



# Manifesting Abundance With Reiki

How to use Reiki to turbo-charge your  
manifesting ability

STEVE GOOCH

Manifesting Abundance with Reiki

Manifesting  
Abundance  
With  
Reiki

Steve Gooch

A handwritten signature in black ink, reading "Steve Gooch". The signature is written in a cursive style with a long horizontal line extending to the left from the start of the name.

Manifesting Abundance with Reiki

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# Manifesting Abundance with Reiki

## DEDICATION

*To my mum for teaching me the true meaning of unconditional love and the power of stillness, and to my dad for the inspiration and direction that has shaped my life.*

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# INTRODUCTION

The Law of Attraction and the system of Reiki have, for a long time, captured people's imaginations around the world. Few seem to realise, however, that the two seemingly unconnected systems have a great deal in common.

Both systems have been major tools in my life for many years, helping me and guiding me from one goal to another, over, and over again. I've always used Reiki as my go-to source of energy to not only bring clarity to whatever decisions I need to make in life, but also to boost and empower whatever it is that I'm trying to manifest when I engage with the principles of the Law of Attraction.

In this book we will be looking at the ways in which the two systems overlap and how they can potentially work together in helping you manifest your deepest desires.

*Steve Gooch, London, England. August 2023*

# Chapter 1

## Links Between Reiki & The Law of Attraction

The Law of Attraction grew out of the New Thought movement that developed in the United States during the mid-1800s. It all started with the work and ideas of the American mesmerist and healer, Phineas Quimby (1802 - 1866), who had developed a philosophy of healing that suggested that all illnesses originated in the mind and were a consequence of flawed thinking and beliefs. Quimby believed that a mind that was open to God's wisdom, or spiritual wisdom could overcome illness. He believed that by bringing a client to an awareness of their own spirituality and through guiding them to the truth of the cause of their suffering, healing could take place. Although not a doctor by formal education, Quimby was often referred to as a doctor, his work having a great deal in common with modern psychology.

It's often claimed that Quimby was searching for and believed that he had found the healing methods of Jesus. Quimby was not a religious man in the accepted sense. Although he knew his Bible, he didn't subscribe to or follow any organised religion.

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The New Thought movement in following Quimby's ideas holds that Infinite Intelligence, or God, is everywhere, and that the spirit is not only a force for good, but that right thinking, and tapping into your true spiritual nature has a deep and powerful healing effect.



New Thought as opposed to 'ancient thought' tried to take the common threads and accumulated wisdom from a variety of spiritual and religious traditions, including Ancient Greek, Roman, Egyptian, Chinese, Taoist, Vedic, Hindu, and Buddhist cultures. The focus was always on the interaction between thought, belief, consciousness and the human mind and the effects these have beyond the mind. In the 21<sup>st</sup> Century, the New Thought movement is comprised of a loose alliance of writers, philosophers and individuals who share beliefs around metaphysics, positive thinking, the law of attraction, healing, life force energy and creative visualization.

Some common beliefs in the New Thought movement:

Infinite Intelligence is universal and everlasting and is the supreme force in the whole of creation.

Everyone is a spiritual being and Infinite Intelligence dwells within all of us.

The supreme spiritual principle is that we should love one another unconditionally and bring healing to those in need.

Our mental states and what we believe is projected into our real-world experience: 'what you believe, you become.'

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Some of this sounds very familiar to concepts that exist in the system of Reiki.



In Japan in 1914, Dr Bizan Suzuki published a book called *Principles of Health (Kenzen no Genri)*, in which were listed some basic principles that he thought would help in the healing of individuals. One of the practices that Suzuki suggested was the recitation of a ‘Moral Poem of Health’ (*Kenzen Dōka*) which is almost identical to the five Reiki Precepts that were given by the founder of the system of Reiki, Mikao Usui. It’s generally agreed that there is a

high probability that Usui based his Precepts on those of Suzuki.

Bizan Suzuki’s Health Philosophy is a good example of the melding together of traditional Japanese self-cultivation practices and spiritual ideas and practices from the US, particularly New Thought. Suzuki was, in fact, highly influenced by the work of Mary Baker Eddy who developed the Christian Science movement. Eddy was an early follower of Phineas Quimby, though her Christian Science approach to healing differed in many important ways from Quimby’s. Eddy eventually distanced herself from Quimby’s work and, having originally been given Quimby’s manuscripts for publication, finally returned them to Quimby’s family after his death, unpublished. The Quimby Manuscripts were finally published in 1921.

Suzuki claimed, just as in the New Thought movement and the teachings of Mary Eddy/Phineas Quimby, that physical disease could be cured by correction of the heart-mind relationship. It’s interesting to note that in the telling of the history of Reiki, it’s often mentioned that prior to his development of the Reiki system, Mikao

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Usui travelled widely, including to the United States and that he was an avid learner and explorer of various spiritual and healing methods. In fact, in the early years of the telling of Reiki's history, it was often said that Usui was in search of the healing methods of Jesus. Although this claim has largely been discarded, following on from contemporary research into the system's history, it does resonate somehow with Quimby's work and his own claims that he had also been pursuing the healing methods of Jesus. Is this just a co-incidence or is there more to this similarity in the telling of the two men's respective journeys into healing? Two men who share a similar philosophy on the origins of illness, and whose teachings seem to be bridged by the work of Dr Bizan Suzuki.

Did Usui come into contact with the New Thought movement and the teachings of Phineas Quimby or even Mary Baker Eddy's Christian Science, whilst in the United States? Was he more influenced by New Thought than just the 'Moral Poem of Health' given by Suzuki? Maybe we will never know for certain, but certainly there seems to be an overlap in the philosophy and teachings of Reiki and New Thought.



A clear, albeit minor example of the overlap between the two teachings would be that within the Reiki system there is no use of the term 'God'. Instead, we talk about the Universal Energy Field, the Universal Intelligence as a field of energy out of which everything manifested and of which, everything is composed. Its basic nature being love. In Reiki, we refer to the Universal Energy Field, in New Thought, it's called Infinite Intelligence. Different ways of referencing the same thing. Both essentially euphemisms

for God: The Supreme Intelligence at the heart of all of creation and that is a part of everything in creation.

Of course, it could be argued that as Usui was a Buddhist, he would not naturally have a concept for God in the Abrahamic sense of the word, but then in Buddhism there is no referencing of such a thing as the Universal Energy Field either. And just because he's a Buddhist, doesn't in any sense preclude Usui from going on a journey in search of the healing methods of Jesus.

It's also worth noting, that just as in New Thought, Usui's healing method was created by taking elements from different spiritual traditions and fusing them together to form his new healing system, much as is still done today within the New Age movement where various spiritual disciplines are drawn on to create new ways of connecting with spiritual truths and the practitioner's or follower's own true nature.

Whether there is any direct link between Usui's method and the New Thought movement which gave birth to the Law of Attraction; we may never know. Perhaps, perhaps not, but what is very clear is that in terms of philosophy, there is a very close match when it comes to the concepts of healing (even if the methods differ) and of the nature of the Universal Energy Field or Infinite Intelligence that permeates everything and sits at the heart of these two systems.

Although the historical links may be speculative to some degree, the practical and philosophical overlaps in the here and now are tremendous, with both systems supporting the work of the other, if you know the techniques to draw upon.

Let's look more closely at The Law of Attraction as an offshoot of the broader New Thought movement:

### **The Law of Attraction**

The Chinese philosopher, Lao Tzu once said,

*“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.”*

The basic idea that we attract to us what we put out, in the form of thoughts, words and deeds, has been around for a very long time. Some believe that the Buddha first introduced the concept to the world when he said, *“All that we are is the result of what we have thought.”*

The Law of Attraction has become hugely popular in recent times and is continuing to spread to more and more people via books, podcasts, and social media. A lot of that growth in popularity can be attributed to the publication of *The Secret* by Rhonda Byrne in 2006, which was based on the works of many previous authors who originally popularized the Law of Attraction and the New Thought ideas during the 20<sup>th</sup> Century. People like Napoleon Hill, Wallace D Wattles, Dale Carnegie, Dr Joseph Murphy and Norman Vincent Peale laid the groundwork for the global phenomenon that we see today, which was later built on by the likes of Bob Doyle, Esther Hicks, Shakti Gawain, Jack Canfield and Gabby Bernstein.

At the heart of the Law of Attraction is the belief that:

Whenever we create anything in our life, we must first have the thought of it. Our thoughts therefore create our reality and when we can work on developing a more positively focused mindset, it naturally follows that more positive results can manifest in our lives. Life is our own creation, formed from our consciousness. The whole philosophy of the Law of Attraction is built on this concept.

Thoughts are a form of energy, so when we put out positive thoughts or positive energy, they have a tendency to attract back to us other

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manifestations of positive energy, bringing into our lives' success with health, finances, our career, and relationships. It will of course also bring in new challenges as we move into a place of further growth.

Like attracts like. When you feel filled with energy and are excited, enthusiastic, and have a sense of exhilaration, you are sending out positive energy to the universe. That positive energy, or positive vibration will attract back to you a similar level of energy or vibration in the form of new opportunities, people and resources that will support you in achieving your goals in life.

On the other hand, if you're feeling depressed, anxious, stressed, angry, sad, or lacking in motivation, you are sending a lower vibration out into the universe. That level of energy will also attract a similar level of energy back to you in the form of lack, restriction, unhelpful situations, and people, and compounding the bad feelings you already have.

You might ask, why would the universe just make my life tougher, when it's already going downhill? The answer is that the universe is completely impartial and neither for nor against your wellbeing, your desires, or your plans in life. It simply responds to what you put out. One of the fundamental issues here is that you see yourself as an 'I'. Universal Intelligence doesn't recognize such a thing. There is no 'I'. There is only energy in a constant state of becoming and un-becoming.

If you go into a restaurant and order a cheese sandwich, don't be surprised if that's exactly what the waiter brings you. He's not going to bring you a cordon bleu meal or their signature dish. This is not what you asked for. The universe responds just like the waiter would. What you request is what you get. This is energy manifesting in response to creative intelligence and in a constant state of flux and flow.

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If you want the universe to respond in a positive way, you need to change your energetic vibration and order something else. If there is a particular goal you wish to realise, you can lean into the vibrations that align with your desires. It begins with raising your own vibration and having a positive and dynamic inner-knowing that what you want is absolutely possible.

To make this happen, you need to become deeply and continuously aware of the state of your own energy and how your thoughts and your feelings are shaping your reality.

Quantum physicist and Nobel Prize winner, Max Planck once said:

*"As a man who has devoted his whole life to the most clearheaded science, to the study of matter, I can tell you as a result of my research about the atoms this much: There is no matter as such! All matter originates and exists only by virtue of a force which brings the particles of an atom to vibration and holds this most minute solar system of the atom together... We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the matrix of all matter."*

Our ancestors referred to this infinite and intelligent mind in many different ways, but it can be summarized as ‘infinite consciousness’. Human beings, as a part of this infinite consciousness, have the ability to influence matter and so manifest in the world whatever it is that they desire. The idea that consciousness can influence matter has been shown over and over again by various studies. In one study, looking at the power of prayer in relation to the desires of women to have a baby, women who had been the subject of prayer, had nearly twice the rate of pregnancy as another group of women who were not included in the prayers.

There have also been numerous studies done on the effects of meditation and the energetic vibrations of the meditators influencing

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the surrounding area. When a group of people get together to do certain types of meditation, there is a ripple effect on the consciousness of others nearby. People who are not even a part of the meditation group are impacted directly by the consciousness of the meditators.

In 1978, the *Journal of Crime, Psychology & Law* conducted an experiment in Merseyside in the UK.

7000 people meditated at regular intervals for a period of 3 weeks. During this three-week period the total crime rate, including street violence and reported casualties, dropped by an average of 16%. People who were not meditating and probably didn't even know the experiment was taking place were impacted to such a degree that it created a statistically significant change in their behaviour. Suicide rates also dropped as did the number of car accidents, with all possible variables accounted for. There was a reported 72% drop, in terrorist activity.

Consciousness impacts the material universe. In many religious and spiritual traditions, consciousness is what gives rise to the material universe. We can call that consciousness God, Divine energy, or Infinite Intelligence. Consciousness is therefore a fundamental property of the universe and since reality arises out of consciousness, it must obviously be affected by the frequency or vibrations of consciousness.

The author and Law of Attraction teacher, Jack Canfield has suggested that the Law of Attraction is broken down into 7 'mini laws'. These are:

**The Law of Manifestation.** Most people think of this as the Law of Attraction. The Law of Manifestation states that what we focus on is what we will manifest in our lives. Our thoughts and our feelings are directly creating and impacting our reality.

The second law is **The Law of Magnetism**. This law states that everything in your life; the people and the circumstances of your life are the direct result of the energy you put out to the world. You attract what you are.

**The Law of Unwavering Desire**. For you to attract into your life what it is you want, your desire must be unyielding. If you are uncertain or have doubts over what it is you want to attract into your life and don't have a solid foundation in certainty and conviction, then it's very difficult to attract what it is you say you want to bring into manifestation.

**The Law of Delicate Balance**. To achieve balance, appreciation and gratitude are needed. The universe is a complex system of various forces in balanced co-existence. Likewise, human beings, as microcosms of the universe, also need balance. When there is balance, happiness, peace, and joy follow.

**The Law of Harmony** is the full flow of life. When we are flowing with life, everything becomes easy and there is no resistance to what we want to do, be or achieve. We are swimming with the current of life, rather than against it.

**The Law of Right Action** states that whatever you say or do affects the world around you which impacts the quality of your life experience. The way others treat you will be determined by how you treat them. When you can support others, offer compassion and love and be kind to those in need, you will start to attract this same positive energy back to yourself.

**The Law of Universal Influence**. Everything we think and do becomes a part of the fabric of the universe. We are all integral parts of the complex universal matrix. Be aware of your thoughts, your feelings and actions, as well as noticing if you are given any signs from the universe. These signs will be pointing you in the direction

of your dreams.

Taking those 7 points on board, we can see that by visualizing what we want to bring into existence and using positive affirmations, along with other tools, to help focus on our outcome, we kick into motion a powerful process that bring our minds into alignment with the energy of manifestation, which in turn encourages a stronger focus on a positive mindset, and not slipping back into the default that so many have of negativity and thoughts of lack, failure, or limitation.

One of the most powerful aspects of the Law of Attraction is the belief that the Universe is supporting us and actively working to bring about whatever it is we desire in our lives. When we put out the energy of abundance and expect good things to manifest, then this is exactly what happens. When we put out the energy of lack or failure, the Universe responds to this too and brings more of that energy into our lives. Whatever energy we put out; we get back.

This powerful support from Universal Intelligence can't be underestimated. The Universe really does have our backs and responds in kind to whatever we put out in the form of thoughts and emotions.

Our emotional state in the manifestation process is critical. In many ways it's more important than the thoughts we think. Our emotions are the driving force behind our actions and are what empowers our thoughts. It would, for instance, be easy to think: *"I'm going to manifest a new career, earning \$200,000 a year"* with no real belief or emotional charge that this is going to happen. Our desire lacks energy. It lacks power. If this is the case, there's nothing much moving us in the direction of achieving our goal. It's our emotions that are the fuel for the engine of manifestation.

To get to where we want to be, we need to develop a strong belief

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that the Universe is going to deliver on our wishes. This needs to be absolutely unequivocal. There's no room for doubt in this. Once doubt arises, just as when we have doubt over whether we truly want to achieve a particular goal, the connection to the Universe to deliver on our wishes is weakened. The more conviction we have, the more powerful the process.

Where we really need to get to in our level of conviction that the Universe really does have our backs and is going to deliver on our desires for abundance is to be in a place of 'knowing'. 'Knowing' is very different from simply 'believing'; It's a much higher level of conviction, but also a much harder mindset to achieve without evidence. There is no 'knowing' without evidence, but if we can achieve a knowing mindset, the Universe can open up to us like a book and anything becomes possible.

So how do we get to the place of knowing that the Universe is going to deliver, rather than just believing it will? This is where the practice of Reiki comes in, which is a powerful tool in our ability to realise abundance on all levels of our being. Reiki IS the Universal Intelligence that sits at the heart of the Law of Attraction.

One caveat in relation to manifesting abundance in your life, however:

Sitting around and just waiting for the Universe to deliver is both lazy and doomed to disappointment. There is an obligation on us to take action and start moving towards whatever it is we wish to manifest. This not only helps to keep the momentum going but reinforces our positive mindset and our deeply held conviction that the Universe is supporting us in whatever it is we wish to manifest.

As James Clear, author of *Atomic Habits*, points out, we need to take small incremental steps in the direction we want to go. We must see ourselves as the person we want to be and start the process of

building momentum in that direction.

### **Reiki**

If you're familiar with the system of Reiki, you will know it as a method of energy healing using the hands. As a practical method for bringing Universal Energy to bear to someone that's suffering, Reiki is known to have instigated many seemingly miraculous healings. I've personally witnessed many healings and the transformation of life circumstances that are, according to medical science, and our perception of the natural order of the universe, utterly impossible. Many people routinely use Reiki to control physical pain. It has been used to deal with depression, stress, and anxiety, to solve addictive behaviour and to bring a general sense of peace and balance to the lives of those whose life is perhaps far too chaotic. It's also routinely used in cancer wards in hospitals to help those suffering from the after-effects of chemotherapy. It's even been used to help pregnant women have an easier birth and to help those who are dying to transition in peace and without pain. But this is not all that Reiki is good for.

