

The Spiritual Feng Shui newsletter
Issue 25
January 2009

Feng Shui Within and Without - Reiki As A Feng Shui Helper

The Feeling of Healing

Also:

Feng Shui Tip
Inspirational Quotes

Dear Friend,

Welcome to The Spiritual Feng Shui newsletter for January 2009; it is good to have your company, as always! It is now a New Year, but instead of doing another edition on resolutions, we thought we would explore a new practice for the New Year. This is Reiki, which is like Feng Shui for your body and mind. We explore the connection between the two practices and Reiki's history and precepts, and look at the nuts and bolts of a treatment. There is also a quick Feng Shui tip for the time-challenged, and inspirational quotes. May peace and harmony reign for you this month, and also for the rest of the year!

- 0x Feature Article: Feng Shui Within and Without
 - Ever wished you could de-clutter your mind like you can your house? Well, you can!

- 0x Q&A: The Feeling of Healing
 - What is a Reiki treatment like?

- 0x Feng Shui Tip
 - Think Your Way To Good Chi

- 0x Inspirational Quotes

Enjoy!

Mike Z. Wang
Author of *The Spiritual Feng Shui*

Thespiritualfengshui.com
Unit 616, 220 Lake Promenade,
Toronto, Ontario,
Canada, m8w1a9

Feature Article: Feng Shui Within and Without - Adding Reiki's Energy Flow Principles to Your Feng Shui Practice

If you're a fan of the newsletter, you will have figured out by now that Feng Shui is all about Chi, or energy ... or we have done a terrible job! Feng Shui tells us which objects generate which sorts of energy, the paths it takes, and how to arrange your home so that this energy can bring about positive changes in your life. However, Chi, or life-energy is not only present in your kitchen sink, your couch, your shower, your underwear drawer and your front porch ... it is also present in you! Those of you that are having persistent problems, that Feng Shui seems to have improved somewhat but not completely cured, could benefit from the well-practised Japanese art of Reiki.

Reiki is the practice of healing people through channelling the universal energy (which is actually the translation of the Japanese words *Rei* and *Ki*!). The 'Ki' in Reiki is simply the Japanese version of what the Chinese (and Feng Shui masters) call Chi.

Reiki practitioners lay their hands on those who are physically, mentally, or emotionally unwell. They channel the energy that is present everywhere to assist the unwell person's body to heal itself. Everybody is able to channel this energy, there are no special prerequisites - no 2 hour written exams, and also no notes scribbled on the inside of your hand! You can even do Reiki on yourself. To begin being able to perform Reiki healings you need an attunement, which can be given by a Reiki Level 3 Master. The attunement opens you up to the spiritual energy that Reiki utilizes.

It is such a simple practice - and for that reason, many people disbelieve its effectiveness. There simply isn't much more than a laying on of hands, at key places on the body ... other than the absolute magic of how well as practice can heal a person! So we'll look at some common questions people have about Reiki - demystifying the already very simple!

How long does Reiki take to work?

Reiki can help you start feeling better immediately. It is an extremely gentle type of healing, because it simply augments your body's natural healing methods. Yet it is also very powerful, and the effects are immediate.

Why can anyone become a Reiki master?

Reiki is the art of utilizing the universal energy - everybody has it flowing through their bodies. The first person you walk through on the street has no 'more' or 'less' energy available to them than the Buddha himself. They just need to be trained to use it!

What is Reiki used for ... and how is it connected to Feng Shui?

Reiki is able to heal, or help to heal, physical ailments like cuts, bruises and toothaches, as well as more serious illnesses like cancer. Reiki can also help heal mental and emotional imbalances. For example, those lacking confidence, those with a poor memory, and those that suffer from insomnia can all be helped with a Reiki session. Even mental flaws that you weren't aware existed can be healed with Reiki!

Reiki treatments can also help you develop an instinctive understanding of how your home accords with the Feng Shui principles - whether it follows the little red rule

book or not! Having that physical understanding of how energy flows helps you to recognize it in your home, and have an instinctive understanding of how to fix Chi flow problems.

You, personally, take responsibility for the energy flow within your home by getting up every morning and clearing away all of the accumulated junk (there is always plenty, isn't there?!), opening your curtains, letting in some fresh air, and enjoying the energy of your carefully created surroundings. You also take responsibility for Reiki healings that you receive, by adhering to the five spiritual principles of Reiki. These are:

Just for today ...

I will not worry

I will not be angry

I will do my work honestly

I will give thanks for my many blessings

I will be kind to my neighbour and all living things

Taking responsibility for your own energy and actions is an essential part of the healing process with Reiki.

How can I practice Reiki on myself?

Receiving an attunement allows you to identify the feeling of energy flow that is the practice of Reiki. Once you have received an attunement, you can use the following hand positions for a mini self-treatment.

