

THE REIKI JOURNAL

By Anna Parkins

There are many reasons for writing a journal, mostly as a popular tool for discovery or transformation. There have been magazines and books on personal journaling, all providing ideas and tools and the how, what and when aspects. When I ask my students to write a Reiki Journal, it is not with the intent of creating a transformative tool, but as a record of their Reiki experiences. One of the reasons I feel strongly about this is because it was something I did not do when I first Reiki class. In fact it was not until I started teaching classes that I realized the value of a journal because I could not retell actual Reiki stories or experiences, just because I had not written them down. Talk about a case of “Do as I say, not as I did!” Whether or not you intend to teach Reiki, it is a great way to note your feelings and experiences as you grow your Reiki practice. Naturally, in telling others your stories, it is important to maintain confidences and not mention actual names or reveal information that might betray the confidence placed in you. Remember, the journal is very personal, so make sure you divulge only what is appropriate.

One of the best opportunities to start your journal is after the attunement while thoughts are still fresh in your mind. Even if you think you did not experience any sensations or visual images, it is worth noting what emotions or thoughts you had. This is the beginning of a wonderful journey. You may also want to write down any ideas that come to you during your Reiki sessions and also keep track of any health benefits you find while performing Reiki regularly. ¹ Keeping a journal allows you to write down:

- ✓ Class notes while studying Reiki
- ✓ Inspirational messages received during meditation or attunements
- ✓ Feelings, sensations, or ideas that come up while receiving a Reiki session
- ✓ Experiences of your own and your client while giving a Reiki session
- ✓ Free writing or journaling (while writing whatever comes to your head, you may find answers to long-standing problems) ²
- ✓ Reiki group share experiences.

Some teachers like Paula Horan ask their students to keep a journal for the first 21 days after receiving the attunement and also to write down their dreams during this time. Paula explains her reasoning this way:

“During the 21 day cleanse process, a quickening occurs in the body/mind. As the life force energy is shifted to a higher, more loving frequency, what you have previously experienced as negative or dense thoughts and emotions are released. It is beneficial to keep a journal at this time to record whatever occurs.

It is important that you do not censor what comes up during your spontaneous diary session. Remember, the point of journal writing is *not* to describe beautiful events and happenings. You only have to write down what is passing through you at the moment, as truthfully as you possibly can, without embellishment and with all the feelings and emotions this evokes in you.

Journal writing helps draw your attention to the old patterns that come up so they can finally be let go of. Very often, the simple act of noticing one’s own emotional or mental patterns rising up and the ego then acting them out diminishes their power over us with time.”³

The Everything Reiki Book suggests how to start your journal from purchasing the materials to dedicating your journal to writing down your 21-day purification diet, number of self-treatments, hours of sleep, etc. Your journal can include Reiki affirmations and Reiki requests.⁴

So if you are wondering whether I have a journal now or write down my experiences, the answer is YES. Not only does it intensify the experience for me by actually writing it down, but also I can look back at significant events. And, yes, it can be a transformative tool. So, if you are a Reiki practitioner and are wondering how to use your journal, let me propose a few ideas in addition to the ones listed above:

How long have you been practicing Reiki?

Do you practice on a regular basis?

Can you describe your life before and after Reiki?

What have your family/friends/clients experienced as a result of receiving Reiki?

How do you feel after a Reiki treatment?

What are the results of sending/receiving distance Reiki?

At one time, it seemed to be important that I tell people that my clients no longer experienced aches or pains, etc. that I somehow “prove” that I was a Reiki healer. And sometimes people were looking for miracles from me, but as we all know the miracles are within them. If I had kept a journal then, I could have come up with facts and data. For this reason the idea of journaling may appeal to you. I no longer find that I am put on the witness stand and am more allowing of those who are attracted to my energy and just show up. However, my Reiki stories are now being written down and I now have many pages.

If you are a Reiki teacher, you may want to journal your thoughts before and after a class. Every class is different in that the students bring different questions and awareness (and share their journal experiences). Through writing you can experience personal growth and the journal becomes a tool for transformation. You can see the progress you made from the beginning of your journal writing or for a period of time.

As mentioned, the journal is a very personal document. No one is going to grade your grammar or spelling. No one is going to read it besides you. No one is going to say you cannot draw pictures or doodle in your journal. It is not necessary to write in your journal every day. Do not be hard on yourself. If you choose, write in a notebook. The Reiki Journal is just for you.

Allow me to encourage you to keep a Reiki Journal. If you began a journal after our first attunement and it is a regular practice, then I applaud you and hope you are smiling. As always, I welcome your ideas and suggestions and hope this article has been helpful.

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Sources:

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