The system of Reiki is so much more than just a healing method. In some ways it can be said that the energy healing aspects of Reiki are the least of the system; no more than a happy by-product of a method that can take you to the heart of who you really are and what you may achieve in this life. Reiki has the potential to open you to the totality of the manifest and unmanifest universe.

'Reiki' is a Japanese word, and it means, 'universal life force energy'. It's often referred to as the Universal Energy Field: that infinite, beginningless, endless, formless energy from which everything in the universe is composed and from which everything arose. It's literally everywhere and is everything. Its basic nature is love.

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The spiritual teacher Vivekananda described our relationship with this Universal Energy Field this way:

*“In an ocean there are huge waves, then smaller waves, and still smaller, down to little bubbles; but back of all these is the infinite ocean. The bubble is connected with the infinite ocean at one end, and the huge wave at the other end. So, one may be a gigantic man, and another a little bubble; but each is*



*connected with that infinite ocean of energy which is the common birth right of every animal that exists. Wherever there is life, the store house of infinite energy is behind it.”*

The woman who brought the system of Reiki from Japan to the West back in the 1930s, Mrs. Hawayo Takata, had this to say on the subject:

*“I believe that there exists One Supreme Being – the Absolute Infinite – a dynamic force that governs the world and universe. It is an unseen spiritual power that vibrates, and all other powers fade into insignificance beside it...This power is unfathomable, immeasurable, and being a universal life force, it is incomprehensible to man. Yet every single living being is receiving its blessings daily, awake or asleep...”*

Reiki was developed by Mikao Usui, a high-ranking Samurai in the early years of the 20<sup>th</sup> Century. Usui was also a follower of esoteric Buddhism, though there is some debate over which particular school of Japanese esoteric Buddhism he followed. Up until the mid-1990s it was believed that Usui was a Christian and the development of his healing system sprang from his search for the healing methods of

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Jesus. This story, as stated earlier, has largely been dismissed as a consequence of the ongoing research into the history of Reiki. However, given his trip to the United States and the potential links that can be made back to the work and motivations of Phineas Quimby, Mary Baker Eddy via the writings of Dr Bizan Suzuki and the Christian Science movement, it's worth keeping an open mind on this. The story of Usui having been in search of Jesus' healing methods must have come from somewhere, and the current explanations for this, although logical, are highly speculative (as is, sadly, so much of the unsubstantiated history of Reiki). We simply don't know for certain why this story came about.

The system of Reiki draws on the Universal Energy Field for the healing of those in need. But how? How does a Reiki practitioner gain access to this power and more importantly, in the context of this course, what does it have to do with the Law of Attraction?

The system of Reiki is built on an initiation process (sometimes called an 'attunement') through which a Reiki teacher passes on the ability to channel Universal Energy to the student. This initiation process was developed from esoteric Buddhist practices and has a profound effect on a person's subtle energy system, providing them with a permanent link-up to the Universal Energy Field, in effect, re-introducing them to their own connectedness with the primordial state of the whole of the manifest and unmanifest universe. The Reiki student is reminded on a deep level that they are one with everything in creation and that the whole of the universe is within them, just as they are within the universe and that everything is involved, including themselves, in an eternal cosmic dance of universal energies, coming into being and passing away in a never-ending interplay of form and emptiness. 'I' only exists because there is a total absence of such a thing called 'I'.

This is a quote from my book, *Mindfulness Meditation & The Art of Reiki* on the subject:

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*“It has long been believed in the West that the attunement ‘gives’ a student some special ability, but this isn’t the case. In fact, it’s an energetic reminder to the student of their own innate connectedness to all-that-is, to the oneness of the universe... During this process the teacher and the student connect energetically and become one with the support of the... (initiation). In so doing, two consciousnesses merge to share the same experience of reality for a moment. That experience is the dissolution of duality, a profound stillness and utter bliss.”*

For this reason, the system of Reiki can be seen principally as a powerful method to explore one’s own spirituality. It’s a method that can take you to the heart of who you truly are and the realisation that the little ‘I’ you think you are doesn’t exist in any meaningful sense. All that exists is awareness of awareness; the mind observing the activity of the mind in an endless loop. In that state of being, everything is possible. ‘I’ and non- ‘I’ exist in a never-ending flux of awareness, endlessly coming into being and ceasing, and forever dependent on its opposite in which they become one and the same.

As we’ve already seen, one of the most important elements of working with the Law of Attraction is the need to know and have a powerful belief in the ability of Universal Energy to manifest whatever it is that we’re desiring to bring into reality. Many people struggle with this, and this is one of the reasons that so many fail to manifest whatever it is they’re working on when they start to practice the Law of Attraction.

The problem is that the level of belief required rests on what we can call our ‘perceptual level of being’, which is that part of us that is connected with our senses and direct feeling and engagement with the world. That part of us that is deeply in touch with the world as it actually exists in our direct experience, unfiltered and unprocessed

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by the workings of the mind. It's our innate knowing of what is and what is not. It's that part, which is intuitive, doesn't worry, judge, analyse or compare. That part of us that can hold seeming impossibilities or contradictions as truth. Getting our mind and our awareness out of 'conceptual mode' (the analysing, comparing, judging, rational part of our minds), which so many of us default to, and into perceptual mode is key.

The conceptual mode of being is very useful on a day-to-day basis for navigating the world, and helping us to solve problems, but it's not very useful when it comes to directly understanding the true nature of reality, because of its tendency to label, categorize and judge everything. There is no judgement in truth. Truth just is and doesn't require a concept of it. Conceptual reality simply clouds truth.

This is where the practice of Reiki and the receiving of the Reiki initiation comes into play, because it bridges the gap between the conceptual and perceptual modes of mind, essentially uniting the mind with the heart, with our feelings and intuition. For those who are sensitive to energy, the experience, and sensations of Reiki in the hands and in other parts of the body is undeniable. This provides the evidence from direct experience that the analytical or conceptual level of mind requires to anchor its belief in the existence of the Universal Energy Field or Universal Intelligence. This is exactly what's needed when we are working with the Law of Attraction: unmistakable evidence that Universal Intelligence/The Universal Energy Field is working for our benefit and guiding us each step of the way on our journey through life.

I have taught Reiki to many sceptics who are now ardent practitioners of it simply because the feelings of energy manifesting in their hands was undeniable. Although they have no ability to rationalize their experience or explain it in a way that would be acceptable to scientific analysis, they know that something

significant is happening when they start to channel energy. It exists, and there's no denying it.

Those of you that have been practicing Reiki for some time will probably be aware of the ability of the Reiki energy to bring about all sorts of healing miracles and miraculous changes in the circumstances of a person's life. Extraordinary things that modern scientific methods can't account for. Why do these healings and other changes happen?

They happen because of the direct intervention of Universal Intelligence or the Universal Energy Field, working in conjunction with the deeper needs of the recipient of the healing process. Here is direct concrete evidence, beyond the manifestation of sensations in the hands and other parts of the practitioner's body, of the ability of Universal Intelligence to directly alter the nature of physical reality (and often our emotional response to reality): to manifest a desire in conjunction with the highest wisdom of the recipient of the energy.

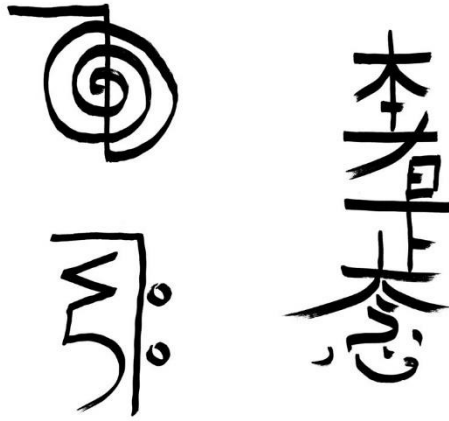
In our practice with the Law of Attraction, we need the ability to harness this energy for our benefit at levels that will enable us to achieve our goals, whether that be in the mental/emotional realm or the physical realm.

### **The Reiki Symbols**

Let's take a moment to consider one of the most important elements of the Reiki system: The Reiki symbols. The symbols change everything in the system, but you need to have taken level 2 if you really want to make the most of them. They just don't work so well unless you've had the level 2 initiation. We're going to be using them extensively, so if you haven't taken level 2, I'd recommend you do so and you can check out my website at [www.stevegooch.co/courses](http://www.stevegooch.co/courses) to see if I'm currently offering an

online Reiki 2nd Degree class.

The Reiki symbols are not, as is often believed, ‘out there’ somewhere separate from us. They are in fact symbolic reminders of qualities that we already have within us. In a sense you could say they



represent a midway point between the external physical world and what is deeply embedded within: in fact, they act as a bridge between two levels of truth: the relative and the absolute. We can say that relative truth is the way that the world appears to exist, and absolute truth is the way the world actually exists. So, they connect different levels of awareness and open into consciousness our deep primordial connection to the Universal Energy Field or Universal Intelligence. They are reminders that we are simply individualised emanations of the oneness of creation.

These symbols, much more than simple tools to use in healing, are devices to use at the center of meditation practice. When we meditate on them, they can open the doorway into other ways of being. Ways that are already a part of us but were blocked or hidden or forgotten. The symbols were never designed for healing. They are meditation aids. The healing aspects are just fortuitous side effects.

I remember when I took my own Reiki training having the distinct feeling during my level 2 class that I was being ‘reintroduced’ to aspects of myself, rather than being taught external symbols.

The Reiki symbols are powerful tools to use within any manifesting practice as they are powerful reminders of your connection to the infinite intelligence of the Universe.

## Chapter 2

# Why Combine Reiki with the Law of Attraction

Reiki has the ability to help us empower our thoughts and our words. When we say something out loud, if we have the intention to do so, especially if we have trained to level 2 or beyond, we can load those words with Universal Energy which can have an influence on the physical world around us.

To give you an example: Whenever I teach a Reiki workshop, I always infuse the room or the space that I'm teaching in with Universal Energy. I even do this when I am teaching online. I put the energy into the physical spaces that the people attending the class are in. It's a simple case of drawing/visualizing/projecting the symbols (in the order: 3, 2, 1) into the space or location. I also say or whisper the names of the symbols at the same time. I can actually feel the heat of the energy manifesting at the corners of my mouth as I speak. I do this process because it starts to bring everyone into balance for the experience of the workshop and to settle them into readiness for their own engagement with the energy once the initiations are done.

I often see the clear effects that building the energy into the space

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has on the participants. They become quieter, more still, and as a consequence, more at peace within themselves, and this is all before the class has even started! It's quite amazing to see how people respond to energy.

If you've taken Reiki level 2 to do distant or absent Reiki treatments, you will have experienced for yourself the times when you've just thought about someone, and this can be sufficient for the person at the other end to receive a treatment without you having had any particular intention to engage in a treatment process. Just having a thought is really powerful! Especially when backed up with a Reiki initiation that gives you a permanent hook-up to the spiritual nature of the whole Universe.

One really important factor in relation to working with Reiki in any context is that you cannot manipulate the energy or force it to do what you want it to do. If that were possible, I'd have won the lottery many years ago and be writing this now from my yacht, somewhere in the South Pacific. I'm not. Reiki can't be forced to deliver on a specific project, goal, or outcome. Reiki only ever works for your highest good. If what you wish to manifest is in alignment with your life's plan, then yes, Reiki can work miracles and bring your goal into reality much more easily. It'll simply smooth the way for it to manifest. If, however you want to manifest something that's not in alignment with your life's plan or purpose, then bringing Reiki into the equation is simply going to make it doubly impossible for you to achieve that thing. Remember: Reiki can't be forced. But at least you will know much more quickly than otherwise that that particular goal is not in alignment with what you're meant to be doing with your life, because the Reiki energy is almost certainly going to make you aware of it! A good saying in the system of Reiki is:

*'Let go and let Reiki.'*

One final thought on why combining Reiki with the Law of

Attraction might prove a useful practice in your toolbox:

I've been teaching Reiki classes in Egypt for most of the past 23 years. I've taught nearly 1000 people in Egypt alone (plus many more in Cyprus, Jordan, Saudi Arabia, the UK, Lithuania, and Sudan). Most of my students in Egypt have been Muslims, with many Christians also attending classes. It's a Muslim majority country with a significant minority of Orthodox Christians.

Over those years, I have had many, many people, both Muslim and Christian, call me or send me a message a day or two, or maybe a week after the class and tell me that when they did their prayers following their Reiki training, they felt that it was the first time in their lives that they had a deep and genuine connection to God. This is not an unusual experience. It happens a lot. I have my own theories as to why that might be so, but this isn't the place to discuss them. Suffice it to say that for some reason the Reiki initiation seems to be the 'missing link' for some people to connect to the divine that was not, for them at least, there before. This isn't to say that their religions are in anyway 'improved' by Reiki. They're not. Both Islam and Christianity are whole in and of themselves and are deep and rich wellsprings of knowledge and spiritual practice that need nothing adding to them. But for some individuals there does seem to be a need for something extra, and that has often been the Reiki initiation.

This is where belief gives way to the much more meaningful, knowing.

Let's now look at the critical elements you need to have in place that are essential for any successful manifestation process with the Law of Attraction.

### **Six Critical Elements to Manifest Abundance**

There are six critical areas to consider when attempting to bring

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about the manifestation of your desires. These are:

You need to feel abundant and eliminate the feelings or belief in lack or limitation.

Feel gratitude for everything you have now and whatever the universe ultimately brings you.

In every seemingly negative situation, look for the positives: the lessons that are there that will lead you to an even greater level of success in life.

Trust the universe will deliver.

Get rid of your attachments to the outcome.

Develop the ability and practice of daily visualizations of your goal having been realized.

Let's look at these individually:

### **Develop an Abundance Mindset**

Mindset is everything! The term 'abundance mindset' was first used by Stephen Covey in his bestselling book *The 7 Habits of Highly Effective People* and it describes a critical component of success in any area of life, whether that's in business, sport, the arts, or life in general. The most important element to having an abundance mindset is not limited by what you might think are fixed or pre-determined constraints. Because they're not. Studies have shown for instance, that children with a growth or abundance mindset that understand that intelligence is something that can be developed deal with the academic challenges more easily than students who believe that intelligence is just something you were born with; that you either have it or you don't.

Another study at Yale and Miami University took middle-aged

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adults and found that having an abundance or positive mindset around the concept of aging can add 7.5 years to your life, compared to the lifespan of those who have a less positive view of the aging process. Your mindset can actually prolong your life!

The opposite of an abundance mindset is a scarcity mindset. People with a scarcity mindset see life as having finite possibilities; if one person takes a big chunk of the pie, there is less left for everyone else. Many people work by this principle, especially in the corporate world which is very much conditioned by the scarcity mentality, and this is what keeps many from achieving their goals. Scarcity mindset people can become obsessed over a lack of time, money, or abilities. When scarcity is the default, people fail to see the endless opportunities all around them. It's the 'glass half-empty' approach to life and can seriously prevent you from moving forwards. The reality is that there is plenty of everything to go around and it isn't going to run out.

So how do we make a shift from a scarcity mindset to an abundance or prosperity mindset? Here are some things you can try to turn a lack mentality into an abundance mentality:

**Try to spend time with people who have an abundance mindset:** Positive people, people who have a 'glass half-full' mentality. Positive attitudes and ways of approaching life eventually rub off and you'll find yourself developing an abundance mindset much more easily. If in reply to the question 'how are you doing today?' someone replies, 'not bad' instead of 'I'm good' this is an indicator they may have a more negative view of life. Try to spend time with people who are focused on the good that life has to offer. Sit and listen to their plans and hopes for their lives. Be curious about their lives and experiences. Learn from what they have to say and avoid the temptation to offer advice or falling into wanting to talk about your own life. Learn the art of listening. The ability to listen is very empowering. As the Dalai Lama once said:

*“When you talk, you are only repeating what you already know. But if you listen, you may learn something new.”*

As Tony Robbins noted; the quality of a person’s life is a reflection of the expectations of their peers. If you’re not spending time with success-minded people; surrounding yourself with the positive vibes that others give off, then maybe you need to start searching out other people who do set an example of the sort of life you would like to be living. Feed off their positive energy and allow yourself to be soaked in the vibrations of success.

**Whatever you do in life, make sure it’s not at the expense of someone else.** This may not always be possible of course but aim for a ‘win/win’ situation whenever you can, in both your personal and professional lives. Listen carefully, without judgement or censorship, to what others are aiming for or what they want to accomplish for themselves. Try to understand what other people’s priorities are in life and talk to them. Talking is the key to alignment. Will your success mean they are poorer in some way? The Law of Attraction is not about bringing abundance to you at another’s expense. Most importantly, wish them well in their endeavors and try to establish within yourself the feeling that you genuinely mean it. Practicing mindfulness meditation is a great way to get you to this point.

**Use Abundance Affirmations every day.** Working with affirmations is a really powerful practice and one that’s increasingly backed by scientific research.

