lead them down the correct path and the other, a divine light being, such as an angel. The client is creating this scenario so give them options from which to choose. This will assure them they are in control, have help and they are not alone. They will also be connecting to their higher self for added assistance.



It will empower the client if they can view their higher self and compare their radiance to the higher light beings they have called in. Have them look at their divine essence by asking what color is their higher self, for color is often the easiest visual to comprehend. If they do not see a color, ask what color would they like it to be and then pretend to see it. This is a way to prime the pump of their imagination and get them ready to view an occurrence during the Inner Child Healing process.

They will see how powerful they are when they compare their brilliance to the beings who were just invited in. If their light is dim it reflects a poor self image. To adjust this imbalance, ask them to simply increase their light by imagining they are turning up a light in a room with a dimmer switch. With this higher radiance it will allow the client to work from the divine aspect of themselves and when they see how simple it is to increase their light, it instills confidence.

As a practitioner, you can look at the episode they are re-experiencing as an observer and it is wise to direct them to do the same. There is no need to relive any pain of the past, though the process may stimulate emotions within them, but be assured, they will not be overwhelmed. When they are instructed to move to an old issue which requires healing sometimes the place the client first visits does not hold any trauma or concerns.

Accept the information they share and after a few moments, invite them to go to a different age. The client may be entering an event which is harmonious just to trust the process and to get a sense of how it will work. This is an unconscious act. Once they feel confident with the procedure they will trust they can move into a place which requires healing.

Continue to be reminiscent of the divine assistance during the process especially when they need to comfort their inner child. They may hold this little one and ask what it needs. The client can then fulfill the request of their younger self. When the child does not express its needs, have your client think of what they would do if they saw a child today, in a similar situation. How would they talk to them to encourage them to share their feeling? Then have them to do the same for this little one, their inner child. As a practitioner, you may practice the “Life Tool: Inner Child Healing” on yourself, to familiarize yourself with the procedure and as you process issues for yourself, you will become more adept to assist others. If possible allow a friend or fellow Reiki practitioner to guide you through this process.

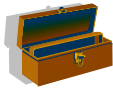


Remember: The divine is always in charge, so listen to the higher self of your client because it knows what the greatest need is and it will guide you and your client.

CHAPTER 6

MEDITATIONS

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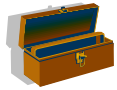


Life Tool: Orange Sacral Chakra

This center is where you will become aware of and activate your creativity. Focus on an area of your life that you feel could profit from a new idea. Then enter into the stillness of this mediation.

1. Locate a quiet place where you will be undisturbed; turn off the phone.
2. Allow your breath to slow down and deepen.
a. Inhale through your nose.
b. Exhale out through your mouth, making an audible sigh.
c. Do this three times.
3. Relax your forehead, your eyelids, your cheeks, your lips and your tongue.
4. Allow this relaxation to penetrate across your face and into your head.
5. Let it flow directly into your brain.
a. From that point it streams down your entire body.
b. Track it as it moves; notice the sensation it brings to various parts of your physical form.
6. In your mind's eye pretend to step into the left side of your brain.
a. This is the analytical side where you will allow your thoughts to just flow without focusing on any one idea.
b. Attention here will allow the chatter to disperse as you give the mind time to let these ideas to move through. Honor the way your left brain processes thoughts.
7. Pretend to stand up and move to the creative right side of your brain.

8. Take off your shoes and walk on the soft carpet.
a. Sit on the velvet pillow on the floor.
b. Feel the cool breeze coming in the window and the warmth of the sun or the coolness in the air, you design it.
c. Notice how this side feels different from the left side.
9. Move to the center of your brain and remove any barriers you see here so you may integrate and feel the blending of the qualities of each side of your brain.
10. You are now ready to access your creativity. Move your attention to your orange energy center just below your navel.
11. Take a creative desire you have and plant it in the dirt.
12. See warm yellow sunlight shining down on this subject matter from your chakra above.
13. Watch it sprout and grow into a large plant.
14. Sit beside this idea plant and receive the information it has stored inside.
a. Watch for metaphors in this vision which will be clues to help construct this idea.
b. The message may be revealed by the type of plant it becomes.
c. The answer could come at a later time; just know that the information has roots, it is growing and in time you will receive more about this message.
15. Take a seed from this plant and place it in your throat chakra where it will grow and allow you to put this desire into action with your spoken word.
16. When this process feels complete become aware of the sounds in the room, take a deep breath and open your eyes.



Life Tool: The Yellow Solar Plexus Chakra

This center is the seat of your emotions. As you peer into this chakra do not place judgment on these sentiments by describing them as good or bad; accept each one for the value and balance they bring to you. In this tool, you will have an opportunity to uncover, greet, understand and make peace with emotions that have been locked away.