1. Seat yourself comfortably in a straight-backed chair.
2. Place your hands over your eyes; then over your cheeks with the thumbs just under your ears; then either vertically or horizontally over the occipital bulge at the back of your head.
3. Move down to your throat, and place the hands either horizontally or vertically over the throat; then horizontally, one on top of the other, over your heart; then horizontally, with fingertips touching, over your lower ribs and middle abdomen in turn.
4. Keeping your hands in the same formation, move to your pelvic bone, and then your groin.
5. Place your hands over your knees.
6. Move down to sit on the floor, and then place both your hands over your ankles together, then one on the inside of your knee, and one on the inside of your ankle. Fold your feet inwards to face each other, then do the soles of your feet.
7. Stand up, then place your hands over your neck; then do your upper, middle and lower back.

Reiki treatments can truly change your life, even if you feel that you don't need any healing ... at least not any physical healing! If you are focusing on your Health Gua, Reiki is an excellent additional practice to get involved in. As well as the very sensible practices of ignoring that chocolate bar in the cupboard and the beer in the fridge, and dragging your sneakers out from the back of the closet, of course!

For those who are particularly concerned about their Love and Relationships Gua also, Reiki can help attune you to the energy that guides and invigorates others as well

as yourself. This will help you come to a better understanding of your friends and loved ones, and is worth its weight in diamonds and rubies when you want to take a little of the 'shout' out of your home life!

Reiki is Feng Shui for the body - Feng Shui that you can carry with you. It is one of the most powerful ways to heal yourself - and the entire world!

Q&A: What is a Reiki treatment like?

Reiki treatments are like floating on a peaceful, isolated ocean ... sleeping in a close, warm cave ... perhaps even like curling up on your very soft and comfy couch with a good book! In a word, Reiki treatments are relaxing. This is the word most often used to describe them, and refers not only to a sense of physical relaxation, but an easing of mental tension and stress.

When a Reiki practitioner lays their hands on you for a treatment, many people describe a feeling of warmth, beyond the usual body-warmth of another human being! Some people feel a tingling sensation, like when you have become so engrossed in a movie that you forget you are sitting on your foot - and then remove it from underneath your bottom! Still other people say that the feeling is more mental than physical, and say that Reiki treatments create a deep feeling of peacefulness or calm. Some people go to sleep during a Reiki treatment. The practitioner won't hold this against you! Don't worry that they'll think themselves boring, and don't worry that the treatment won't be as effective if this happens to you. Reiki works whether you are aware of it or not.

After you've knock, knock, knocked on the door, wearing comfortable clothing, you'll lie on your back on your Reiki practitioner's treatment table. He or she will ask permission to touch your body - even though this is implied by the fact that you've paid to have a Reiki treatment! They are simply preparing you, and respecting your private space. The session begins with the practitioner scanning your body's energy and assessing it, then using Chi to open your seven main chakras - critical junctures at your body for energy flow. If your body were a road map, your chakras would those busy intersections that you avoid at all costs during peak hour! Proper Chi flow here is essential in the rest of your body's proper functioning. A crash here will create traffic jams and backups all over the place!

The practitioner then asks for Reiki to flow. They don't ask a person in particular, and phones and email aren't involved! This is simply a way of respecting the Rei-ki's power and connecting with it. They will then commence placing their hands on or over your body at the critical areas, some of which will include your chakras. The practitioner finishes up on your chest, for balance. They will then sweep their hands over your body, about an inch or two from your skin, a few times as a sort of closing statement. Like pulling the car into park, turning off the radio and heater, and turning the key in the ignition!

Sometimes you may not want to drive home after a Reiki session - your reflexes may be a little slower than usual as you find yourself more connected with the planes of unconditional love and meditative bliss, than insane drivers, Yield signs and pedestrian crossings! Many practitioners will let you wait on the premises, or you should come by taxi, or have a friend drop you off and pick you up.

*Feng Shui Tip: **Think Your Way To Good Chi***

If only we could think our dishes done, our washing folded and our dinners made! We cannot, unfortunately, and that is why we practice Feng Shui to improve the Chi of our home. However, like Reiki, another practice which has the same effect as Feng Shui and is an invaluable addition to it, is meditation.

Too involved to explain in one tiny tip (!), meditation helps restore good energy flow through your mind ... it won't take away dirty dishes or traffic jams, but can help you appreciate the good in them. Yes, there are positives within those mounds of coffee cups somewhere!

Inspirational Quotes

The walls we build around us to keep sadness out also keeps out the joy. ~*Jim Rohn*

When you do things from your soul you feel a river moving in you, a joy. When action come from another section, the feeling disappears. ~*Jalal ad-Din Rumi*

When you blame others, you give up your power to change. ~*Author Unknown*