Repeating positive words focused on what it is you are going to achieve in life and what you wish to manifest not only decreases your feelings of stress and worry but, according to research conducted at the Carnegie Mellon University, also help to improve your problem-solving skills. Affirmations should be spoken in the present tense as if the thing you are wanting to manifest in your life

is already present. This will help to fix your new reality and emit positive energy that can help to bring it into manifestation. The state of your life now is a consequence of your past thoughts, decisions, and actions. Affirmations will help you to refocus your mind and allow you to make better decisions and take more growth-orientated actions.

The metaphysical teacher, Stuart Wilde once said that “*affirmations of word are the closest thing to prayers.*” But why not make them *actual* prayers? If prayers are something that resonates with you, try checking out the Affirmation Prayers in the book, *The 7 Great Prayers* by Paul McManus. These are powerful tools to work with and if you want to increase their potency, then you simply need to apply Reiki to them. We’ll look at how to do that later on.

Whether you choose to use Affirmation Prayers or just plain ordinary affirmations, if you want to supercharge their effectiveness, write them down every day. Buy yourself a journal or notebook and write out the affirmations that have the most meaning and significance to you, 10 times a day (or whatever number works best for you). Try to put your heart and emotions into it as you write them. Writing them out like they are lines set by a teacher for a school detention doesn’t really empower them very much.

Stuart Wilde from his book *Affirmations*:

*“It is important that an affirmation have emotional force behind it and that it means something to you. Emotion harnesses the energy. It puts you in flow. If you just mumble prayers, you do not have the same power you have if there is something about the prayer that you feel strongly about. The words do not really matter, it is your feelings that count.”*

Try working with your affirmations first thing in the morning. Give yourself some ‘sanctuary time’ to just be with yourself, your goals,

and your affirmations, supercharged with your feelings. As the day goes on, recall some of your affirmations and repeat them again. Any negative thoughts or events that bring you down, can dissipate the effectiveness of your affirmations, so it's important to have a remedy ready. It can be just a word such as 'love' or a whole sentence. Keep repeating your affirmations.

**Start to see possibilities everywhere and remove the word 'failure' from your vocabulary.** Start training your mind to have a more open awareness, rather than being fixated with one particular thing. Hold life in an open palm instead of a closed fist. When you're fixed on one thing intently and it fails to materialize or live up to your expectations, it's easy to get disappointed and feel like a failure. A Harvard study found that when we are focused on one thing, we tend to miss other opportunities that are right there in front of us. When we are focused on ideas such as 'I'm a failure' or 'I can't do this', other possibilities are usually thrown out by the mind.

When you can let the idea of failure go, loosen your focus, and hold your objectives more lightly with an expanded awareness, you start to see that there are other possibilities and other opportunities opening up and waiting for you. Whenever you fail at something, flip your mindset, and see it as a success. If you had all the time and money in the world and you knew that you couldn't fail, what would you do? Asking yourself this question will help you to open your mind to what might be possible in life.

When you achieve something, even if it's different to what you'd expected or aimed for, and you still insist that it's a success, it naturally raises the question: 'In what way is this a success?' What is there to be gained from this new perspective? There is always something; there is always a lesson to learn that will push you forward to even greater accomplishments.

An 'insight' meditation practice would help you in developing this

quality of staying open to new possibilities. We'll look at this more in the next chapter.

**Start a daily mindfulness practice.** Taking up a regular mindfulness practice will help you to recognize when your mindset is shifting into scarcity programming, which will allow you to consciously change direction and shift into thoughts and feelings of abundance. Mindfulness is also an amazing tool to help reduce feelings of anxiety and worry by keeping your awareness firmly anchored in the present moment.

There is a lot of scientific research behind the effectiveness of mindfulness as a tool for dealing with stress, anxiety, worry and even depression. MRI scans have shown that long time meditators physically rewire their own brains because of the practice. Essentially, they are doing neurosurgery on themselves; re-wiring their brains so that more positive and happiness-orientated thoughts and feelings tend to be more dominant, rather than those controlled by the default negativity programming.

The following is a classic mindfulness practice. It's an insight practice that will help broaden your awareness, opening your life up to new possibilities. As with all mindfulness practices, it does need to be done every day if it's to be truly effective. It would be helpful for you to make a recording of the meditation for you to listen to on a regular basis.

First though, let's consider just how to sit for meditation practice and what we should be doing with our minds before we even start.

When we sit for meditation, we should aim to establish a posture of quiet dignity, not slouching or curling up on the sofa with a duvet and cushions and making a meditation nest for ourselves. The aim is to be alert and focused rather than drifting off into sleep.

You can stand, sit, kneel, or lay down for meditation, but for our

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purposes here, I am going to assume you are sitting, as it's often easier to stay wide awake and alert and without too much discomfort, which can arise during a standing meditation for instance.

Once you're settled on to your chair or cushion try to make sure that your spine is straight, but not over extended. Your spine has a natural 'S' shaped curve to it. Allow this to be expressed in your posture. If you're sitting on a chair, it can be helpful to sit away from the back of the chair to increase alertness. Once you have a support, your mind can easily take the opportunity to drift off, knowing that you are supported. Try to establish a feeling of openness in the chest. Make sure your body is natural and relaxed and that there are no feelings of tension in your shoulders. Just mentally check in with your shoulders and consciously breathe out any tension that you find there.

Now you're all set for meditation practice.

### **Insight Meditation**

Once you're in your meditation posture, place your hands in your lap and allow your shoulders and neck to relax. Gently close your eyes and tune into the world around you. If it's noisy outside with the sound of cars, wind, birdsong, or human voices, tune into that. If it's quiet, tune into that. Whatever is there, just pay attention to it for a few moments.

Take your awareness down to your feet for a few moments, noticing what you feel there. Tune into the actual sensations. Do your feet feel warm or cold, tired or achy. Maybe the sensations are quite intense or perhaps you can't feel much there at all. There's no correct or right way to feel. What matters the most is that you are aware of whatever you find there. Then move your attention to your ankles and progressively move up with your awareness through your

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whole body, taking in your lower legs, your knees, upper legs (front, back and sides), buttocks, hips, belly, chest, upper and lower arms and hands, including your elbows, and wrists. Taking in your back (lower, middle and upper back), shoulders, neck and your head and face. Pause from time to time to take in all the sensations you are experiencing in that part of your body. What matters most is that you are bringing awareness to the experience of your body. You don't need to label or describe the sensations or feelings. Just be aware of them.

Once you have worked your way around your body, take your awareness to your breath and the effect that it has on the body. Can you feel your chest and stomach swelling on the in-breath and subsiding on the out-breath? What about your back and shoulders? Can you get a sense of how they stretch and broaden with each breath?

We're not doing anything with the breath, we're just being aware of its natural movements. Bring your awareness to wherever the sensations of breathing are the strongest and stay with that awareness for a couple of minutes.

If your mind wanders at any point, this is okay. It's completely normal. When it happens just acknowledge it and bring your mind back to wherever the feelings of the breath in the body are the strongest.

Once you've sat with the breath for a couple of minutes, turn your attention to waiting patiently for the arising of a thought, feeling or an emotion. Observe them as they rise into your conscious awareness. Thoughts and feelings and the gaps in between them are now going to be the focus of your meditation.

Acknowledge any thoughts that arise and simply observe them with your mind's eye. If you can, don't 'jump into them' and see the

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world from their perspective. Try not to argue with them or engage with them in any way but notice how they simply arise and fall away in your consciousness. Remember, you are not your thoughts. They will rise in intensity; they will call out to you and want you to react. Simply stay curious about them and observe. So often, when we simply observe a thought, the act of observation weakens them, and they will melt away. After a few moments, take your awareness back to your breath. Spend a few moments with your breath and then return to patiently waiting for thoughts and emotions to arise once more. Don't try to make a thought or emotion arise. Simply wait patiently for them to do so on their own.

If a feeling or an emotion arises, see if you can get a sense of where it's located in your body. Stay with whatever sensations are there, watching them rise and fall and then return once more to the breath. Again, after staying with the breath for a few moments, return again to waiting for thoughts and emotions to arise.

When there are no thoughts in your mind, try to get a sense of what that feels like. How does that emptiness feel to you? Don't try to change it, don't fill it with thoughts. Stay in awareness and wait patiently. It's a little like sitting on the edge of a vast pool.

Continue with the cycle of watching thoughts and emotions arise and pass away and then return to your breath for a few moments for as long as you wish.

When you are ready, bring your awareness fully back into the room that you are in and in your own time, you can open your eyes.

The second of the critical elements that you need to develop for any successful manifestation process might well be the most important practice of them all.

### **Gratitude**

It's vital that you not only feel gratitude for everything you now

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have but also whatever the universe ultimately brings you. Gratitude is the social glue that binds relationships, families, and couples together and is the backbone of the whole of human society. It's often called 'the mother of all virtues' because practicing it naturally tends to encourage qualities like patience, humility, and wisdom.

The practice of gratitude is not only one of the most important aspects of working with the Law of Attraction, but also core to the practice of Reiki. It's expressed in the widely known Reiki principles: 'Show gratitude to everything', or as it's given in the original Japanese version of the principles: 'do not worry and be filled with gratitude'. To live in gratitude is a practice, as recent scientific research has shown, that is incredibly good for us in terms of our wellbeing, both mentally and physically.

According to a May 2018 paper from the Greater Good Science Centre at UC Berkeley, gratitude practices help to reduce feelings of depression and seems to inspire people to be more generous, kind, and helpful to others. Functional Magnetic Resonance Imaging (fMRI) studies have shown that gratitude practices can actually increase the grey matter in the brain and has huge implications for our general state of wellbeing. Grey matter is linked to better cognitive functions and also plays a significant role in memory, emotions, various other mental functions, and movement. More grey matter is definitely a good thing.

When we can live in gratitude, we are living in synchronicity with the world and the Universe. We are all inhabitants of this planet, and every little atom has its own innate purpose. When we live in a state of gratitude, we are moving in the direction of fulfilling our own life plan and moving into alignment with Universal Intelligence or the Universal Energy Field. When we are in a state of flow with the infinite currents of the Universal Energy Field, we can start to get an understanding at the core of our being that all is one and that the concept of separation is an illusion. Everything is deeply

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interconnected and to show less than gratitude for any part of creation is ultimately to show less than gratitude for our own state of being.

Practicing gratitude is a very important part of the process of creating in our lives whatever it is that we are moving towards, whether that be financial abundance or something else. A prosperous life on all levels must be built on feelings of gratitude for everything that we already have and for the abundant nature of the universe that sustains everything in existence. This feeling of gratitude is central to all aspects of the Law of Attraction.

Sometimes, due to the circumstances of your life, it can be very difficult to feel gratitude. When life seems to have you by the throat, and there's apparently no way of breaking its grip, gratitude is probably the last thing that comes to mind.

I once had a client in Egypt that I was coaching, who was herself a qualified and experienced life coach but wasn't getting any clients. She was in a deep state of despair and depression and worried about how she was going to pay her bills and look after her family. She had three young children.

She blamed her circumstances on the terrible state of the Egyptian economy which seemed to be nose-diving into oblivion as exchange rates tumbled and the cost of living skyrocketed. Obviously, she said, no one has any money for things like coaching. Everyone is too busy just trying to survive. When I challenged this and asked her if it was true that 'everyone' was struggling and that there were no longer any rich people at all left in the country, she replied that no, it wasn't true; of course, there were plenty of rich people. There were in fact plenty of people still managing to survive perfectly well, despite the economic crisis all around them, and, just as there are in all countries, there were certainly plenty of rich people.

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It wasn't the economic situation in the country that made her struggle to get clients, it was her own mindset. Because she assumed that 'everyone' was struggling, naturally she never got any clients, because in the marketing of her business she was targeting exactly those people who she already knew couldn't afford her services. Not once did it occur to her to shift her focus to the wealthier people in society or to realise that, because she was also working online, she was not constrained by geography anyway, and could search for clients in other countries where economic conditions were not so bad.

With the realization that there were indeed plenty of people who could afford her services, both in her home country and overseas, her eyes suddenly lit up, and a broad smile spread across her face.

I asked her how she felt. She told me that she felt positive and focused again. She could feel the 'victim mentality' that had been dominating her life for so long, already slipping away. She was fired up to start work on supercharging her business to make it succeed. I felt like she could hardly wait to get off the Zoom call with me so that she could get to work immediately!

What she had been doing was sitting in the trap of 'poor me' for so long that she had forgotten what an amazing skill she had at her fingertips to change the lives of others in very powerful and dramatic ways. She'd forgotten to be grateful for all that she already had and all that she would get in the future, just by reaching out and helping those in need. Before she left the call that day, we discussed the practice of gratitude and she acknowledged that she had not been feeling grateful for anything in her life for quite some time. Even her kids made her feel stressed because they kept reminding her of the money she hadn't got and didn't seem to be able to earn for her to look after them properly. Everything in life had become a burden and there was no good in it as far as she could see. She had sunk into severe depression.

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It's an easy situation to fall into, especially when life isn't going the way we want it to. But by shifting her mindset from 'poor me' to one of gratitude and reflecting on the good things she had in her life, transformation happened. It was only ever a thought away.

There are many ways to establish a regular gratitude practice in your life. A popular one is to keep a Gratitude Journal. Get yourself a notebook and every morning or evening, write down 5 to 10 things that you are grateful for. Keep your journal by your bed so you can review your list before you go to sleep and recharge yourself with positive emotions, taking that attitude of gratitude into your sleep.

If writing a journal seems like a chore, or you just don't have the time, you can grab your phone and voice record your appreciation list, playing it back to yourself at night before you sleep.

You might want to list such things as going to the cinema, the food you ate for lunch, playing with your cat, walking your dog, the sound of the birds in the trees, sitting with a friend for coffee, or it could be more subtle things such as being grateful for every breath you take, the beating of your heart, your state of health, your home or your children.

What's most important in doing any kind of gratitude practice is that you need to feel the genuine emotions of gratitude behind everything you write down. You need to be in a feel-good state of mind. Don't just list things by rote. This is a waste of time. Do your best to actually feel gratitude for the things on your list.

You can even project ahead and write down things that you are going to be grateful for that are happening later that same day. Be thankful in advance! You could add 'thank you' at the end of your prayers or intentions, as if they're a done deal.

Another amazing gratitude practice that I came across recently, that I loved, was that of a former monk who said that every day when he

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gets out of bed, as his foot first touches the floor, he will say ‘Thank you’ and then with every subsequent step, would again say ‘Thank you’. By the time he got to his kitchen to make coffee, he had probably said ‘Thank you’ at least a couple of dozen times.

You could also try the method given by author and Law of Attraction coach, Gabby Bernstein, who suggests something called the ‘rampage of appreciation’.

In the ‘rampage of appreciation’, you commit every morning or evening to writing three to five pages of stream of consciousness appreciation. This process will rapidly move you into a fast flow of appreciation or gratitude as your mind moves into a flow state of searching for more and more things to appreciate. Do this practice every day and go into appreciation overdrive. I’ve tried this method myself and it’s amazing. It’s now one of my default gratitude practices. It supercharges everything!

It's very difficult to feel fear, stress or sadness when feeling grateful at the same time. If you focus on what you have in your life, you will always attract more of the same. If you are constantly looking at what you don't have, you will never have enough and will attract in more lack and limitation.

It's also important to notice the good in your life as much as you can on a regular basis throughout the day. Taking time out to just be with your immediate experience, even whilst you are engaged in an activity, brings the benefits of peace of mind, presence, and a flow of appreciation for the circumstances of your life. There is always something in your life to be thankful for, sometimes even very subtle things that might otherwise pass by unnoticed.

There is a great mindfulness practice called ‘The Treasure of Pleasure’ that is taught in the Mindfulness for Health course, offered by Breathworks in the UK. It's a key practice and encourages you to notice even very tiny experiences and appreciate the pleasure and

beauty in them. Practicing meditation is reported to resolve feelings of stress and anxiety, unhappiness and even exhaustion and it's a great antidote to the effects of the negativity bias that we are all subject to.

The negativity bias, sometimes called positive-negative asymmetry, is our tendency to notice and react to negative stimuli much more readily than positive stimuli. Negatives in our lives, environments and relationships developed from an evolutionary perspective as a part of our self-defense mechanism. From a survival point of view, noticing and being able to respond to the negatives in life is critical. Positive events, relationships and environmental factors are never a survival issue, and so have been relegated to second place by our biology.

Negatives in our lives tend to register and stick in our minds 10 times faster than a corresponding positive event or situation. The way to seize control over the negativity bias and bring our lives into balance is through the practice of mindfulness.

Here is a version of 'The Treasure of Pleasure' that I would encourage you to do every day. It will really get you moving into the flow of gratitude and radically change your life. Try combining this practice with keeping a Gratitude Journal.

You might want to make yourself an audio recording of the meditation to play back when needed.

### **The Treasure of Pleasure Meditation.**

First, establish your meditation posture. Place your hands in your lap and allow your shoulders to relax. Gently close your eyes and tune into the world around you. If it's noisy outside with the sound of cars, wind, birdsong or human voices, tune into that. If it's quiet, tune into that. Whatever is there, just pay attention to it for a few moments. This meditation is going to help you reconnect with the

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pleasant aspects of daily life.

Allow your body to be drawn down by the force of gravity, whether you are sitting on a chair, or a cushion or lying down. Relax into and abandon yourself to the force of gravity.