1. Sit in a comfortable position.
a. Loosen any tight clothing.
b. Breathe slowly.
c. Focus on the sound of your breath.
2. Imagine your whole body moving with the rise and fall of your chest.
3. Let this movement take you back to a time when you were being nurtured, lying in your mother's arms when she was rocking you. Even if you have no memory of this happening, allow it to occur in your mind's eye now and embrace your inner child.
4. Let the sense of rocking move into your yellow energy center. The location is in your stomach, an inch and a half above your navel.
5. Allow the rocking to change to waves on a gently flowing river.
6. This river is the stream of your emotions and you are moving through it in a boat.
7. There will be something appearing in the river which represents an emotion you are currently facing.
8. If more than one emotion appears, acknowledge one and allow the other emotions to continue flowing down the river.
9. Move your boat towards the emotion in whatever form it appears and confront it by looking straight into it.
10. Know that you cannot be harmed by this emotion; it is only energy and you

are empowered by facing it, rather than running from it.

11. Ask it questions and receive the guidance it is holding for you.

12. There is no need to rid an emotion from your body. Every sentiment, even the seemingly negative ones, do have merit.

13. This is your opportunity to discover the gift in all of your emotions. Bring them out of hiding and into the light and know they can no longer control you.

14. Follow #9 to #13 with other emotions which surface from the waters.

15. When you feel complete with the information received, allow your boat to once again travel along the river.

16. Your boat glides to the shore and you step out and onto a beach.

17. Feel your feet in the sandy soil. It is wet, cool and comforting.

18. Sense your connection to the earth and anchor your new awareness into her. Feel the nurturing love of mother earth radiating into your body.

19. When you feel complete with this process, take a deep breath and slowly open your eyes.

Chapter 8

Animals and Reiki

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Animal Communication

Practicing with an array of different animals, just like working with diverse clients, will quickly increase your ability to pick up silent responses. Start by sitting still with your animal companion, quiet your thoughts and be compassionately present with its spirit. Like making a new friend, you want to let them know you are there for them and interested in what they have to say. Allow this silent relationship to grow and develop like you did when you first met your pet or a friend's pet. The relationship you are developing acts just like ones you have created with people, some will take to you right away and others will need more time. As you acquire these silent communication skills and release your doubts about talking to animals, you may also find your ability to intuitively connect with your clients needs will also improve.



A very important step is to let go of your judgment about your abilities and preconceived ideas you have about your client, whether they are animals or people. With a little practice, communication from your four legged friends will become precise and clear. Stop thinking about what they might be saying and observe the animal while you *feel* their response. Accomplishing this goal will be the basis for a good animal communicator. Let go of timeframes, enjoy the moments you are having with the animals and most of all, just make it fun.



Remember: Much of the response you will receive will be at first felt, not heard.

Animals are like energetic children, you need to get their attention first before they will talk to you. Recall how you connect with a baby. First you need to make eye contact, softly talk to them and then they will often respond with a smile. Use the same technique with an animal, make eye contact and then softly speak their name either audibly or in your mind and then listen to what you feel.

Find out if they are ready to listen to you? Are they distracted, if so, move to a location where there is less outside activity. Is this the right time; maybe they are hungry or tired. To get them to pay attention it may only take a pat on their head or to just call their name so they know you are there. When you are in conversation with another person, you can intuitively tell when someone has not heard what was said. Our response is “Are you listening to me?” It is the same feeling with an animal.



Get their attention



Once you release your fear that this is going to be a difficult task, half of your problems are over. You already hold these abilities to communicate clearly, all you need to do is transfer this knowledge over when you begin to talk with animals.

Hold a mental image of the pet talking to you. If you ask for communication, but assume it will not happen, the animal is

confused and does not know how to respond. Mean what you say and speak with confidence. If this is your animal, they are accustomed to your voice and will find it soothing. Some things are better said in silence, such as issues which may be difficult to speak about, like when an animal is having destructive behavior. Don't begin your conversation by pointing out their bad traits, just like a relationship you have with a person, start the dialogue with non confrontational speech. By touching the animal and holding them, they will feel assured you have a desire to help. They will pick up that you are not angry at them and that they are safe.

Practice sending mental pictures out, first a few feet in front of your body, then across the room and next to the animal's body. Make this image something they like to do: going for a walk, playing catch at the park, or running and splashing in a stream. What do you sense is their response, feel the emotion; this is the first way they will connect with you. Let them know you heard them and say thank you. Change the images so that the animal does not get bored with the process and keep the session short. You may always return another day to continue your conversation.

To receive a response from an animal, start with your imagination. Say hello and pretend to hear a reply. Practice with a lot of animals, even ones you pass on the street, just give them a quick silent hello and see if they look at you.

Example: When I am developing a new skill I will immerse myself in the practice for a good month. By concentrating my activities on the application of my new knowledge I will quickly improve these skills and then this new modality will be at my disposal for future reference. I find that I do not have to continue practicing after that one month period because the time was already given to integrate the process into my being and I can draw from it at any time in the future.

The biggest barrier is self doubt. Know you can pick up information from an animal just like you do when you run your hands over someone's body in a treatment while scanning. Trust the first perceptions you receive because this guidance is instantaneous and transfers quickly. Accept what you are receiving and let the animal know you have heard their answer, say thanks or pat them on the head. Make the sessions short so neither of you become frustrated and above all, make it fun. This is an amazing skill. They make movies and TV shows about those who hold these abilities and you too can acquire the talent of an animal whisperer.