

Reiki for Challenging Conversations

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HAVE YOU had challenging conversations? Recently, I had a month of difficult talks at work and with friends. Multiple issues arose I needed to handle with compassion, understanding, and Reiki to promote a positive outcome. With Reiki, you can create improved results. Fortunately, I have resolved all but one of those many issues. The following are some practices I have found useful when dealing with challenging conversations.

Centering and Grounding: Before the conversation, practice Reiki techniques such as Gassho meditation to ground and center yourself. This helps you stay calm and balanced, which is crucial for effective communication.

Setting Intentions: Set a positive intention for the conversation. Use Reiki symbols to reinforce this intention, such as the CKR symbol for clarity and SHK for emotional healing. Write your intentions and place them in your Reiki box or grid for daily Reiki. If you don't yet have a Reiki box or grid, hold the paper with your intention between your hands and give Reiki.

Sending Reiki Energy: Before the conversation, send Reiki energy to yourself, the other person, and the conversation for the highest good of all concerned. Reiki can help create a harmonious atmosphere and promote mutual understanding.



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Send Reiki before and during important conversations.

Active Listening: Practice active listening with an open heart. Reiki principles emphasize empathy and non-judgmental understanding, which can facilitate deeper communication.

Use Reiki Symbols: Before beginning the conversation, invoke symbols like HSZSN, the distance symbol, to bridge communication gaps and SHK for mental/emotional healing. Add in the Holy Fire® symbol for extra power and all the Karuna Reiki® symbols if you have them.

Healing Presence: Maintain a healing presence throughout the conversation. Imagine a bubble of Reiki energy

surrounding you and the other person, fostering a safe space for honest and respectful dialogue.

Energy Cleansing: After the conversation, cleanse any negative energy that may have arisen during the exchange. Use Reiki techniques like Kenyoku, dry bathing, a quick self-treatment, or drawing symbols like CKR to clear residual energies.

Self-Reflection and Integration: Reflect on the conversation and integrate any insights gained through Reiki meditation or self-healing practices. This will help you grow from the experience and maintain balance.

Sending Distant Reiki: If ongoing support is needed, you can send distant Reiki to the situation or the person involved. Visualize them surrounded by healing light and send positive intentions for resolution and healing.

Practice Compassion: Above all, practice compassion toward yourself and others involved in the conversation. Reiki teaches us to be kind and understanding, which can transform difficult conversations into opportunities for growth and healing.

Integrating these Reiki techniques into your approach to challenging conversations can cultivate a more peaceful and healing interaction, fostering deeper connections and positive outcomes. I am so grateful for the gift of Reiki to create excellent outcomes for these many issues with valued colleagues and friends. Although it might seem like using Reiki will take a lot of extra time, I have found that not using Reiki results in much more time and energy to clean up the problems that arise. Many blessings for good discussions! ■

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