Now just allow your awareness to gather around the movement of the breath in the body, allowing your body to be soothed, rocked and cradled by the experience of the breath in the body. Be aware of how the body expands on the in-breath and subsides on the out breath.

Notice any resistance in your body but allow your awareness to be open to any mental, emotional, or physical experiences. If you notice any resistance to any experience in your body or mind, see if you can gently lean into these experiences and include them in your awareness. Maintain a broad and open quality to your awareness, allowing all your experience in.

Now begin to pay attention to any pleasant or enjoyable sensations in your body. Perhaps you can notice the warmth of the clothing you are wearing, or the softness of your skin. Perhaps you can notice your face is soft or your breath is easy and deep. Perhaps it's the absence of hunger or a gentle tingling somewhere in the body. Try to bring a sense of kindness and curiosity to noticing very subtle experiences of your body as well as the more dominant ones that call loudly for your attention. When you drop more deeply into your experience you can be aware of feelings and sensations in the body that perhaps you had not previously been aware of.

Can you be aware of any pleasant sounds around you, either inside the room where you are sitting, or coming from somewhere else? If you're in a very quiet place, perhaps that is a pleasant experience. Let sounds come towards you. Try not to let your awareness move out towards the sound but let the sound come to you and arrive in your hearing, and then include it in your present moment awareness.

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Spend some time allowing pleasant experiences to come into your awareness. Don't grasp on to them but rather, just let them arise and fall, simply enjoying them and feeling grateful for them in the moment of your experience.

Now, can you open your eyes and look gently at whatever is in your field of vision? Is there anything that you can see that is pleasant? Can you bring your awareness to things that perhaps you would ordinarily simply pass by without really noticing? Perhaps the pattern on an ornament or the way light plays across a curtain. Perhaps the texture of a wall or the colours of a painting hanging there. What is there right in front of you that you can enjoy in this moment and bring a sense of gratitude to?

When you are ready, bring your awareness fully back into the room, moving your body and resuming your activities for the day.

This meditation will start to powerfully re-orientate your mindset to look for the things that you enjoy and appreciate in your life. As you become more and more tuned into the pleasant and the enjoyable in your everyday experience, it becomes much easier to generate feelings of gratitude.

### **Flip All the Negatives to Positive**

Sometimes not getting what you want is a gift.

Sometimes it can be hard to shift out of a negative mindset. Throughout the course of life, we all experience failure of one kind or another. It might be in our careers or in a relationship or a project that we've tried to realise that turned out differently to the way we'd intended. Hours, days, weeks, or months of hard work can suddenly seem like wasted time and effort and can bring us down emotionally and leave us in a place of fatigue, hopelessness, desperation and even depression.

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We might feel like a failure, lacking in talent or not being smart enough. We might rage at the circumstances of life; the government, the banks, our employees, our family, or other people that just kept getting in our way or blocking the progress we wanted to see for ourselves. In the end we might feel like giving up, quitting our dreams, and resigning ourselves to something a lot less than we'd hoped for.

But let's look at the cold, hard facts: You were striving to achieve A but B materialized. You didn't want B. B was never on the agenda. But B is what you have. It can be easy to get frustrated and angry at B, but B is trying to tell you something. B is your friend and is trying to point you to an even better outcome than A could ever possibly have been. B is pointing you to C. C was always better than A, but you hadn't even known that C was possible or that it existed.

Let me tell you a story, and it's one that I told in my book *Mindfulness Meditation & the Art of Reiki*.

A few years ago, I was working as a senior manager within a British International School, in Cairo, Egypt. It was, without a doubt, the worst school that I had ever worked for. There was nothing, not a thing, that functioned the way it should. It drove me crazy. At the same time, a friend of mine was working as the Principal of another British International School on the other side of the city. I was for ever phoning her up and asking her if she had any jobs. I had worked for her before, and we had an excellent working relationship. About six months into the academic year, she called me up and offered me the job of Vice Principal. I immediately said yes and handed in my resignation to my then current employer. I felt a huge sense of relief. All I had to do was run down the clock on the school year and I was free; ready to start my new job on the other side of the city.

The day after the academic year ended, my friend phoned me up and informed me that the management team where she worked had just

fired her. I was shocked. She was without a doubt one of the best bosses that I have ever had the pleasure of working for. She had been employed to turn the school around and make it into one of the best in the country. It wasn't failing, but neither was it going anywhere. It had settled into a state of humdrum mediocrity for the long term. To pull it out of this somnambulistic state required some effort and a lot of cash. The management team, wanting to achieve their goals on the cheap, didn't like what the Principal, my friend, was spending, and so fired her. You can do that on a whim quite easily in places like Egypt, with very few if any repercussions. Unless you're willing to go through the complexities and protracted paperwork and headaches of the local employment law, there is really little you can do about it. Especially if you're a foreigner.

I thought that my new job as the Vice Principal, however, was secure. It wasn't at all. A few weeks later the same management team went down the list of all the new staff that had just been employed and wrote to them apologizing for the fact that their services would no longer be required. I went into a panic. I had no job. I'd quit my old job and was unable to go back as someone had already been hired to replace me. It was the summer and if you've ever worked in the education sector you will know that this is the worst time of year to be job hunting.

I spent about two months applying for every job that I could find. I needed a job. I became very stressed and was starting to lose hope. I wasn't getting any responses of any kind to my applications, not even rejections. This was an entirely negative experience to my mind, and I wanted to fix it. I had bills to pay, my children to look after. Everything was black, black, black and I was in a constant state of panic, and my health was starting to suffer. Then one day, I just stopped. Right there, in the middle of the street in downtown Cairo.

*"What was I doing?"* I asked myself. I had spent several years

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wanting to get out of the education sector, and finally, I was out. The universe had kicked me out the door, and here I was desperately trying to kick my way back in! I realized that I needed to re-orientate myself to my circumstances and look at it in a different way, through a different lens. In fact, this was not at all a negative situation but an amazing opportunity. Here I was without a job, but with many skills that I could turn into a new career. I'm a writer, an artist, a teacher of meditation and Reiki, and a mindset, creativity, and self-development coach, and I had all that management experience. What was I panicking for? I could just work for myself.

I turned my back on my old career and refocused on the career that was ahead. I started to promote my Reiki and meditation workshops in Egypt and started writing freelance for various English language magazines in Cairo. For a few months, things were difficult, and I watched my bank account slowly empty. Then suddenly, just as my money was about to run out, my workshops went through the roof. Within 6 months, I had more students than I could possibly fit into the classes that I had scheduled. Through working with Reiki and meditating daily I found that, when the time was right, I was able to refocus my life and channel my energies in a new direction: one that was much more meaningful to me. As a consequence of this, although it was in some senses still quite a stressful time, I started to regain my balance and look at life in a much more optimistic way.

The lesson for me here was to learn to go with the flow; allow life's opportunities to emerge, and to trust in the process of life. This is exactly how we should approach our practice of Reiki and the Law of Attraction: with trust, humility and allowing the wisdom of life's process to emerge; allowing to be whatever will be.

Whatever situation you find yourself in, even if it's not the result you were aiming for, throw that word failure out and replace it with the word success. This is going to bring up a lot of questions for you. If what you have is success, in what way is it a success? How does

this unexpected, unwanted result, empower you in some way? What is sitting right there in front of you, that you are missing but is worth its weight in gold if only you can flip your mindset and forget the notion that you have failed?

Sometimes this can be difficult, especially if we are deeply attached to the particular outcome that we wanted. But you have to let it go. Actually, you have no choice, you will have to let it go anyway, whether you like it or not, so it's best to let it go voluntarily as soon as you can and start to look for the positives in the situation. They are there, they are always there. Dr Wayne Dyre once said: *“When you change the way you look at things, the things you look at change.”*

Seeing opportunities in everything will give you power, confidence, certainty about your life. Try to frame everything as positive.

### **Trust in the Universe**

*“You just think lovely, wonderful thoughts,” Peter explained, “and they lift you up in the air.”*

*Wendy tried her best, but really there were simply no lovely thoughts in her head. All she could think of was how Mr. Darling had slapped her because she refused to eat her dinner. It was a horrible dinner, and she was glad she hadn't ate it... with all those angry thoughts in her head, she simply wouldn't be flying anywhere, and this upset her. She so wanted to please Peter but now she was angry and upset and she noticed this, which made her frustrated too.”* Peter Pan by J M Barrie.

The universe is on your side and it's responding to your thoughts and emotions all the time. We could call it the Law of Call and Response. If we could all simply fill our minds with *'lovely, wonderful thoughts'* as Peter Pan suggests, perhaps we would all fly. The concept was also expressed by the 13<sup>th</sup> Century Sufi mystic and

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poet, Jalal ad-Din Muhammad Rumi, who wrote:

*“The world is a mountain. Whatever you say, it will echo it back to you.”*

The German writer and poet Johann Wolfgang von Goethe also commented:

*“At the moment of commitment, the entire universe conspires to assist you.”*

Once you're clear on what you want to put out to the Universe, the clearer the response back will be. Avoid negative emotions as much as you can. Stay focused on the positive. If negative thoughts arise, take a deep breath, and fake a smile; this will trick your brain into thinking you are happy, resulting in the release of feel-good hormones like dopamine which increases feelings of happiness, and serotonin which helps to reduce stress. Even if you don't feel like smiling, smile anyway. Get into the positive flow of life as much and as often as you can.

Commit to your dreams. Commit to what it is you wish to manifest in your life and 'lucky breaks' will start to appear in your life, as if by magic. Take action – massive action – in the direction that you wish to go. You are effectively demanding that the Universe lets you have what you desire.

Develop the mindset of seeing that everything that comes into your life is a gift from the Universe. The Universe is always orchestrating events and circumstances for your benefit. In situations that you would see as being negative, flip your mindset and look for the positive in them. It's there. It's always there.

Understand that the Universe is constantly supporting you in all that you do in life and all that you wish to manifest. The most obvious way for a Reiki practitioner to develop this realization is to simply

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practice Reiki. The evidence is right there in your hands, every time you do a self-treatment or a treatment on someone else. The practice of Reiki is constantly reaffirming the support that you receive from Universal Intelligence.

In the system of Reiki, we learn that the Universal Energy Field (Reiki) / Universal Intelligence is always working for our highest good. It's always working to bring about whatever it is we need to move forward in life, positively, effectively and to enhance our own and other's lives. The practice of Reiki won't help you control situations, but it will help you stay aligned with your true self and your higher purpose in life. Your state of alignment is the only thing you can control because it's down to your own conscious choices.

Trust in the process. You don't need to see the whole story. Just do your part by taking action, staying focused and positive, and trust that the outcome will be the best one possible for you. Release control: you didn't have it anyway. The universe will serve you, but it won't necessarily please you. Pleasure in any case, is a personal choice rather than an objective certainty. Let go, flip your mindset, and move into flow with whatever comes.

It's important to stay in this receptive mindset every day. It's not a part-time practice. You need to develop the appreciation that there is a power far greater than you that is supporting you constantly.

Tap into the feelings of what it is you desire. Meditation or visualization is a good way to do this.

Get into dialogue with the universe every day. That could be through prayer, or conversation or even journaling. Make sure that you express your gratitude for all that you have and all that is coming to you and stay open to any guidance that might come to you. I often find that guidance will come most powerfully when I am using Reiki energy for self-treatment or doing a Reiki meditation. Guidance can

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come in many forms. It might be as an intuitive knowing of what to do. It could be in the form of an inner voice. This could come up in meditation or at any moment during your daily life. The ability to tap into this sort of inner knowing is enhanced a lot through the continual use of self-Reiki. Maybe a book will fall off a bookshelf in a bookstore that is exactly the one you need. It could be a message via a song on the radio. Be open to the possibility that the universe will find a way to communicate with you, often at the most unexpected time.

Tap into the feelings associated with what you want to bring into reality and cultivate them every day. Do more of the things that make you happy to elevate your emotions as much as you can. That might be from cooking, going for a walk, taking a bike ride, or swimming. Maybe from painting a picture or listening to bird song.

If you're a Reiki practitioner you'll understand the central philosophical point of the whole system: Reiki works for your highest good, not for what you want. So, stop praying for what you want and start praying for the highest good for all people. It's that simple. No need to try to control the outcome, simply get into alignment with the Universe by accepting that it is working on bringing into reality whatever serves the highest good of everyone. Miracles happen, and again if you have studied Reiki and practiced with it for any length of time, you will understand that miracles become a part of your day-to-day experience after a while.

The quickest way to bring about the positive results that you want to see in your life is to stay in the energy of happiness and positivity as much as you can. Stay in the energy of love. Love is the ultimate creator and it's the basic nature of the Universal Energy Field or Universal Intelligence. What can you do each day to tap into the creative force of love?

Trusting in the Universe becomes much easier when you practice

Reiki. You have the evidence of its power and its ability to transform reality right there in the palms of your hands. Just give yourself or someone else a Reiki treatment and there is the transformation right there.

### **Get Rid of Attachments**

This is very much linked to the understanding that the Universe has your back and the need to flip your mindset and see the opportunities that are presenting themselves even in the midst of seeming failure or negativity. When you can see that whatever comes along in life is an opportunity for further growth, you can start to soften your hold on how you believe and think life should be.

Imagine you are holding the goal you wish to manifest in an open palm. In this way the holding is relaxed and light, allowing space for something to be as it is whilst offering support. When you do this, you are allowing for the possibility that what you are holding might simply leave and be replaced by something else. It's entirely possible that what your goal is replaced with is even better for you than your original goal. This open palm approach to life requires wisdom, bravery, and a realization that you can't hold on to anything, because nothing is permanent. You can't control what is happening. Things will come and things will go. The tighter you hold on to something, the greater the pain when you finally have to let go.

Holding something with a closed fist requires effort and dramatically diminishes its beauty. It can't shine and express its true nature fully when a fist is wrapped around it. Holding on with a clenched fist can be the result of the fear of losing something or someone or a goal. It can also be due to feelings of loneliness or emptiness. This is all about control and an attempt to stamp permanency onto our world; making the world in our own image: the way we think it should be. The reality is however that we have

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no idea how things are going to work out and that can make us feel vulnerable, so we close our fist around our lives in an effort to squeeze certainty and solidity into it. But this closed fist approach simply squeezes all the joy and happiness out of everything.

Attachment is always about not wanting things to be the way that they are. We are attached because there is something about the present moment, the situation or the person, that we don't like. We want them to be some other way. If we meditate regularly, we can start to build trust that the situation we are in, the results we have achieved and the people we are with, are perfectly fine as they are. They might not be the ideal, but they are what they are, and through accepting and opening to the actuality of the present moment, we can release ourselves from the strangling hold of attachments and explore the actual world as it is, with curiosity and some compassion.

I was talking to a client recently who had come to me for coaching, who told me that he meditates every day. Once in the morning, once around lunchtime and then finally just before he goes to bed, and this has been his routine for quite a number of years. Except when he has his two children over to stay. On those days, he only manages to meditate in the mornings and the lunchtime and evening meditations are abandoned. This is a big problem for him. He has got so attached to his meditation routine (the practice that should be working more than any other to break his attachments), that he finds himself feeling very unsettled and not at all happy that he misses two meditations a day when his kids are with him.

I asked him if something dramatic or negative ever happened when he missed those meditations. Of course, nothing did. I asked him if he appreciated having his kids with him on those days. Of course, he did. I asked him if missing two meditations from time to time made a dramatic difference to his overall experience of meditation. Of course, it didn't. So, what was the unhappiness and feelings of

being unsettled about? I coached him through this, and he could see clearly that they were a direct result of his attachment to the way he wanted his day to progress as opposed to how it actually progressed when his kids were present. He had always known that he needed to work on breaking his attachments, but what he hadn't realized was that the very thing that he was using to break those attachments, was one of the things he had a powerful attachment to! In the end he let it go; started treating himself with more kindness, allowing himself to be content with doing just one meditation on the days his kids visited, and also allowing himself to fully be with his kids while they were with him.

When we work with Reiki and when we can meditate, the mind and heart become more spacious, and desires and material things can much more freely float through it, like clouds in the sky. Clouds don't leave a mark on the sky nor does the sky try to grasp at the clouds. Be like the sky. Meditate every day and do self-Reiki.

### **Creative Visualisation**

Anyone can use the practice of creative visualization to change their lives and achieve their goals, dreams, and ambitions in life. Creative visualization can attract to you the successes and prosperity that will improve your life. It can change your circumstances, cause events to happen and attract money, people, love, and material possessions into your life. It's the power behind every success, whether used consciously or unconsciously; through visualizing the event or thing or situation that you want, you will attract it to you. Creative visualization is a mental technique that uses your mind's ability to create images, combined with specific thoughts, the Law of Attraction and your mind's ability to imagine the results that you want.

Creative visualization is essential to success with the Law of Attraction. It might look like magic to some people, but it's actually

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the power of your thoughts acting upon what Wallace D Wattles, in *The Science of Getting Rich*, calls 'Formless Substance', also known as the Universal Energy Field or Reiki.

The constant repetition or rehearsal of the mental images you hold in your mind changes your mindset as well as your habits and actions. Because your habits and actions change, you tend to start encountering different people, situations and circumstances that tend to push you in the direction of the reality that you've been visualizing.

