

# Explore intent

Reiki is very simple. It follows your thoughts; it follows your focus. Where you direct your attention is where the energy goes, whether you are focusing your attention on someone in front of you on a treatment table, or whether you are focusing on someone who is 1,000 miles away.

This section is all about demonstrating to you how simple Reiki is, how easily it can be directed, without using complex rituals, and how much effortless control you have over the energy.

You will be going through a number of exercises (I recommend you spend a few weeks on these exercises) and you will need to find people to practice on – in person and at a distance – if you are going to get the most out of this section.

## **What will I be doing?**

Remember to carry out Kenyoku and Joshin Kokkyu ho every day: your baseline Reiki practice, though if you already know about and are practising “Hatsurei ho” then just keep on with this exercise daily, since it contains Kenyoku and Joshin Kokkyu ho, as you know.

Here are some of the things that you will be doing:

- Sending energy to particular parts of someone else's body using intent
- Sending energy across a room 'using your eyes'
- Sending energy across a room using direct intent
- Radiating Reiki out of your whole body
- Carrying out distant healing using intent only
- Focusing energy within yourself using intent

We have been teaching these methods on our live and home study courses for many years now, and these approaches seem to work for most people.

I wish you an exciting journey with this section of the book. Follow the instructions; get lots of practice (that's the key to it really), and you will be surprised by what is possible!

Have fun!

By the way, I recommend that you keep notes on your experiences as you progress through this section, so you can look back and review your progress.

# Treatment couch exercises

Here you are going to be working on other people, discovering that you can move energy through someone else's body, and direct the energy to a particular part of someone's body, using visualisation, using intent (they are the same thing).

I recommend that you carry out these exercises on people who have already been attuned to Reiki because they will probably be more sensitive to the energy and its movements and they will be able to give you better feedback than people who have not been attuned.

I am going to describe these exercises:

- Sending energy along someone's leg
- Enveloping someone's head with energy
- Moving energy from one part of the body to another

I suggest that you carry out these exercises on a few different people, to obtain a range of responses. If you just practise on one person, you might just by chance be working with a person who has no sensitivity to energy and will not be able to give you any useful feedback.

If you practise on more people, you increase the likelihood of finding people who can feel stuff happening and feed their experiences back to you.

# 'Many hands' exercise

The recipient lies on the treatment table face-up. You are going to be resting your hands, one over the other, on top of the nearest knee to you.

Allow the energy to flow for a while, so you are setting up a 'baseline' to compare things with.



When you are ready, tell the recipient that you will be trying something different now and imagine that you have a couple of sets of extra arms coming down off each shoulder, with additional hands resting on the ankle/foot, on the upper thigh, and in other treatment positions.

Have in mind that energy is flowing out of all the sets of hands – real hands and imaginary hands – into all the different treatment positions; keep the energy flowing.

(In this image, slightly confusingly I realise with hindsight, extra hands have been ‘placed’ along the opposite upper leg)



After several minutes, obtain some feedback from the recipient.

Most people will notice that the heat/tingling/heaviness etc that they felt in the knee has 'spread out' to cover a wider area of their leg, sometimes filling the whole leg with energy. Occasionally even the other leg 'comes out in sympathy' to an extent.

A few people might be aware of exactly where the 'imaginary hands' were placed, which is very interesting because, of course, they had no idea what you were visualising and where the additional hands were resting.

What you have done is to direct energy using visualisation. The exercises would have worked just as well if you had just used disembodied hands resting in those different treatment positions.

The visualisation is just a convenient shortcut that focuses your intent, focuses your attention in a particular way.

In fact the exercise will also work if you simply allow your attention to rest or to dwell in those different places, over a wider area: the energy follows your thoughts and focuses itself where you are focusing your attention.

