

## What Makes an Effective Reiki Practitioner

Celebration of Reiki Conference - April 10, 2016

### Loving-kindness meditation (*Mettā* meditation)

This ancient meditation is a healing for all beings, beginning with ourselves.

- Bring awareness to the area around your heart. Notice any sensations there, including your heart beat.
- Begin to get in touch with feelings of compassion for yourself. This is difficult for many of us; if that is the case, recall a time when you felt loved and nurtured or a time when you felt that way towards another, and extend that same tenderness and compassion back to yourself now.
- Repeat to yourself, "May I be happy, perfectly healthy, and free from suffering."
- Imagine the bud of a beautiful flower at your heart. With each breath, allow the flower to open more. This is the opening of the heart chakra, the energy center of unconditional love for all beings, including ourselves.
- From the center of the flower, imagine a beam of light that is a healing energy. This light extends out and fills the room, touching all beings here with love and compassion. Allow the beam of light to continue expanding in all directions.
- Repeat to yourself, "May all beings be happy, perfectly healthy, and free from suffering."
- Bring awareness back to your heart. See the flower at your heart completely open. From its center is a beautiful silver mist, a healing energy. It spreads from the heart through your entire body, filling every single cell with love, compassion, and vibrant health.
- Repeat to yourself, "May I be happy, perfectly healthy, and free from suffering."
- Allow the silver mist to expand past the physical body into the area around your body and beyond.

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### *Reflection*

“Compassion is not a relationship between the healer and the wounded. It’s a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.”

- Pema Chödrön