It's almost as if the mind is a programmable hard drive and the visualization process is the way that we install the new software. The subconscious mind on its own doesn't look to the external world for its understanding of reality. It looks internally at its programming so it can't differentiate between reality and imagination, and it's always focused on the present moment. It doesn't reference the past or the future and believes absolutely in its current programming. By deliberately changing the programming, it will guide you towards whatever you tell it. So, in visualization practices you need to be absolutely clear and very specific about what it is you want. The subconscious also uses emotions to communicate, so it's important to invest all of your visualizations with as strong an emotional charge as you can. You need to feel passionate about whatever it is you are trying to manifest. When you change your beliefs, you automatically change your response to life. You also energize your belief that you can achieve the goal that you've set for yourself.

Professional athletes use this technique all the time. There are scientific studies that show that the mind and body respond so powerfully to the practice that physical muscle mass is measurably increased, and this simply through the application of imagination and an emotionally charged visualization practice.

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There are two basic requirements for a successful visualization practice:

A strong desire to create and have the thing that you are going to visualize.

A certainty that you will attain your goal.

We can also add to that:

Apply Reiki to your visualization process.

### **Steps to Effective Creative Visualization**

Be in a relaxed, focused, and positive state of mind.

Get into a meditative state. Spend a few minutes just focusing on your breath before the visualization.

In your mind create an image of the thing you want. Spend some time building up the details. Try to tap into and experience any sights and sounds, smells, textures that are associated with your goal. The more realistic you can make your visualization, the more likely you will succeed.

Infuse your visualization with Reiki energy. You could visualize the three symbols in the order, 3, 2, 1, over your visualization. Get a sense of the Reiki energy filling the scene in your mind. Repeat the Reiki mantra while you continue with the visualization.

Generate the excitement, passion and positive feelings that you have around seeing your goal realized. Hold onto these feelings as much as you can throughout your day. Be excited about your goal coming to life.

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Constantly affirm throughout the day that you are attracting your goal or that your goal is already realized.

Do the visualization practice every day. Try to find a time of day that you can do it regularly and keep doing it, day in day out until your goal has been manifested. Don't give up hope and don't set a time frame on how long you are going to do the practice. Just keep doing it every day.

Get into action. Start moving forward in pursuit of your goal. You can't just wait for Universal Intelligence to simply deliver with no effort on your part. Get into massive action in pursuit of your goal and don't be afraid of stepping out of your comfort zone.

Building a sustainable visualization practice into your daily routine will have a huge impact on your ability to live the life of your dreams and manifest the things you want or need in your life. It's important to apply Reiki to this process due to its ability to turbo-charge the effectiveness of the process.

We'll be revisiting this topic a little later in the book.

## Chapter 3

# Principles, Symbols & Raising Your Energy

It's worth reflecting on the Reiki Precepts or Principles a little in our manifestation process. All the Reiki Principles express qualities that we should take on board in our work with the Law of Attraction.

Here are the original Reiki Principles that are likely to have been either taken from, or inspired by Dr Bizan Suzuki and his work and writings on New Thought, the philosophy that gave rise to the Law of Attraction:

*“The secret of inviting happiness through many blessings.*

*The spiritual medicine for all illness.*

*For today only:*

*Do not anger.*

*Do not worry and be filled with gratitude.*

*Be humble.*

*Be devoted in your work.*

*Be compassionate to yourself and others.”*

If you want to incorporate these qualities into your daily life, which will in turn boost your energetic alignment with Universal Energy, you need to meditate. You need to take up the practice of mindfulness. It's very easy to say, 'do not anger', but how on earth do you do that unless you have a tool that can help you? It's not easy at all. Meditation is the key to the realization of all of the Principles.

It's worth reflecting for a moment on the first line of the Principles, which tends to get overlooked by most, if not all commentators on the subject:

“The secret of inviting happiness through many blessings.”

What is this secret? What are these blessings? It's not physical wellbeing that's being referenced here as this is covered in the very next line: 'The spiritual medicine for all illness.'

It seems that there is a high probability that the very first line of Usui's Principles is indeed a call to engage with the philosophy of New Thought, and that the secret that he refers to, is none other than the same Secret popularized by Rhonda Byrne in her book *The Secret*. It's a call to use the system of Reiki as primarily a spiritual development system (the Law of Attraction, once you dig down beyond the 'get rich quick' surface, is also a deeply spiritual discipline). Are the blessings the many things that can accrue in a practitioner's life as a consequence of devoting themselves to their own spiritual development? Enhanced friendships, better relationships, the manifestation of things that can serve you on your journey through life? The whole of life becomes easier and more in flow, with the circumstances of life shifting to a more harmonious and spiritually conducive state when you use the system to enhance your spiritual development.

The first line of the Principles is a call to engage with Reiki as a

spiritual discipline by tapping into the energetic nature of the whole of creation. Only on the second line do we see an acknowledgement of Reiki's healing ability. The ordering here is not accidental.

It's only in modern times that Reiki has been dumbed down and turned into a therapeutic practice that happens while you get a manicure. No one in the history of Reiki emphasized the energy healing aspects of the system as the primary focus. Usui, Hayashi, Takata... every great teacher in the discipline clearly stated that Reiki's focus was on the spiritual development of the individual and only secondly as a healing method focused on the body. And that's as it should be. Every ailment that a person can suffer from, starts with the mis-orientated nature of the mind and it's disconnect from the fundamental truths of existence. The development of self-awareness and then the dissolution of the concept of 'I', being separate from the great energy-fields of space and time, must take place.

Another tool that you can use to help get some clarity over the arising of negative mind-states is called 'MindCheck'. This is a tool that is used exclusively within the lineage and tradition of Reiki Jin Kei Do; the only Reiki lineage in the world, it seems, with a full understanding and orientation to the original concept of Usui's Reiki system.

### **MindCheck**

MindCheck is a way for us to assess our progress in meditation and to begin to understand how and why we are subjected to the waves of emotions that are so disruptive to our daily lives. In MindCheck we are simply observing the activity of our own minds. You can use the practice for any negative (or indeed positive) emotions that you wish to focus on. As 'worry' and 'anger' feature within the Reiki Principles, we might want to start there.

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We use our MindCheck practice in conjunction with our formal daily mindfulness practice as we try to be more and more aware of our mental states, noticing when we are angry or sad, happy, loving, depressed or worried. When we can start to have conscious awareness of these emotions when they arise, we have a chance to do something about them.

To start with, although we might be aware of the arising of these emotional states and the thoughts that lead to them, we're pretty much powerless to let them go. The force of our conditioning overwhelms our conscious desire to release them. So, we continue to react in never-ending cycles.

MindCheck allows us to begin to break the attachments we have to our own emotional storms that control our lives.

At the end of every day, or if you wish you can do this twice a day, try to observe your mental processes in retrospect. Ask yourself, 'Did I feel angry with someone or myself today for any reason?' Write down the number of occurrences on the chart provided and then do the same thing with the other emotional states you are focusing on. In the next column right down the apparent reason for the emotion: 'My boss made me angry when he shouted at me', 'I was sad because my friend forgot that we had planned to meet for coffee', 'I was happy because of the beautiful sound of the birds in the trees outside the window', etc. In the final column, write down the original or deeper cause for the arising of the emotions.

To fill this last column requires a level of self-awareness and honesty with yourself. Did your boss really make you angry, or was this a personal choice in how you wanted to respond because what he said didn't match how you think he should have spoken to you? Did the birds really make you happy, or did you simply allow the

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sound to trigger something inside of you? As we do this practice, we start to realise deep down that we are 100% responsible for our own emotional responses to the world, 100% of the time.

When we continue with this practice, in conjunction with our daily mindfulness, it's as if a candle were lit in our lives, leading us from the world of darkness that we imprisoned ourselves in. The more we practice the brighter the candle burns.

It's now time to start work on a list of things you want to bring into your reality to enhance your life and get you into harmonious flow with the universe.

Day	Emotion	No	Apparent Cause	Actual Cause
	Anger			
	Worry			
	Happiness			
	Love			

### Making a Manifestation List

Before looking at specific methods for using Reiki to help us manifest what we want in our lives, we should get clear about what it is that we actually want to manifest.

You should start by making a list of the things that you'd like to see manifested in your life, remembering that they should be for the highest good of everyone as well as yourself. If you're not sure what to include on your list, you can use Reiki to help you. It's important to be as specific as you can in deciding what your goals should be. Nail down as many details as you can. It would be a good idea to

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simply brainstorm your list and then go through it and refine it; eliminating the things that are not very focused or that you have some ambivalence towards. It's important that you have a strong desire to achieve the things on your list. If your feelings towards the goals are half-hearted, then there is really not much energy moving them towards manifestation.

Manifesters can often have broad or unrealistic goals, so, it's important to get clarity and precision around this. For instance, if your goal is to manifest wealth, ask yourself what you mean by wealth? It might also be a good idea to decide on what you would do with that wealth if you had it. This will add a powerful emotional charge to it and get you motivated and moving towards your goal.

Once you have decided on a goal, sit in meditation and bring the goal to mind that you'd like to add to your list, and invoke the distant, the mental/emotional and the Power Symbol: symbols 3, 2, 1, in that order. Perhaps you can visualize the symbols over the thing or event that you are thinking of manifesting. Try to remove all feelings of desire or wanting during this process and simply allow the goal to sit in the broad open expanse of your awareness.

Then drop your awareness into your feelings, paying very close attention, and see how you feel deep in your core about manifesting the thing you've chosen. Do you sense that it will add quality to your life and the lives of others? If so, add it to your list. If not, move on to the next goal or project. It's important during this process to also be aware of any attachments you might have to achieving the goal. Can you hold a state of open awareness with no emotional attachments to the goal? If you can, you will much more easily notice what your intuition is telling you about it, uncolored by grasping.

If you're not very intuitive, there are lots of ways that you can develop this ability. The most obvious way for a Reiki practitioner

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is through daily self-treatments. Meditating daily is also an important way of developing your intuition. Try doing a body scan on a daily basis to get really present with what your body is telling you, noting any tension or sensations, good or bad. Try to develop the ability to tap into the subtle messages that your body is giving you.

You could also try stream of consciousness journaling. Start with a prompt such as “Is manifesting a loving relationship in my life, the best thing for me at the present time?” or “What do I mean by wealth?” Then simply write whatever comes to mind for two or three pages, without judging or thinking about what you are writing.

You can also try programming your dreams. Ask yourself a specific question and let your mind take over during sleep. Often you will wake either with a crystal-clear answer or a deep inner knowing. When you’re sleeping, your cognitive, analytical mind is at rest and opens up a space for the subconscious to get to work.

You could also take up a creative activity, like painting or drawing. These activities put you into a state of flow, similar to the meditative state. Your mind is then receptive to new ideas and insights and can bring awareness to problems and issues that you want to resolve. Getting out in nature and being fully present with your surroundings and your thoughts is also a great way of enhancing your intuitive abilities.

A very powerful way of enhancing your intuition is through the practice of chanting mantras. There are many different mantras that you could use, and it might be worthwhile investing some time into researching this if you wish to try it out. Note though, that affirmations are not mantras. Chanting affirmations doesn’t work in developing intuition.

Once you’re clear on what you want to put on your manifestation

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list, phrase your goals as if they are already there with you in the present moment. Don't push them off into the future by using phrases such as "Soon I will have a much better job" or "I am going to have \$5,000,000." And again, I want to emphasize this: be as specific as you can. "I now have \$5,000,000" is specific. "I'm now rich" isn't.

If you've got some paper and a pen handy, spend a few minutes drafting out a list of the things you'd like to achieve, have or succeed in.

### **Raise Your Personal Energy**

Personally, I think this is the most important element of all that you need to work on. Every other technique is built on the foundation of your personal energy. It's actually quite hard for instance to feel genuine gratitude if you're feeling down or lost or uncommitted. It's also hard to generate powerfully charged positive emotions around a visualization when you're feeling sad, alone or lacking self-confidence.

If you are going to stand any chance of manifesting abundance in your life, you're going to need to raise your personal energy levels. You need to raise your energy up so high that you become a powerful magnetic force that draws situations, circumstances, and people to you. Be the person that lights up the room with your energy. Be the person that has heads turn as you walk down the street because of the magnetic pull of your energy.

Here's how: The key to feeling good is to decide to stop feeling bad. Focus on the good, stay in the attitude of gratitude and do self-Reiki: hands-on self-treatment for a minimum of 30 minutes a day; preferably an hour, and keep your focus on being a powerful expression of love, for yourself and for others.

I've always found it a little odd that so many people, the majority, I

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think, treat Reiki as nothing more than a healing therapy to use on other people and they rarely use it to empower or develop themselves. I'm sure they were taught, just as I was by my Reiki teachers, that the focus of the practice is self-treatment.

If you've been initiated into the Reiki system, you have all the tools you need to powerfully raise your own vibration, and I encourage you to get to work on it right now.

Other methods for raising your vibration, because Reiki self-treatments on their own aren't going to do it that quickly for most people, could be practicing yoga or qigong, doing some aerobic activity every day, going on long bike rides, resolving bad habits that hold you back. There are many ways and I'm sure you can think of some more. Don't forget to eat healthily and cut out or cut down on foods and drinks that diminish your energy, such as coffee, tea, alcohol, junk foods and refined sugar.

Here's a snapshot of my personal routine and what I have done and continue to do to raise my own energy:

*Daily mindfulness meditation each morning – minimum 15 minutes.*

*Daily qigong and other exercises – minimum 20 minutes but increasing in small increments as time goes by.*

*Daily 15–20-minute walk.*

*2 times a week bike ride – minimum 15k per ride.*

*2 days a week fasting (not the bike riding days!).*

*Eating healthy food for every meal and cutting down on snacking in between meals.*

*Daily visualization of my goals.*

*Daily distant Reiki to whatever might be holding me back from*

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*achieving my goals in life.*

*30 minutes of self-Reiki every day (to be honest, some days this can be just 10 or 15 minutes and some days it just doesn't happen!)*

*Alcohol – gone.*

*Smoking (yes, I used to smoke!) – gone.*

*Cakes, biscuits (cookies), sweets (candies) and chocolate – gone.*

*Using affirmations during the day as much as possible (though I often forget to do this...)*

*Lots of mini-mindful moments as the day progresses.*

When I'm not feeling happy, I force a smile onto my face. This simple act immediately lifts your mood as it releases dopamine, serotonin, and endorphins into your system. Serotonin is an instant mood lifter.

What I didn't do is one morning implement that whole routine in one go. The best way is to start small. Pick a couple of things you can do to start moving in the direction of heightened energy and keep them small. If the idea of meditating for 20 minutes every day freaks you out, start with 2 minutes every day. After a month, increase it to 5. Build slowly. You will find that if you do it this way, these practices will naturally become habits that you won't want to forgo, and then you increase them a little at a time and introduce new practices, slowly and in a measured way.

If you miss a day from time to time, it's okay. Sometimes life just gets in the way. On these days, just be kind to yourself and re-commit the next day.

### **Some Thoughts on Using the Reiki Symbols**

Some people are not very visual and can struggle with visualizing

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or forming clear mental images. If this is you, if you struggle with visualizing the Reiki symbols, you can simply bring the idea of the symbol to mind and recite its associated mantra. If you don't have any trouble visualizing the symbols, you should still recite the associated mantras of course. Mantras carry immense power and shouldn't be overlooked in any application of Reiki energy that utilizes the symbols. In fact, it's the mantras that carry the energy, much more so than the visual symbols.

### **Clearing Blockages to Abundance**

So, perhaps you now have a list of the things you want to manifest but still feel blocked. For instance, if you're wanting to manifest more money in your life, but are still suffering from a poverty mindset, here are some methods to help clear the blockage. You can use all of them or pick the one that you feel most comfortable with.

You can certainly use positive affirmations to help change your mindset. Affirmations are positive statements designed to help you overcome negative thoughts and a negative mindset. Repeating them often, especially when loading your breath with Universal Energy and used alongside visualization practices can bring about positive changes in your relationship to your goals. Your affirmations should be set in the present tense: as if what you are affirming is real right now and spoken with feeling. When an affirmation carries emotional weight, it can be a lot more effective.

Practice mindfulness and use the insight meditation that we looked at previously to get clarity over your manifestation list. Allow whatever insights arise to simply arise and perhaps these will give you clarity over any further actions you might take.

Send Reiki to help remove your blocks. As you saw in my personal daily routine, I use this method regularly if I am feeling blocked. Place symbol 1 on both palms and form a ball of energy between

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them. Within the ball of energy visualize or get a sense of the block that you are experiencing. Visualize or physically draw with your fingers the Reiki symbols in the order 3, 2, 1, repeating their associated mantras, into the ball of energy and over the visualization of the block. Sit for 10 minutes sending Reiki to the ball of energy and seeing the energy building and intensifying between your hands. Try to keep your mind and desires out of the process and let the energy do whatever it needs to do to resolve whatever is blocking you. Do this practice every day until you feel that the blockage has been resolved.