# ‘Enveloping the head’

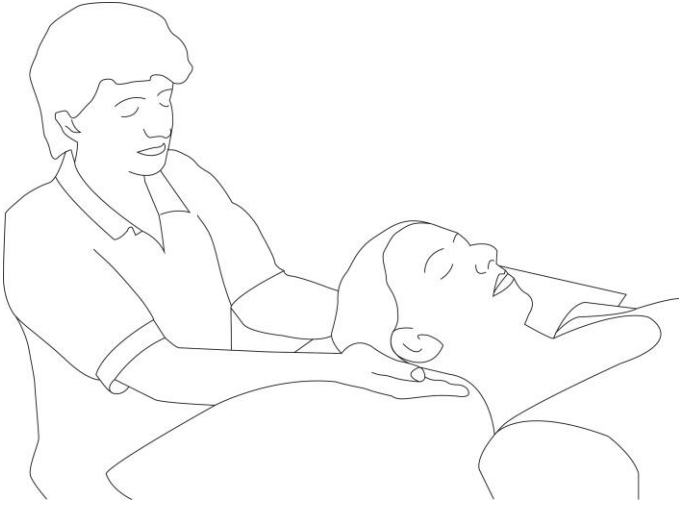
The recipient lies on the treatment table face-up. You are going to be resting your hands on either side of the recipient’s head, by the temples, without touching.



Allow the energy to flow for a while, so you are setting up a 'baseline' to compare things with.

When you are ready, tell the recipient that you will be trying something different now and imagine that you have a couple of pairs of hands cupping around the back of the head and hovering over the front of the face (see photographs overleaf) as well.





Imagine that energy is flooding into the back of the head, into the front of the face, as well as the temples, surrounding the head with energy. Allow the energy to flow for a little while as you maintain this visualisation.

Tell the recipient that things will be changing now, and dissolve the visualisation; take your attention away from the head, perhaps look out a window or into the distance, and just allow the energy to flow through your hands for a while.

Time for round two: when you are ready, tell the recipient that you will be trying something different again now and imagine that you have a couple of pairs of hands cupping around the back of the head and hovering over the front of the face, as before.

Imagine that energy is flooding into the back of the head, into the front of the face, as well as the temples, surrounding the head with energy.

Allow the energy to flow for a little while as you maintain this visualisation.

After several minutes, obtain some feedback from the recipient.

Most people will notice that the sensation in their head changes quite considerably when the additional imaginary hands are introduced, and that the sensation dies away quite a lot in between the two 'enveloping the head' sessions that you carry out.

What you have done is to direct energy using visualisation. The visualisation is just a convenient shortcut that focuses your intent, focuses your attention in a particular way.

# Moving energy from head to foot

The recipient lies on the treatment table face-up. You are going to be resting your hands on the person's shoulders.



Focus the energy, focus your attention, on their head in general.

You could imagine that energy is flooding out of your hands into their shoulders, whereupon the energy makes the journey through their body into their head, or you could just focus your attention on their head itself and imagine that this is where the energy is focusing itself, irrespective of where your hands are.

The energy remains and envelops them and builds there. Keep that energy flowing for a little while.

When you are ready, tell the recipient that you will be trying something different now and take your attention away from the head completely.

While keeping your hands on the shoulders, direct your attention towards the recipient's right foot/leg: focus your attention on their lower leg and foot and imagine that energy is flooding through their body to build up and accumulate in the leg.

Allow the energy to flow there for a few minutes.

Then bring your attention back to the head and focus on channelling energy to the head for a few minutes.

Finally, obtain some feedback from the recipient.

Most people will notice the sensation in their head and that the sensation dies away quite a lot, to be replaced by an awareness of heaviness or heat or tingling or coolness in the lower leg, with this then dissipating and the sensations coming back to the head again.

What you have done is to direct energy using visualisation. The visualisation is just a convenient shortcut that focuses your intent, focuses your attention in a particular way.

Remember to take notes on what you experience when you carry out these exercises.

# **Sending Reiki across a room**

Here you are going to be practising sending Reiki to someone using your eyes, and then going through an exercise where you will discover that you didn't need to use your eyes after all!

We recommend that you carry out these exercises on people who have already been attuned to Reiki, because they will be more sensitive to the energy and its movements and they will be able to give you better feedback than people who have not been attuned.

If you just work on non-attuned guinea pigs you may be disappointed by the responses that you receive.

