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Being in Service to Reiki

BY LORI TOROK, MA

CLIENTS AND STUDENTS will often share they are on a spiritual path of clearing out the chaotic energies in their lives. This undertaking is admirable and certainly very desirable, particularly at this time. However, they often conclude their intention with a statement that goes something like, “I am releasing everything and everyone that no longer serves me.” I am puzzled by this statement and its implication that we are here to be served. This concept has led me to an inner investigation of the nature of service within my Reiki practice.

Whom Do You Serve?

A few years ago, during a session, I found myself inwardly asking, more like wondering, whether the client was receiving what they needed from the Reiki session. An unexpected response from my Angelic Guide vibrated through me, and I heard: “Whom do you serve?” It became clear I had been focusing my concern on the client’s experience as if I were “serving” *their* needs during the session. Instead, I understood I was to remain in service

to Divine Light and Love. By being concerned with the client’s experience, I saw myself as an energetic host, filling the guests’ cups and making sure they felt cared for, and I thought this was Light work. As I was gently guided to shift the focus, to remain in the ever-flowing, ever-full “cup” of Reiki healing, I could hold an infinite supply of unlimited blessings. I was also “told” Reiki would serve the client as long as I remained in service to Reiki.

This information defines what it means to be in service to the Light and get out of the way of the Infinite potential of Divine Light in action. If I were to move from client to client, student to student, attempting to fill their finite cups with Reiki, I would limit its potential in a physical and finite container. Instead, by shifting my perspective, my subtle inner awareness, to remain only in the Light, I move into a space of unlimited potential, the true flow of Reiki.

Further inquiry revealed a deeper understanding we often *think* we serve humanity. Yet, we cannot possibly *know* what humanity needs or how best to assist. There is that image of tending to someone’s cup again, and sometimes

we are filling it with something that is not even nourishing for them because of our desires to feel valuable and helpful.

How Can I Serve?

The answer is within Reiki itself. If we remain as pure channels of this Divine Light and Love, we are raised to a level of service that is unconditional and unfettered by “cups” or any physical container. As spiritual beings, we have an energetic connection beyond the physical form. Reiki lifts us up and out of the limitations of physical perception and material forms.

If self-conscious questions about the client’s or student’s experience fill the practitioner or teacher’s consciousness, they are working from a lower vibration state. In that case, they may be in service to the physical form or the self.

Many new Reiki students surround themselves with insecure, self-deprecating questions about their ability to channel Reiki’s healing energy. Some even think their questioning is a necessary demonstration of humility. But, no matter the reasoning, I am shown that this self-conscious vibration demonstrates an unhealthy ego. At some point in the process, you believed *you* were the one doing the healing, that *you* were the one creating Reiki. It is a subtle, profound shift from being in service to Divine Light to being in service to the self.

It is also just as easily shifted back into proper alignment by getting out of the lower mind and placing your consciousness squarely where it belongs while channeling Reiki within the stream of Divine Light and Love. Sometimes it is helpful to drop your awareness from the mind, where intellectual thoughts are populated, into the heart, where your inherent connection to Divine love, wisdom, and strength resides. This shift allows Reiki to flow *through* you instead of *from* you.

Being Served

Where the Reiki practitioner has become overly concerned for the recipient’s experience of the Reiki session, this may also show an unhealthy ego. In your quiet moments, you may wish to ask yourself if you are seeking praise from the client or student. Are you seeking word-of-mouth praise? More “good” reviews on Yelp? Higher ratings on Google? More “followers?”

If you need the client’s experience to resonate outward for you to grow your business, then that is what you are doing,

growing your business rather than growing your Light. You are looking for Reiki to serve you personally. Perhaps all would benefit from your realignment, remembering that you are a channel, a giver of this energy. As you give, you receive—for giving and receiving are the same action.

I am grateful to my beautiful Angelic Guides, who will whisper into the ear of my heart when I wonder if someone “likes” me or my work: “No longer seek praise nor criticism from man. Seek the Light and Blessings of God.”

Impersonal Blessings

Seeking fulfillment from other people seems to be the false nourishment we seek in the age of social media. Remember that how things move from person to person on Facebook or Instagram is not how spiritual blessings flow. Reiki practitioners must remain in the Light to be clear channels of Reiki, directly from Spirit, not through the media streams that constantly flow impurely and loudly.

Reiki universal life energy is available to everyone. It is impersonal and generous. Compared to our noisy world, Reiki is quiet, gentle, and does not force its way. It does not concern itself with little individual containers of limitation. Instead, it seeks integration, growth, and expansion. Reiki flourishes with those who can mentally and emotionally step aside and allow it to do its work.

Holding Space with Reiki

If during a Reiki session you find you have self-conscious (unhealthy ego) thoughts *about* the session or yourself, it is wise to remember, “Whom do you serve?” During Reiki, to strengthen your physical connection with your Light Body, it is helpful to visualize your physical body between the two furthest chakras, above and below you—the Soul Star Chakra, as your northern axis above you, and the Earth Star Chakra, as your southern axis below you. With this alignment, you recall that you are indeed a bridge for, and in service to, Divine Light. The bridge must be stable and clear.

The following breathing exercise and visualization may assist you in holding your space with the flow of Reiki:

- On your inhalation, allow your inner awareness to rise to the Soul Star Chakra above your head, about 24 inches above the crown.
- Hold for a 2-count at the top of the breath, allowing your consciousness to fill with Reiki energy.

- On the exhalation, bring high-vibrational white light spiraling downward through each chakra, cleansing, and clearing, grounding into the Earth Star Chakra beneath your feet.
- Hold at the bottom of the breath for a 2-count as Divine Reiki Light is channeled and planted into the earth.
- Repeating this breath two more times helps to clear your personal energies, thoughts, images, and feelings.
- On the final breath, breathe back up into your heart center, centered in your Divine love, wisdom, and strength.

Squaring the breath helps to detach your personal and unhealthy egoic intentions from the session and allows you to be filled with the impersonal and highest intentions of Reiki blessings. You may also wish to speak a prayerful intention such as, “I stand in service to God (or the Creator, or Reiki, or Light).”

Healing the Unhealthy Ego with Reiki

The practitioner seeking to move beyond the limitations of lower perceptions and unhealthy ego can

find benefit from a regular Reiki self-healing practice. It will bring much good to your life. Using the Power symbol (CKR) with the Distant symbol (HSZSN), one can “send” healing to those areas of the self which seek praise and gratification from the work rather than simply allowing Reiki to flow.

You may find the unhealthy ego bristles and pushes back against such healing, for the unhealthy ego will resist the impersonal blessings of Reiki in favor of personal gratification. Be encouraged and strengthened by the challenge. You will not fail. You stand in service to Divine Light! ■



Lori is an Usui Reiki Master Teacher and a Holy Fire® Karuna Reiki® Master Teacher. She is also a Certified Medical Reiki Master, Sound Healing Therapist, Bach Foundation Registered Practitioner, an ordained minister, and a non-denominational celebrant. Lori owns Eloia Healing Arts in Southern California and has been practicing and teaching Reiki for over ten years. You may contact her at eloia@eloiahealingarts.com or www.eloiahealingarts.com.