Another effective method that you can try is to simply meditate on symbol 2. Symbol 2 is the mental and emotional healing symbol and as such it has a powerful effect on this level. Whatever is blocking you can start to shift rapidly with this method. Draw the symbol out on a piece of card and rest it up in front of you, about 3 feet away. Then gently rest your gaze on the symbol for about 5 minutes. You are not trying to make anything happen or ‘feel the energy’. You simply sit with an awareness of the symbol in front of you. After 5 minutes, close your eyes and bring the symbol to mind, placing it at the Third Eye Chakra and seeing it vibrating with energy. Simply sit with the symbol in your awareness for another 5 minutes. Do this every day until you feel that your blocks have been resolved. I often find that drawing the symbol out in silver or gold and shining a light on it, so it reflects back is helpful and seems to intensify the experience of working with the symbol.

## Chapter 4

# Sending Reiki to Your Goals

### **The Giving and Taking or ‘Tonglen’ Meditation**

I’ve included this practice because it’s an astonishingly powerful way of helping you clarify your energy and anything that is holding you back in life. It’s an extremely advanced and powerful practice; possibly the most powerful practice in this book.

I have taught this on a number of occasions to coaching clients, Reiki students, and meditation students. It always proves to be a very challenging practice, with some finding it difficult to continue because of how it dramatically purges whatever is holding the practitioner back. If persisted with, it can revolutionize your life. It is not a Reiki practice, nor is it a Law of Attraction practice but if you do it, it’s going to enhance both of those systems and bring immense clarity and develop within you a deep wellspring of compassion for yourself and others. It’s in the course because it simply deserves to be and both Reiki and the Law of Attraction require there to be a focus on developing compassion, love, and care for the wellbeing of yourself others.

The form of this meditation is radically different to most other forms of mind training. In this practice we work to accept the presence of suffering, limitation and blocks in our lives, and we use those things to open our hearts and minds.

Some of the benefits of practicing and why we should do this

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alongside our Reiki/Law of Attraction practice:

We expand our ability to generate true compassion and loving-kindness towards ourselves and others.

We limit the effects of the ego and our attachments.

We develop a much greater desire to be generous with others.

We can realise that our own suffering, limitations, energetic blocks etc. are not personal and that there are many people in the world who are suffering in the same way right at this moment.

We develop the ability to be present for our own feelings of lack and that of others.

We find it much easier to feel genuine loving-kindness and compassion for ourselves.

We can create positive karma as we continue to give and take for others, bringing them ease from the circumstances of their lives.

Developing compassion and genuine appreciation for others and being able to contribute positively to their lives, is of course essential to the practice of the Law of Attraction. The Law of Attraction, when working at its best, is about bringing abundance, peace, and harmony to all, not just to you.

If you are suffering from depression or anxiety or any other mental health disorder, take care when practicing this meditation. There is a strong requirement for a practitioner to be emotionally mature, self-aware, and stable. If you're not, any fears or anxieties that you have might be compounded by this practice.

The 'Tonglen' or Giving and Taking meditation, comes from the Tibetan tradition. To practice it, you need to have at least a modicum of self-awareness or stamina for deep spiritual practice. Tibetan

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Buddhism is famous for its mind-training techniques, and this is one of the most powerful within the tradition. It uses the breath as a support for removing suffering and negativity and sending out happiness and wellbeing. Tonglen requires some patience and diligence to really feel that you are making headway and certainly, it requires quite a degree of fortitude and willingness to push through your blocks.

Here is a short Tonglen practice that you can use every day. It's a very general practice, but you can tailor it by focusing on more specific issues or problems. For instance, if you often suffer from anxiety or a lack of confidence, or have a poor relationship with money, you can focus on that as the central issue of the meditation. Whatever you breathe in, you are going to breathe out its exact opposite. If you are working with the emotion of hate, you would breathe out love. If it's lack of confidence, you would breathe out confidence.

### **Tonglen Meditation**

Begin by establishing your meditation posture and moving into an awareness of the breath. Simply be present with the breath for a few moments, acknowledging any distracting thoughts as they arise and then returning to being anchored on the breath. Bring your mind to a state of open awareness, clarity, and spaciousness.

We are going to work with different textures. On an inhalation, breathe in hotness, darkness, murkiness, claustrophobia, and negativity. On the exhalation, breathe out the light of goodness, a sense of coolness and freshness that alleviates all pain and suffering. Visualise that you are breathing in all the suffering through every pore of your body and that as you breathe out, all goodness and happiness is radiating from every pore in your body. Continue with this until you feel that you are fully synchronised with your in and

out breath.

Recall a situation that you are aware of where a person or an animal is suffering. Breathe in their fears, their aches and pains, their loneliness so that he or she is relieved of it. If this is too difficult to begin with or you are just not ready, it's okay to do the practice for your own pain and suffering and anyone else you can recall that is suffering in the same way as you. Then breathe out calmness, stillness, ease, contentment, whatever is required to counteract the problem. You may wish to visualise this in the form of beams of light or warmth radiating out from your heart. See the other person feeling comforted and happy.

Extend your meditation outwards to others who are in need. Breathe in the darkness and their distress. Breathe out freedom, peace, and joyfulness, imagining their relief and feeling of happiness. Keep extending outwards, encompassing others that are in need in some way. Breathe in suffering, breathe out happiness and the causes of happiness.

As you continue with the practice, you will find yourself increasingly able to be there for people in situations that you might have formally thought were impossible. Can you extend Tonglen out to your enemies or those that annoy you in some way?

To end, relax into an open awareness meditation and sit with your breath for a few minutes.

Try to work with this meditation on a regular basis and it will start to really turbo-charge your life in many unexpected ways.

It's time we looked at some methods of working with Universal Energy in a manifestation process that are drawn straight from the Reiki canon. These methods are all developments of aspects of the Reiki system that are widely taught in relation to the healing applications of Reiki. One of the methods relies heavily on the

spiritual development aspects of the system, modified for the purposes of manifesting. You can use all these methods together or pick the ones that resonate with you the most.

### **Bringing Reiki to the Breath**

The first technique that we're going to look at is a method for empowering the breath with Reiki. This was mentioned previously but let's look at the specifics of how to do that now. When we can load our breath with Universal Energy, it can have a powerful effect on those around us and the circumstances of our life. This is a very useful method for when we are working with affirmations or any other practice that requires the breath or the voice. This is how to do it:

Let Reiki flow through the Crown Chakra whilst at the same time visualizing symbol 1, the Power Symbol also at the Crown. Then guide the symbol down to your mouth. Visualize or get a sense of the symbol spinning or vibrating in your mouth. See a radiant ball of energy in your mouth. You might feel the heat of the energy building there. Now consciously and deliberately repeat whatever affirmations you are using, loaded with Reiki energy. The energy is empowering every word you say and is sending that dynamic energy out to the Universe.

In any of the following methods that require you to speak, whether using affirmations or mantras or invoking the names of the Reiki symbols, try to remember to load your breath with Universal Energy first, using the method just described. You can also use this method in a standard Reiki healing context with your clients or students.

You may choose to work with some or all the following techniques as you refine your approach to working with Reiki in conjunction with the Law of Attraction. If something doesn't resonate with you, ignore it. It's not meant for you. Just try those methods that you are

comfortable working with.

### **Sending Reiki to Your Goals**

Over the next 21 days you are going to energize your list of things that you wish to manifest with Reiki energy. Although you can work on your whole list of goals at the same time, it's often better to focus on one goal from your list and leave the others for later. When focusing your attention on one specific goal, write it out on a separate piece of paper for this process.

Visualize or draw with your fingers, symbols 3, 2, 1 (the distant, mental/emotional and Power Symbols), in that order over your written statement of your goal, invoking their associated mantras at the same time. Place symbol 1, the Power Symbol, on each palm and hold your list or statement in between them. Let the energy flow to the paper and sit with an attitude of gratitude for all that you already have in your life and for the things that you are in the process of manifesting. At the same time, repeat the full Reiki mantra, your breath loaded with Universal Energy: "*Chokurei – Sei Hei Ki – Hon Sha Za Sho Nen*" over, and over again for the whole ten minutes. See the piece of paper glowing and vibrating with energy. Fill it and surround it with this energy. Do this every day for 21 days. It's important to avoid trying to mentally 'push' your goal into manifestation; simply be with an attitude of acceptance for whatever comes.

### **Beaming Reiki at a Visualization of Yourself in Abundance**

Sit in meditation and visualize your completed goal, with you in it, out in front of you. Alternatively, perhaps you could imagine that you are sat in front of a cinema screen and your new reality is projected onto it. Imagine yourself living the life in which your goal has manifested, in as much detail as you can. Repeat any affirmations that you might be using. Get as specific as you can

about the details. The more you can mentally create the exact nature of your goal the better and the easier it is to attract it to you. See it all playing out on the mental movie screen in front of you.

Visualize or draw out towards your visualization the Reiki symbols in the order 3, 2, 1. Put symbol 1 into your palms, raise them up, palms facing your visualization, and beam Reiki towards your visualization for 5 to 10 minutes. Keep repeating the Reiki mantra either out loud or quietly to yourself for the duration of the process. Make sure you have loaded your breath with Universal Energy first. When finished, just break the connection, and mentally let the process go. Repeat every day for as long as you feel it's appropriate.

### Working with Symbol Three

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Symbol 3 in the system of Reiki is the device that we use for doing distant Reiki treatments for those who, due to physical distance, can't receive hands-on treatment. However, as is becoming increasingly understood in Reiki circles, all the Reiki symbols are primarily meditation devices and only incidentally for use in healing.

Symbol 3 is not really a symbol at all in the classic sense. Although we use it as a symbol, it is in fact Japanese script, called *kanji*. It says something in Japanese and what it says is *Hon Sha Ze Sho Nen*. But what does that mean in English? There are several different translations available, some more accurate than others. The following very basic translation is one that I was taught by my Reiki teachers and is widely used within certain traditions of Reiki. When we look carefully at the different syllables within the whole structure, we can see that:

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*Hon* means root, source, or origin: the essence.

*Sha* means light of wisdom or Universal Energy.

*Ze* is transforming energy that has its own wisdom. It also means 'to become'.

*Sho* means transformation or correct or true.

*Nen* means a sincere wish from the heart.

The complete symbol can be translated as

*"A deep and sincere wish from the heart is transformed into healing energy/light, which is also the light of wisdom, bringing healing to other beings at the deepest level and connecting them to their origin or source essence".*

If we reflect on that meaning for a moment, we can see that although we repeat the mantra, *Hon Sha Ze Sho Nen*, the energy flow in the mantra goes the other way, from *Nen* to *Hon*; not from *Hon* to *Nen*. We start at the end with a wish from the heart.

Essentially the formula being expressed in Symbol 3 is:

A sincere wish from the heart (*Nen*),

Creates a transformation (*Sho*),

Becomes, through the light of wisdom (*Ze*),

Universal Energy (*Sha*),

Healing, by returning us to our original essence or original state of being (*Hon*).

This is a direct formula for manifestation. Admittedly, in the usual Reiki context the thing being manifested is improved health, relief from pain and suffering etc, but the formula is the formula and can

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be applied to the resolution of anything that is not in accord with your highest purpose.

So, we can use this symbol through meditation to bring healing energy and Universal Intelligence to whatever it is that we are trying to manifest.

And as with all things Reiki, the worst that can happen is that nothing happens. You can never create a negative with Reiki. Its basic nature is love and love only heals; amplifying life as it does so.

### **Here's How to Do it:**

Draw out Symbol 1 and Symbol 2 on separate pieces of card. You will also need to draw out the individual syllables of Symbol 3. If possible, go over them with a silver or gold marker so they have a metallic quality and catch the light.

Place Symbol 1 in front of you about 3 feet away, perhaps leaning against your dressing table mirror. If you have something like a desk lamp, you could shine it on the Symbol which will reflect back to you if you've managed to outline it in silver or gold. This is optional, so don't worry if you can't do this part. Gaze at the symbol for about 5 or 6 minutes. Don't try to do anything with it, you're not trying to feel the energy. Just be aware; be mindful. Close your eyes and bring the symbol into your inner vision and hold it there, vibrating with energy.

Repeat the above for Symbol 2.

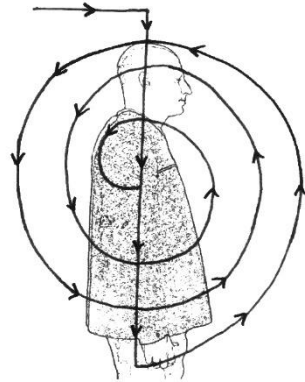
Next, recall whatever it is you wish to manifest, filling your visualization with positive emotions and a belief that the universe is guiding you, then meditate on the individual syllables of the *Hon Sha Ze Sho Nen* in reverse order, starting with *Nen*. Sit and gaze at each in turn, closing your eyes and internalizing them as you do so,

one at a time, visualizing them at your Third Eye Chakra.

Sit once more with symbol 2 at your Third Eye and a positive feeling that your wish has been heard and is in the process of manifesting. Then let go and let Reiki.

### **Meditating on the Power Symbol**

Working with the Reiki Power Symbol as an object of meditation is another powerful method you can use to deepen your connection to your goals and really put some serious energy behind them. I've taught this practice to hundreds of people, and they love how powerful this is. In this practice, we are going to place our manifesting goal at the Heart Chakra, surrounded by love.



Sit for meditation, focusing on the breath for a few moments and then visualize the top/first stroke of the Power Symbol coming towards you, above your head. See the downward stroke entering through your Crown Chakra and going down to the Base Chakra.

Now spiral the Power Symbol from the Base, out through the front of your body and re-entering your body at the Crown Chakra. Continue the spiral out of the back of your head and then down, re-entering the body at the Sacral Chakra. The spiral continues out of the front of the body again, re-entering at the Third Eye Chakra. It comes out of the back of the head, and re-enters at the Navel Chakra, spiraling out of the front of the body and entering the body at the Throat Chakra, then finally leaving the body at the back of the Throat Chakra, and terminating in the body at the Heart Chakra.

When you get to the Heart Chakra, place your manifestation goal there and surround it with love, with Universal Energy, with

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Universal Intelligence. Sit with your focus on the heart and your goal for up to 5 minutes.

One of the operating forces in the Heart Chakra is the force of equilibrium. It is the point of balance and stillness between the earthly forces of the lower Chakras, and the heavenly or spiritual forces of the upper Chakras. In practicing this meditation, we are bringing Universal Energy to every one of our Chakras in a balanced way, impacting on every aspect of our lives and being, since everything we can experience is connected to one of the seven main Chakras. This can bring a deep sense of balance and calm and a laser-like focus to sitting with our manifestation goal at the heart centre.

When you practice this meditation, try to be aware of any energy sensations at the various points and Chakras on the body that the symbol passes through. If you like you can also place another Power Symbol on each of the Chakras as the larger symbol passes through them. Try to also be aware of what it feels like to be inside and a part of the energetic matrix of the Power Symbol. What does it feel like as the qualities of this symbol penetrate different aspects and layers of your physical, mental, and emotional being? Bring mindful awareness closely to bear on the sensations and feelings that you experience throughout the meditation.

Do this meditation as often as you wish to help empower your goals.

Try sitting in the middle of a double Power Symbol: so, there are two top strokes, one coming in from behind you and another from in front of you and then after they descend to the root, they spiral out from the front and from the back of the body at the root. This is an even more powerful practice. You can in fact add in as many Power Symbols as you wish.

## Chapter 5

# More Methods to Transform your Manifestation Process with Reiki

### **You Are an Abundance Magnet Meditation**

Start by getting yourself into a comfortable position, expressing the quality of quiet dignity. Sitting upright, with your back straight; expressing its natural 's' shaped curve. Your head erect and your hands rest comfortably in your lap.

Allow your body to melt into a state of relaxation; allowing gravity to hold and support you. Feeling the weight of your body, your arms, your hands. Allow your breathing to be natural. Just releasing all the tension in your body. Consciously breathing it out.

Bringing your awareness to your breath. Just watching your breath going in and out, feeling the rising and falling of your belly with each breath.

If your mind wanders at any point, this is perfectly okay. This is what the mind does. Just bring the mind back to the breath, over, and over again every time that your mind wanders. Anchoring your awareness on your breath, over, and over again.

Now bring to mind the following words: prosperity, abundance, money, freedom... or any other words that describe what it is you wish to manifest in your life. As you say each of these words, see what images or feelings arise for you. As these images and feelings

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arise, mentally project Reiki energy towards them. See these images and feelings infused with Reiki.

Notice if there are any disempowering thoughts that come up for you. Maybe there's a sense that it's not safe to imagine having your goal or that it's not appropriate or that you don't deserve it. If any of these or other thoughts that are blocking you from your abundance arise, simply radiate Reiki energy, love and understanding towards these stories that you've told yourself. Breathe love and Reiki into them and let them go. Do this several times if you need to.

Then bring the Reiki Power Symbol to your Crown Chakra and breathe it into your heart and then outwards throughout your whole body. See your whole body filled with Power Symbols, vibrating, and glowing with energy. Feel your whole body filled with this radiant power, dissolving any remaining blocks and bringing goodness and abundance into your life.

Feel deep down in your core that you do deserve abundance, happiness, success, and all that you wish to manifest in your life. Realise that the only one that is blocking you from having all that you desire is yourself.

Repeat to yourself:

I deserve prosperity.

I deserve abundance.

I deserve success in my life.

I am an abundance magnet.

Abundance comes to me easily.

I am free, happy, and successful.