I suggest that you carry out these exercises on a few different people, to obtain a range of responses.

## **Sending “with your Eyes”**

The recipient sits the other side of the room from you, with their eyes closed. They have their eyes closed because they are more likely to notice or experience the energy that you send them.

You are going to be sending three separate 'blasts' of Reiki to their forehead; you will send the energy to their forehead because they are more likely to experience the energy strongly there than if you sent it to another part of their body.

Look down at the ground, to make sure that you are not sending by mistake.

When you are ready to send the energy with your eyes, look at the forehead and say out loud “sending”. You do this so that the recipient can tie in their experience with when you say that you are sending – and not sending – the energy.

To send Reiki with your eyes, look with a loving state of being, defocus your eyes and stare straight through their forehead, imagining that the energy passes with your gaze. Keep the energy flowing for, say, 15 seconds.

When you are about to stop, say out loud “looking away” and take your attention away from the forehead and look at the floor.

After a 5-10 seconds, send a further blast of Reiki in the same way, and then a further blast.

Obtain feedback from the recipient.

If you would like to experiment further, now repeat the experiment, but this time you will send the energy to a different part of the recipient’s body. The results are likely to be less consistent than with the ‘forehead’ example, but should still work for many people.

This technique is simply a practical example of intent. You are using the “eyes” ritual as a way of focusing your intent in a particular way, in this case sending the energy to someone’s forehead. This method will work just as well even if you are not ‘sending with your eyes’, and we will experiment with this shortly.

# Sending Reiki using intent

The recipient sits the other side of the room from you, with their eyes closed, as before. But this time, instead of staring at them and sending Reiki with your eyes, you are going to be sitting with your eyes closed too.

You are going to be sending three separate blasts of Reiki to the recipient's forehead, and you are going to do this by simply focusing your attention on their forehead in your mind's eye and imagining that the energy is focusing itself there, concentrating itself there, for about 10-15 seconds.

When you send the energy, say out loud "sending", and when you have taken your attention away from the forehead, say "not sending".

Repeat three times.

Obtain feedback from the recipient.

You should find that the recipient will be as much aware of the receipt of energy as when you were sending "with your eyes". The important thing here is your intent, your attention: you focused your attention on the forehead and the energy followed your thoughts and focused itself there.

Remember to take notes on what you experience when you carry out these exercises.

# Flooding Reiki out of you

Here you are going to be practising sending Reiki out of your entire body, flooding it from yourself to another person in order to produce effects on a mental/emotional level.

We recommend that you carry out this exercise on people who have already been attuned to Reiki, because they should be more sensitive to the energy and its effects and they may be able to give you better feedback than people who have not been attuned.

But if you don't have any Reiki to hand to practise on, by all means practise on non-Reiki-attuned volunteers and they may well give you all the feedback you need.

We suggest that you carry out these exercises on a few different people, to obtain a range of responses.

## **“Radiating” Reiki**

The recipient sits the other side of the room from you, with their eyes closed. They have their eyes closed because they are less distracted this way and because they are more likely to be aware of the effects of the energy that you send them.

You now have to ask the recipient to think about a difficult or sad event in their lives, connecting with some of the thoughts and emotions that they would have felt at that time, making themselves feel thoroughly miserable, basically!

After a couple of minutes, let the recipient know that you are going to be doing something now.



What you do is this: sitting with your eyes closed and your hands in your lap, simply feel that you are 'connecting' with the other person's thoughts and emotions. Intend that Reiki is radiating out of your body, flooding towards the other person, surrounding and engulfing them with energy.

Keep on sending the energy for a few minutes.

Obtain feedback from the recipient.

Most recipients feel unable to continue focusing on the sad event in their life. Their reactions can vary: some people forget what it was that they were focusing on, others find that the situation is resolved now, so they don't really feel bad about it anymore, others find that the situation is being 'walled up' by a layer of white mist, so they cannot direct their attention on the past event any longer... and it no longer makes them sad.

All this can be done while you are just sitting there (and of course you can use this technique with your eyes open too).

Remember to take notes on what you experience when you carry out these exercises.