



Self-Love Through Reiki

BY CAROLYN MUSIAL

I USED TO BE PERFECT. Okay, so I wasn't perfect—but I felt I had to be. For many years that was my mindset. I don't know its origination. I know my parents did not expect it of me, yet the feeling that I was not good enough, not worthy, was so strong. Have you ever felt that way? What does "not worthy" even mean? Worthy of what?

For so many years, I had no self-confidence. I would never initiate a conversation with a stranger. If I was in a room with people I did not know, I would usually have my head looking down at the ground so no one would talk to me, because what could I possibly have to say that would interest anyone?

People who meet me today find this hard to believe. I am outgoing and comfortable with who I am, and it is all because of daily self-Reiki!

Looking back, I believe I had a happy childhood until I was about 11 or 12. I started growing taller, gangly. I often had breakouts on my face. There was much teasing from other kids. I didn't look like the perfect model in all the magazines, and this was right about the age where we look outside ourselves, usually to our peers, for approval, when worrying about what others think matters more than our own opinion.

There is a picture of me taken about that time—just lounging in a chair. The girl in that photo does not look happy. When I look at that young girl, my heart breaks. I can see her sadness, her depression, her insecurity—she was so RAW. Maybe as I am saying this, you are picturing yourself at a certain age and remembering your pain.

We tend to relive those difficult moments in our lives, over and over. Do you know the brain does not know the difference between reality and imagination? The physical body will respond in the same way to a peaceful thought or memory as it does to an actual peaceful experience. Likewise, the body will react to a stressful or fearful memory or thought in the same way it does to the real experience—the heart beats faster, breathing gets shallow, muscles tense, and blood pressure rises. Yet we open the same wounds repeatedly.

My journey of self-healing began over 21 years ago when I took my very first Reiki class. I have used Reiki for myself

every day since that class. From the beginning, some days had 30 or more minutes of Reiki, and some days had five minutes. Through the years, I have learned to use Reiki with everything in my life, and I sometimes say "I breathe Reiki" as it is continuously moving through me, like the backbeat of my mind.

I have had challenging moments of healing, but mostly, it has been seamless. It is much easier to compare how I feel today to how I used to feel than it is to try explaining how the healing happened. We look for life-changing "aha" moments with self-Reiki, though sometimes it feels like Reiki works behind the scenes, and we are not consciously aware of the changes taking place.

I remember becoming aware that I was smiling more, and that I was comfortable more often. I no longer felt afraid all the time, and my genuine interest in other people rose to the surface. I started chatting with the cashiers in stores or at the bank. I began to take better care of myself and honor my own needs.

Through daily self-Reiki, I have learned to not only love myself but also like who I am, and the everyday journey of who I am becoming. I am far from perfect, thank goodness! And life is a lot more fun and so much easier! To love yourself is to understand that you need not be perfect.

Think about your inner critic about some things you say to yourself. Would you ever speak to a friend the way you talk to yourself—with such judgment? We need to treat ourselves, take care of ourselves, like someone we love.

I would guess it would be effortless for you to list all the things you dislike about yourself. We find self-love when we appreciate who we are and when we embrace our imperfections and realize no one is sunshine and rainbows all the time.

The Merriam-Webster dictionary defines *self-worth* as "a feeling that you are a good person who deserves to be treated with respect." We find self-love when we forgive ourselves for things in our past, and when we learn to say NO. We find self-love when we give up the need for approval from others. Daily self-Reiki works with everything we need to heal or release to open to self-love, to understand that we are worthy. We need to be gentle with ourselves.

I had come so far on my journey to self-love! Then at a Reiki Retreat in Kentucky about 14 years ago, Michael Baird was giving a presentation. I have no memory at all of what the actual topic was, but at one point, he said, “Can you say, *I am worthy of Divine love now?*” And I couldn’t say it.

How does that feel to you? *I am worthy of Divine Love now.* Does it make your heart sing, or does it stick in your throat, your heart, your gut?

I made a more profound commitment to self-Reiki, and through Reiki, I soon realized that self-love was not enough. I needed to reach further—to UNCONDITIONAL SELF-LOVE. I needed to understand and open to my Divinity and Divine Knowing and realize that the same power that created this incredible Universe created me. I have proof of that power in every breath, in every heartbeat.

I AM A DIVINE BEING having this human experience. Buddha said, “You yourself, as much as anybody else in the universe, deserve your love and affection.”

In our ICRT Reiki Master manuals, we have definitions of “Soul” and “Spirit.” “Soul is that part of us that is the repository of all our experiences from this life, from all past lives, and in-between lives. It also contains all the attitudes, values, and beliefs we’ve formed about our experiences and the decisions we’ve made about ourselves and about life. Spirit is that part of us that is connected to Source, connected to God.”¹

I believe that our Spirit is that part of us that *IS* God. Unconditional Love comes from the spiritual source inside of you. It is more than a feeling—it’s tapping into your God-Self, being your God-Self. We do that easily through Reiki! Reiki takes us to that place, to that feeling, if we invite it in and open to it.

While I have had so many Reiki miracles in my life, learning to love myself is by far the most profound one. I cannot find the words to explain what it feels like to live each day as my authentic self, knowing that I am unique and that there is no one else in the world quite like me.

When we understand this, when we “know” this, then we can appreciate that *everyone* is special, and free to be who they are. We realize that we are all part of the ONE, like drops of water in the ocean. No one is any more or less important than the other, but that ocean would not be quite the same without every drop.

The work we are doing with Reiki is creating a new world one step at a time. I believe it is about creating heaven on earth—seeing through the eyes of God and holding

that vision until it becomes a reality. What about seeing ourselves through the eyes of God? It all begins with daily Reiki self-treatment.

Here are just a few suggestions to help you open to unconditional self-love:

1. A commitment to DAILY Reiki self-treatment! You are worth your time! Even 10 minutes per day will make a difference.
2. Find a picture of yourself at a difficult age, or imagine that child or teen. Then use the Distant symbol and send them Reiki. Look at them with your Reiki eyes and love them. They don’t need anyone else to love them but you.
3. Activate Reiki and allow yourself to drift deep into the love of Reiki. Feel that love. Then look into a mirror and see yourself through your Reiki eyes—see yourself through the eyes of God.
4. Open to receive the “Holy Love Experience” or the “Holy Fire® Healing Experience” found in the ICRT *Usui/Holy Fire III Reiki Master Manual* and the *Registered Holy Fire® III Karuna Reiki® Master Manual*.

I encourage you to begin your process of self-healing and discovery now. Silence your inner critic and cultivate unconditional self-love by understanding you are already perfect. Commit to daily Reiki self-treatment, for as we heal ourselves, we change the world. We have Reiki to lead the way! ✨

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Endnote

- ¹ William Lee Rand, *Usui/Holy Fire® III Reiki Master Manual*, (Southfield, MI: Vision Publications, May 2019 Revision), 27.