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Bring your attention back to your breath. Take a deep inhale of abundance and exhale abundance. Feel yourself surrounded by the energy of abundance. Notice how good this feels.

Feel your magnetic quality and that all good things simply flow to you. Surround yourself with Reiki energy.

Bring your awareness back to your breath, watching your breath going in and out. Stay with this for a few moments.

When you are ready, extend your awareness out into the room that you are in and open your eyes in your own time when you are ready.

### **A Method Using a Candle**

Write out your intention or goal on a piece of paper. Draw the three Reiki symbols on the piece of paper with your fingers, saying their mantric names at the same time, in the order: 3, 2, 1, then place the Reiki empowered piece of paper in front of you. Take a candle and again draw the three Reiki symbols with your fingers in the same sequence, but this time over the surface of the candle. Place the candle on the piece of paper on which you've written your goal. Light the candle. The candle is radiating Reiki energy towards your goal and will continue to do so while it's lit.

Whilst the candle burns, sit and practice mindfulness meditation, focusing on the breath. Move your awareness to your heart center and see the Reiki Power Symbol there, vibrating with energy. Feel the Reiki flow from the Universe, in through your crown and down to your heart center. See this energy expanding throughout your whole body. Feel this energy of love filling your whole being, radiating outwards throughout your whole being. Be conscious of the desire to bring love and appreciation to yourself. Filling yourself with loving kindness. Then feel this same quality of love, radiating outwards in every direction to the world around you. Bringing love to all those in need. Spend a few minutes with this meditation,

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finishing by bringing your awareness back to your breath for a few moments. Filling yourself with love is such a critical part of any manifesting process.

Now, load your breath with Reiki energy and repeat your goal either out loud or to yourself. Really try to feel the emotion and the desire behind it. You could use a phrase such as “May my goal be manifested with ease,” or whatever words resonate best with you. Repeat it as often as you feel necessary.

Turn your palms to face the candle. Visualize Symbol 1 on your palms and project all three symbols in the order 3, 2, 1 towards the candle and your written intention. Sit and project Reiki energy towards the candle and piece of paper. You may repeat your goal or phrase again silently or out loud or just repeat the Reiki mantra again.

Continue with the process for a few minutes and then close. Repeat this process every day for as long as you feel it necessary.

At the end of the process, sit with a feeling of gratitude and visualize love radiating outwards from the center of your heart towards all beings everywhere and to your goal.

### **Reiki Infused Creative Visualization**

Using visualization to bring about your desired goal is a standard practice in all Law of Attraction teachings. It’s also one of the most powerful.

Creative Visualization is the practice of imagining what you want to achieve in the future, as if it were true today, as vividly as possible. Visualization, however, is not simply the internal visual images that you conjure up. The imagery must also consider the senses of touch, taste, smell, hearing and most importantly, your emotions related to the visualization. When we bring all these factors into the

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visualization, we are directing the subconscious to take notice of the desired end goal in a very powerful way.

There are basically two types of visualizations:

An outcome-based visualization.

A process-based visualization.

It's always better to combine the two approaches if you want to make the most of the practice.

Let's look at how to do creative visualization.

You need to be in a relaxed and positive state of mind when you practice creative visualization. If you're not, then do what you can to flip your mood. Listen to some music, take a bath, go for a walk, try forcing a smile on to your face, even if you don't feel like smiling! And of course, do some self-Reiki.

Once you're feeling relaxed and peaceful, find a place where you aren't going to be disturbed. You're going to be sitting for about 10 minutes but the longer you can sit, the better.

Before getting into a creative visualization practice, it's always a good idea to spend a little time centering yourself and getting focused by doing a basic mindfulness meditation practice. You could use the Insight Meditation or even the Treasure of Pleasure Meditation that we looked at earlier if you wish, or just spend a few moments focusing on your breath.

Once you're feeling focused, alert, and receptive, start to form the image of the goal you wish to manifest in your mind. Take as long as you need to build all the details, drawing on all your senses.

Flood your visualization with Reiki energy. You can place

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Symbol 1 directly into your visualization, or all three symbols in the order 3, 2, 1 and then repeat the Reiki mantra several times.

Try to make the people, circumstances, environment in your visualization as realistic as you can. Can you hear what people are saying? Can you feel their emotions? Are they happy for your success? Tap into all of this and keep the Reiki energy flooding the scene in your mind.

Now bring your own emotions into play. How does this experience of living your new goal feel to you? Can you get a sense of the excitement and happiness that are yours from having achieved this goal? Expand these positive emotions as much as you can. Really pull up all the passion, enthusiasm, love, excitement that you can in relation to your goal and really feel this.

Let your creative visualization practice influence the rest of your day. Bring to mind your goal as often as you can and tap into the associated emotions at the same time. Add in whatever affirmations you might want to use and see your visualization filled with Reiki energy again.

Make your creative visualization practice a daily habit. It might be a good idea to set aside a certain period each day. I find doing it right before bed is the best time but there are no rules over this, and you can do it at whatever time works best for you.

If you feel any resistance to your goal at all, stop and check that out. Where is that coming from? Why is it there? Ask yourself if this goal is something you deeply, genuinely want. Ask yourself if you have 100% conviction that the Universe is going to deliver, or do you have doubts?

Take action towards your desired goal. You need to get into massive action towards your goal, whatever method of

manifestation you use, whether it's Reiki-powered or not.

### **Silva Mind Control Method**

The Silva Mind Control Method has its roots in New Thought philosophy, as well as parapsychology, and brain-wave research. It's a self-help programme created by Jose Silva in the 1960's in Laredo, Texas. The Silva Method consists of a set of powerful tools designed to slow brain-wave frequency, allowing the mind to reach an optimum state for problem-solving, self-healing and creative thinking. The system also contains teachings on how to practice psychic healing and remote viewing.

There are many overlaps between the Silva Method and the Law of Attraction. It uses visualization techniques and affirmations and has methods for developing belief and trust in your inner guidance to create a positive mindset and speed up the manifestation process. It's essentially a tool for connecting to Higher Intelligence.

### **The Method**

This is a method that I've given to coaching clients in the past who were struggling on several fronts in bringing into reality the life of their dreams. Many people have had spectacular results with this approach.

Firstly, take yourself into a meditation focusing on your breath. If you are familiar with the Silva three-finger trigger method, then feel free to use this. If not, proceed as you would normally in dropping into a meditative state, and simply be with your breath. Do a loving kindness meditation for yourself. If you don't know how to do this, there is a script for this at the end that you can use. Simply record it and use it as a guided meditation. Essentially, you are radiating love and kindness and appreciation outwards from your heart, throughout your whole being during the meditation practice. Now bring the Reiki Power Symbol to mind and let it sit glowing and vibrating at

your Third Eye Chakra in the center of your forehead. Bring the energy of this symbol into your mouth and repeat the phrase *“Every day, in every way, my goals are being realized.”* You may repeat this as often as you wish, or change it to reflect your specific goal, for instance: *“Every day, in every way, I am abundantly wealthy,”* but make sure that you have loaded your breath with the energy of Reiki as you say it. You can also repeat the phrase quietly to yourself as you keep your focus on the symbol at your Third Eye.

Now, let your awareness sink down into your body and notice if there is any physical or emotional response to the phrase. If you notice an effect somewhere, you can place your hands there and give yourself some Reiki. If emotional resistance to the phrase surfaces, place symbol 2 at the Third Eye and sit with this vibrating with energy for a few moments until the emotional resistance is dissolved. Then repeat the phrase again with symbol 1 at the Third Eye. Go back to symbol 2 any time you feel an emotional resistance.

### **Using a Vision Board**

A Vision Board is a visual reminder, prompt, or trigger for the goals you wish to manifest. It’s created by collaging together images, objects and words that relate to your goal in a visual display that you put up somewhere in your home or workspace; somewhere where you will see it often, to remind you of your goals. You could hang it on a wall in a room that you use often or put it on your fridge, or a nightstand, put it on the mirror where you get ready for the day each morning.

Vision Boards are amazing tools to use to help you manifest personal goals or for envisioning your dream life. They’re also being used increasingly in business settings to envision and focus on professional goals and to motivate the team. Vision Boards can be used for long-term goals such as a 5-year plan or you can create a new one at the start of each year for the year ahead, or any time in

between.

Reiki practitioners have a distinct advantage in working with Vision Boards to non-Reiki practitioners as they can use their ability to channel Universal Energy to their goals, using the symbols to boost that connection and empower the whole process.

To make a Vision Board you're going to need a cork board or a piece of stiff card – maybe cut down the side of a large cardboard box – or use a magnetic white board. You're also going to need tape or glue or magnets, depending on the base you are using. Collect some images from magazines or print them off the internet. You could also collect some inspiring quotes that you find relevant to your goals. You might want some stickers or marker pens, paint, brushes, or highlighters.

When constructing your Vision Board, try to use images that you find inspiring or motivating in some way: images of people having the sort of success you would love to have in your life, images of places you want to visit or live, the home you want to live in, the car you want to drive. Find the best, most inspiring images that you can. Also add some text. Try adding in affirmations as well as inspiring quotes that you find particularly empowering. These can be handwritten or done as calligraphy or text that you have cut out or printed off. You can add objects to the Vision Board: objects with sentimental value that are related to your goal in some way. You can add anything you want to a Vision Board, if it's going to inspire you, charge your emotions and so move you forward in the manifestation of your goals. Get creative and make something extraordinary.

### **Digital Vision Boards**

Vision Boards can also be created digitally and of course, having a digital version does allow you access to it on all of your devices very easily. I personally feel that a physical Vision Board is better as it

contains your own personal energy. The Goal Mapping guru, Brian Mayne, talks about this extensively in his book *Goal Mapping*. He emphasizes that when your Vision Board or Goal Map is done by hand it carries your personal energy, thus making it much more effective. A Goal Map is a version of the traditional Vision Board that takes into account the neuroscience behind the way the mind works in relation to visual stimuli and language through the use of affirmations and written goals and has a very specific method of construction.

If you wish to make a digital Vision Board, you can use digital design tools to collage images and words together. Once you're finished you can simply download it and save it as your wallpaper on your phone, laptop, or tablet. You can check out Canva (<https://www.canva.com/>) for some Vision Board templates that you might like to try.

You can also take a picture of your physical Vision Board to display on your devices.

Whether you make a physical or digital version of your Vision Board, build some flexibility into it by leaving room for additions or alterations later. Life isn't static. Our priorities can change over time, and it can happen that we get directed to something better than our original goal, so we need the ability to shift and refocus our plans.

### **Add Reiki to a Vision Board**

Before you even start to create your Vision Board, you're going to want to prime its surface with Reiki first. It's a bit like priming a canvas before you paint a picture on it. We need to get it ready for adding images and text and any other objects. Doing this will empower the Vision Board and help to push you forward in manifesting your goals and dreams.

## Manifesting Abundance with Reiki

Some years ago, right after I completed my training in Reiki with my Reiki Masters, and because of their immense generosity of spirit, their deep knowledge of the practice and their willingness to share and support and bring so much love and compassion into their teachings, I felt the need to give something as a thankyou gift in return.

As I'm an artist, I felt I wanted to paint a picture for them and given that Reiki comes initially from Japan, I wanted to paint something like a traditional Japanese landscape scene. So, I got my canvas, stretched it and then covered the whole surface with hundreds of little Power Symbols. Once complete I then painted the picture over the top, framed it and gave it to my Reiki Masters.

They hung the painting on the wall and the next time I saw them at their home, I noticed that the place where everyone on the class wanted to hang out, was right next to my painting. They weren't looking at it. No one was admiring it, but the energy from that picture, because of the embedded Power Symbols, was pumping out into the room and drawing everyone in.

Later, when the class was over, I went and checked the picture and sure enough, as I placed my hand near the surface, I could feel the energy pulsing crazily in my palms and through my whole body.

Burying the symbols in any visual image immediately energizes it and has an influence on the world around. This is what we're going to do with our Vision Boards: embed dozens of Reiki symbols underneath the imagery. I only used the Power Symbol in that painting, and it was enough, but if you wish to use all three of the traditional symbols, by all means do (the Master symbol has one function only and that is for attuning other people, so it's adding nothing of value by placing it in the picture with the other three).

When you do cover the surface of your canvas/board or other

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surface, do remember to recite the mantras associated with the individual symbols at the same time.

Then stick your images, text, and objects over the symbols. Remember to use images that inspire you, that relate to your goal(s), include affirmations or inspiring quotes that motivate you. There is no right way for you to approach creating a Vision Board. It can be very organised or very haphazard. Whatever feels right for you, will be the right way. Make it colorful, vibrant, exciting; something that's going to grab you and fire your passions for your goal whenever you look at it.

Buried in the Vision Board the symbols will be constantly exerting their influence over the goals that you've set. You can, if you wish, also draw the symbols on the back of the Vision Board. I often do this too, but since there is so much going on energetically with the embedded symbols, it probably isn't necessary. I add them to the back simply because: why not?

It's often said that you should always ask for Reiki to work for the highest good, but as this is its default anyway and it never does anything but this, it's sort of superfluous. But if doing so makes you happy, go ahead!

When you're done with creating your Vision Board, sit with it for a few minutes each day. Really take it all in visually and emotionally. Feel exactly how it's going to feel when you manifest your goals. Get excited about them and bring them into the present moment. This is your reality right now! Can you feel the energy coming off the Board? If you can, that's great! If not, it's okay. Reiki works anyway and doesn't need you to be sensitive to it. Feel immense gratitude for what you are bringing into reality. It's on its way and you know that Reiki always delivers!

### **Beaming Reiki**

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You can also try beaming Reiki at your Vision Board. You were probably taught how to beam Reiki in your Reiki class, but if not, this is how to do it:

Sit or stand in front of your Vision Board and draw or visualize the symbols in the order 3, 2, 1 out towards the Board. Place symbol 1 in your palms (visualize it or physically draw it with your fingers, whilst repeating its mantra) and turn them so your palms are facing the Board. For 5 or 10 minutes, beam Reiki directly at your board whilst repeating the full Reiki mantra, having already loaded your breath with Reiki energy: *'Chokurei, Sei Hei Ki, Hon Sha Ze Sho Nen'*. Keep this mantra going for the whole time your beaming Reiki. Again, as with the previous method of simply sitting with the Vision Board, own the goals and get excited about them. Charge the Vision Board with your excitement and enthusiasm for having your goal. Bring your emotions into the process while you're beaming.

If you are way from home for any reason, let's say you're on holiday somewhere or on a business trip, it might be impossible for you to take your Vision Board with you. Take a picture of it with your phone so that you can beam Reiki to it at any time. Simply direct the energy to the image on your phone. If you made a digital Vision Board instead of a physical one, then you already have this problem covered.

### **Loving Kindness for your Vision Board**

My favorite method and the one that I found most profound was to sit with my Vision Board, placing symbol 1 into both palms then connecting with one hand to the Vision Board and the other on my heart Chakra for 5 or 10 minutes whilst repeating the Reiki mantra. Then radiate love towards your Vision Board, whilst sitting in meditation and doing the loving kindness meditation, this time for your goals and your Vision Board rather than a person. Use the script at the back of these notes. You don't need to connect with your hand,

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but some people feel this helps them connect to their goals better.

This direct connection with the heart seems to have a profound effect on the process of manifestation. Again, really try to feel the emotional connection and bring the goals into the present moment.

Repeat your goals or affirmations from your Vision Board out loud, making sure you have loaded your breath with Reiki energy first. When you speak your goals, whether with a Reiki-loaded breath or not, you aren't so much speaking your goals into existence as reinforcing a train of positive mind talk which helps you to stay focused and energetically aligned with the realization of your goals. Adding Reiki into the mix just boosts the whole thing to a new level.

At the completion of any Vision Board process using Reiki, simply sit in meditation, bringing to mind your Vision Board and your goals. Make them as vivid in your mind as you can. Fill them with your emotional energy and trust that the Universe is guiding you towards whatever is for your highest good.

Remember, you can't force Reiki to give you what you want. Reiki will give you what you need. Keep your manifestation goals and your Vision Board in alignment with this focus as much as you can.

Your Vision Board is not a fixed thing, but a part of your journey through life. It can be changed and modified as your life and circumstances change and with them, your goals, and aspirations. Don't be afraid of removing things that don't serve you or don't feel as if they're in the right direction for you anymore, and feel free to add new goals or dreams or modify the Vision Board as you need. You'll know when it's the right time to make these changes because your Vision Board will no longer inspire you. It's highly likely that your goals and passions will have changed since you first created it.

### **Reiki Crystal Grid**

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This is an amazing technique and one that has been around the Reiki community for a long time. It's usually used for healing purposes but can be used for anything that requires a super-charged flow of Universal Energy or a fixed connection to Universal Intelligence. Remember though that you are not giving or forcing Reiki on to your desired outcome. Reiki is always a process for the recipient, whether that is a person or a long-term goal, drawing the energy that is needed.

### **Cleansing the Crystals**

If you've never worked with crystals before, you should know that all crystals need to be energetically cleansed from time to time and certainly before being used in any dedicated process, whether that's for healing or some other function. Cleansing the crystal will remove unwanted energy and restore it to its original clarity. If you don't cleanse your crystals, they will become less effective and maybe not do much at all. The crystal might even end up loaded with negative charges that are certainly not helpful when doing any positively focused work with them. Try leaving a crystal next to a computer for a few weeks and then pick it up, you'll see what I mean.

There are several traditional methods for cleansing crystals, which I'll briefly mention here if you want to try them, but to be honest, if you have Reiki, you don't really need any of these; Reiki will do the job for you.

Holding your crystals under running water for a few minutes and then placing them in the sun to dry is a common practice for cleansing crystals. Another method is to hold the crystal in the smoke of sage, cedar, sandalwood, or frankincense incense. Putting the crystals within the sound vibrations of a bell, gong, tuning fork, or Tibetan singing bowl also works. You could bury them in sea salt for 24 hours also. There are plenty of other methods, but you don't need any of these if you have Reiki.

Simply hold your crystals in your hands, draw or visualize the symbols over them in the order, 3, 2, 1, and allow them to draw Reiki energy. Hold them for a maximum of 10 minutes. You are cleansing and charging the crystals simultaneously. You'll know when you're done because you'll feel the familiar diminishing of the flow of energy.

### **How to make An Abundance-Focused Reiki Crystal Grid**

A crystal grid is going to be actively allowing for the non-stop flow of Universal Energy for at least 48 hours. Recharging it periodically will keep it working in perpetuity. I once had a crystal grid working for almost 12 years. I'd kept it going for so long that in the end I'd forgotten what it was I'd set it up for in the first place. When I finally retrieved it from inside the roof of my house to dismantle it, it was covered with a thick layer of dust, but otherwise was still working fine.

Set up your crystal grid by using the template provided or create your own. You'll need eight crystals to begin with. I like to use clear quartz, but any crystals that resonate with you are fine. You might like to try crystals that are generally considered to be good for manifesting abundance, such as citrine, pyrite, green jade, green aventurine, amethyst, or tigers' eye. Clear quartz is also good for this purpose.

Before placing any of your crystals, cleanse and charge them with Reiki. Some people like to charge their crystals with the energies of the sun, moon, or Earth by exposing them in those particular environments. As Reiki IS the Universal Energy Field, it already encompasses all those vibrations. Just use Reiki, it's enough.

You're going to need to find a place for your crystal grid that's private but that you can get access to easily. It would be a good idea to set it up on a piece of board or perhaps a dinner tray so that you

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can move it more easily.

Although optional, you might like to incorporate within the grid a symbol that has spiritual significance for you. It could be a Reiki symbol, or a religious symbol of some kind or perhaps a mandala or some other piece of artwork. I often just use the Reiki Power Symbol.

Select one of the eight crystals that you have already chosen, cleansed, and charged with Reiki. This is going to be your Master crystal. Choose the one that feels right to you.

Now place six of the remaining crystals in a circle around your central symbol, as if sat at the corners of a hexagon. If you have chosen points, perhaps you might like to have the points pointing inwards towards the center of the grid.

Before we place the final crystal, write on a piece of paper what your goal is. Keep it present tense and make it positively focused and be specific. Sign the piece of paper. Now draw the Reiki symbols on the back of the piece of paper. You can do this just with your fingers. Place the piece of paper at the center of your grid.

The final crystal is going to sit at the center of the grid on top of the piece of paper that you've just placed. I like to use a crystal cluster here, but it could be a pyramid, ball, double terminated, or whatever works best for you.

As you place each of the crystals, make sure that they are sitting firmly on the surface. You don't want them to move as this can weaken the energetic connection. If the crystals you've chosen are prone to rocking or moving slightly, then fix them down with something like water-based glue or Blu-Tac. You might even want to wire them down.

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Having got all the crystals in place, you're now going to charge up the grid with your Master crystal. This is how to do it:

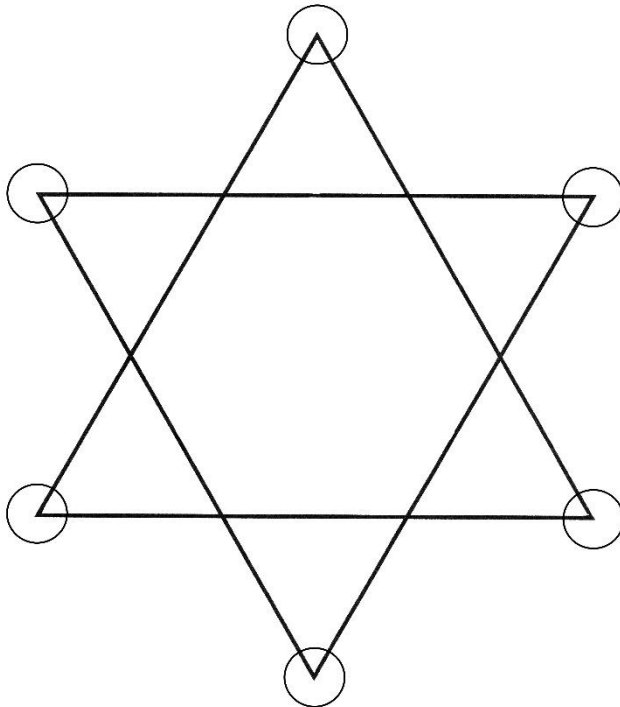
- Hold the Master crystal over the centre of the grid. Drawing in the air with the crystal, move out to one of the crystals you've placed on the outer edge of the grid, then move around anti-clockwise to the next crystal on the edge of the grid. Now move back in towards the centre, then back out to the same crystal you went in from. Then move anti-clockwise to the next crystal and back to the centre and out again to the same crystal. You're sort of making pie-shaped, or pizza-slice movements as you move the master crystal around the grid. Go around the grid three times.
- As you charge up the grid, repeat a mantra to yourself. This could be the Reiki mantra, or it could be something else that feels appropriate to you; maybe a religious mantra or prayer or perhaps you could repeat affirmations. If you're going to use affirmations do remember to load your breath with Reiki energy (you should do this anyway, regardless of the mantra you are using). Affirmations on their own carry nothing like the energetic charge that a prayer or religiously focused mantra or the Reiki mantra carries, so you need to charge them up with Reiki.
- Meditate with your Master crystal whenever you can and charge up your crystal grid by repeating the previous steps of the pie-shaped movements of the Master crystal over the grid on a regular basis. You don't need to do it every day, but I think it should be a minimum of once every 3 days. Before recharging the grid, you need to cleanse and recharge your Master crystal first.
- Once I've finished charging the grid, I always like to draw the Reiki symbols over the top of the grid with the Master crystal.

Now put the grid somewhere where it isn't going to be disturbed, such as on the top of a wardrobe or under your bed. If you're away

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from home and can't charge the actual grid, you can do it via a photograph on your smartphone. Just make sure you take your Master crystal with you and draw Symbol 3 over the photograph before starting, to make sure you have an energetic connection to the original.

The grid will continuously send Reiki to the realization of your goal. If you need to move the central crystal to change your goals, then I always find it to be a good practice to re-charge the central crystal for another 10 minutes before replacing it.



### **Take Action**

Whatever method you have chosen to work with, and maybe you've decided to try several at the same time, you need to personally get into action and start moving in the direction of your goal.

If you want to manifest your dream job, start developing the skills you need. If you want to get fit and healthy, sign up for the gym and start eating better food. Sitting around and just hoping the Universe will deliver while you just meditate in front of your Vision Board or crystal grid is unlikely to bring you the results you want. Miracles happen of course, especially when you throw Reiki into the mix, but it's best to err on the side of taking responsibility for your own life and getting into action and moving towards your goal. Your Vision Board, crystal grid and the other techniques are there to help you and keep laser focused and moving proactively towards what you want for your life. Reiki turbo-charges everything, but you need to be taking action yourself.

### **Habit Stacking**

One of the complaints that I hear all too often in many spheres of life when it comes to personal development, whether that's trying to do a daily Reiki self-treatment, meditating, doing visualization exercises, writing a gratitude journal or creating a healthier eating regime, is the lack of time. "*I just don't have time to do all this stuff!*" Actually, you do. You just need to get a lot more lasered in around your priorities in life and decide for yourself whether these things are genuinely important or not.

A good method for creating a new habit, and one that I've used a number of times to totally revolutionize my life in a number of ways, is the practice of Habit Stacking, which was popularized by the author, James Clear in his book *Atomic Habits*.

Habit stacking is when you take a new habit that you want to cultivate, and you stack it next to a habit that you already have. Let's say that you want to start meditating every morning, but your morning routine as it currently works out, simply doesn't allow for it.

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*Here's a sample morning routine:*

*7 am wake up (habit)*

*7.05 am to 7.25 am drinking coffee, eating breakfast (habit)*

*7.25 am brush teeth (habit)*

*7.30 am shower (habit)*

*8 am get dressed (habit)*

*8.30 am get in car to go to work (habit)*

Every item on this list is already a habit that is programmed into your subconscious by constant repetition. It seems there is no time here at all to fit in a new meditation practice without cramming something else and maybe making the morning a bit more rushed and not particularly relaxing.

In habit stacking, we take a habit that we already have, let's say finishing breakfast and coffee at 7.25 am and stacking the new habit on top of the old one. And we do the new habit for a very short amount of time, let's say 2 minutes.

Leave yourself a note in the place where you would normally have your coffee and breakfast which reads something like this: "I will meditate for 2 minutes in the kitchen at 7.25 am each morning". It's important to include the time and the location on the note and the duration of the activity.

It's important to leave the note in the place where you would naturally be at that time. If you'd written on your note that you will meditate in your bedroom, but at that time you are in the kitchen with your coffee, you are setting up unnecessary friction and making it less likely you will follow through with your practice. So, place the note somewhere where you are going to be at that time and do

the practice in that place.

The next morning, you get up, you make your coffee and breakfast and sit down and there is your note to yourself. It's like a mini-written contract, called an '*implementation intention*': an obligation that you have made with yourself.

At 7.25 am, once you've finished your coffee and breakfast, just sit, and do 2 minutes of meditation. It's a small amount of time and is not going to impact the rest of your morning routine in the slightest. So, you've started. The next day, do the same thing. Use habit tracking to record your progress: put a cross in your diary or on a calendar or keep a separate notebook for tracking your habits.

Try to commit to this every day. You're not worried right now about the quality of your meditation or whether you're doing it right or even whether you're enjoying it or find it useful and you're definitely not thinking about increasing the amount of time you spend on it. Do 2 minutes every day for at least a month, maybe 2 months. If you can do this, you've then got a new habit slotted into your morning routine.

Once you have the new habit in place, then think about increasing its length. Maybe move up to 5 minutes and stay with this for a month or two. In time you can increase that to 10 minutes or 15 minutes. There is no rush. Build habits slowly. If in this scenario you started out with trying to meditate for 30 minutes every day right off the bat, absolutely you are going to fail in no time flat.

Once you have your new meditation habit in place, perhaps you'd also like to build the habit of writing a gratitude journal each morning.

Again, stack your journaling on to your existing habit: this time your habit of meditating each day. Again, journal for 2 minutes only. Build the habit. Later you might be journaling for 10 or 20 minutes

each day but start small and be kind to yourself.

Yes, doing all of this is going to impact on the rest of your routine. Maybe you are going to have to get up a little earlier, or shave 2 or 3 minutes off your breakfast/coffee time, or take less time in the shower (I never met a guy that actually needs a whole half an hour in the shower to be honest, so it's is no problem to take a big chunk of that time without impacting anything else), but it's all manageable.

If you are tracking your habits also, as you see those crosses mount up against each day, you are going to be really motivated to not break the chain. I hate it when I miss a day and I suddenly see a blank space on my habit tracker. Stay with the process. Your mantra is: never break the chain.

By following this method of habit stacking, writing a contract with yourself for the new habit and habit tracking, you will be surprised at just how easily you can transform your life and fit other things in that you didn't think you had time for.

Now's the time to get going on your manifesting journey with Reiki. Build those habits and try out the different methods we've covered here.

### **The Loving-Kindness Meditation**

This meditation is very powerful. It can be used as a preparative meditation before giving a Reiki treatment, as well as in your work with the Law of Attraction.

The metta or loving-kindness meditation is a powerful self-healing and self-empowerment practice. The meditation focuses on yourself first to induce compassion and then the focus is expanded gradually from those closest to you to others. This meditation evokes compassion in your heart and leaves you in an expanded and

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beautiful state of mind.

Allow yourself to settle comfortably into your meditation posture and close your eyes, and gently let go of any tension in your body. You might like to check in with your shoulders as we tend to store a lot of tension here. If there is any tension, just let it go on an out breath.

Allow your whole body to settle down into gravity. Feeling the weight of your body, the weight of your arms and your hands resting in your lap. Just giving your whole being up to gravity. Settling into it.

Now bring your awareness to the top of your head and gently scan down through your body, all the way to the tips of your toes, just noticing how your body feels. Noticing any aches or pains, irritations, places that are cold or warm. We're not doing anything with these sensations, we're just being aware of them.

Bring your awareness to your breath for a few moments and just be with the process of breathing, staying with the natural breath. Watching the breath going in and out. Stay with this process for a few moments.

Bring your awareness to your heart center, in the middle of your chest at the height of the heart and focus on your heartbeat for a few moments.

If at any point your mind wanders, this is okay. This is what the mind does. Just notice that and bring it back to the movement of the breath in the body. Use the breath as an anchor for your awareness.

As you breathe in, visualize or imagine a flower opening at the heart center and the quality of love and kindness, compassion and care radiating outwards from the center of the flower throughout your whole being. Try to feel love and compassion for yourself. Feeling

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kindness for yourself. Visualize a golden stream of light filling you from head to foot with warmth and light and a feeling of lovingness and wellbeing. Stay with this for a few moments.

Now see the golden stream of light from the center of the flower at your heart reach out to others in the room or the building with you. Fill them with love and light and a feeling of happiness and contentment.

Bring to mind your parents, whether they are still alive or not and let the stream of light from your heart reach out to them, filling them with your warmth, kindness and love. Feel immense gratitude for them.

Bring to mind other people who are close to you, perhaps, your brother or sister, son, daughter, husband or wife. Let the golden stream of light reach out to them and surround them with your love and kindness, generosity, and warmth.

Perhaps you can bring to mind your friends and let the golden stream of light reach out to them. Fill them with your love and friendship and warmth.

Let the golden stream of light expand outwards to those whom you meet only occasionally. These could be neighbors, people that you work with, people you see in the local shop or meet when you are travelling. Can you surround them with your love and care and kindness?

Bring to mind someone that has made life difficult for you in some way. This may be someone that you ordinarily feel very close to, but they could have done one small thing to upset you or irritate you. This person is your teacher. Can you let the golden stream of light surround them, bringing your love and compassion to them. Can you feel gratitude for the gift of learning that they have brought you?

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Bring your attention back to yourself and let the golden stream of light fill you once more from head to foot. Filling you with love and kindness, compassion and a deep sense of harmony within. Stay with this for a few moments.

When you are ready bring your awareness back to your breath and then gently expand your awareness into the room that you are in. Open your eyes in your own time when you are ready.

### **What's Next?**

Now we've got to the end of this journey through how to manifest abundance with Reiki, it's time for you to take over and commit to your practices. Get yourself motivated to fundamentally change your life. We've covered a range of tools that you can use to turbo-charge your practice and get a genuine sense of how Universal Intelligence is supporting you on your journey.

If you haven't learned Reiki yet or feel that you'd like to upgrade to Reiki Jin Kei Do: the only system of Reiki built on the genuine and ancient spiritual practices that ultimately led to the creation of the Reiki system by Mikao Usui, then get in touch at [steve@stevegooch.co](mailto:steve@stevegooch.co) I run regular face to face and online classes and occasional deep-dive retreats covering all the essentials and more that doesn't appear in the regular classes.

Check out the live online Manifesting Abundance with Reiki course here: <http://www.stevgooch.co/courses>

You can also subscribe to my weekly newsletter here: [The Love & Abundance Blueprint](#).

Good luck on your journey!

## ABOUT THE AUTHOR

With a background as a noted artist printmaker and sculptor and working with some of the leading visual artists of his generation, Steve Gooch moved into international education at the turn of the millennium, having a radically transformative and expansive impact on the art hubs under his watch in Egypt, Sudan, and Saudi Arabia.

Passionate about his own personal and spiritual development he undertook studies and training in several spiritual disciplines and pursued interests in esoteric Buddhism, inter-religious studies, philosophy, and meditation.

Steve has written two previous books: *Reiki Jin Kei Do: The Way of Compassion & Wisdom* and *Mindfulness Meditation & The Art of Reiki* and is a leading authority in this field. The perspectives that he pursues through both books are a radical departure from the mainstream interpretations of this subject.

In recent years he has been focused on developing visual arts, meditation and spiritually focused courses, workshops, and retreats around the world and online. He routinely can be found teaching and working in Egypt, but also spends time in the UK, Cyprus, Jordan and parts of Eastern and Southern Europe.

He is now widely considered to be one of Egypt's leading personal development coaches, working with celebrities, politicians, and media stars in the north African country. He routinely works as a coach with some of the leading fashion houses in Saudi Arabia and is always ready to offer free coaching calls to anyone who might benefit from his expertise in this field. You can find out more by visiting [www.stevegooch.co](http://www.stevegooch.co)

## Manifesting Abundance with Reiki