

Our Awakening

By Elizabeth Villani



At this stage in your soul's journey the world and all of us playing within this dimension have a task – to awaken. Many who have trained in reiki will have begun the process. Reiki provides a channel for healing but also a channel for the light of truth to be transmitted through the dimensions.

Reiki opens up the chakras to wholeness, it opens the earth's chakras to wholeness, and it is wholeness. For many, when they train in reiki, that channel opens up a pathway within themselves to makes changes in their lives – they begin their awakening. Reiki was a key that turned on spirit in my journey and my belief is that it can also be a key in yours.

So what is an awakening? Well many of us are asleep. We are spending our lives lost in our minds and unaware of our real consciousness. Negative thoughts and doubts, negative words and judgments cloud our hearts and shut out the voice of our souls. We homogenise our days and evenings with endless doing, wall to wall TV, reading, tweeting, internet browsing. Leisure time means shopping or busy, busy, busy activity... we never stop. Awakening the soul begins with providing space for it to come forward. Switching off the TV and letting things be for another day and so stepping into grace. Stepping into the flow of life, rather than resisting it. Fear provides the motivation to fight and do, do, do. Love provides the motivation to live in joy and give. Reiki can accelerate this process both in the practitioner and the receiver.

Reiki was a key in my own journey. As a coach and spiritual teacher I do not use reiki traditionally. I have no massage table/salon bed for clients to recline on, no healing centre, and no reiki treatments as such. Instead I use reiki for three things. I send it many times daily at a distance both to people and circumstances – they are after all both expressions of consciousness. I use it to lift energy in relationships and environments and finally I use it to channel.

I sense that it is this last use that may be of most interest to readers.

In December 2008 I lay on a massage table/spa bed in a salon for a stone massage and my life changed forever. I was shown the truth. The truth that we are all here to awaken to the very best of who we are. The truth that we incarnate to develop our souls and the souls of those around us in our lives. I was shown that my role is to be a midwife to the spirit and help those of us incarnated on the earth to awaken and then become the very best expression of our souls.

The masseur was Reiki II trained but had no idea that I was experiencing such an astonishing vision. Up until this point I had dabbled with channelling. I have for many years now selected a daily angel card and I occasionally do so for others. I was trained as a reiki master by a teacher who encouraged me to channel wisdom and love as part of my training. But it was not an activity that I used consciously – in an awakened state. One of the gifts that the vision gave me was a greater confidence, a sense to confidently surrender to spirit. I knew beyond any doubt that my soul was heard every time that it expressed. I knew that I had guides and spiritual support around me – just as we all do.

As I researched after the vision, everything that I was shown corresponded with the teachings of well known channelers. I read Eckhart Tolle and Neale Donald Walsh. The messages were exactly the same. There was no doubt in me.

And so I let the reiki flow into my crown, igniting my third eye and flowing through my hands onto the keyboard. As a spiritual being I sat awakened to source, one with source, and allowed the energy of source to use me as a vehicle for love in this world.



And so I have begun to use Reiki as a tool to awaken myself and others via channelling. When I sit down to write I draw the reiki symbols on my crown and third eye. I then converse with my guides directly and we write through the channel together, just as I am with you now.

So, you can use reiki to awaken yourself to the same channel and use it to awaken others right now. The following steps will increase your chances of connection with source, with God, with Angels, with guides, with other dimensions and support the worlds awakening.

Step One – Surrender. Stop controlling everything in your life and directly throw your life with love at source. When you are interacting with others let go and trust that the right words will come, the perfect circumstances will arise through you and around you for love to unfold as it should. Don't fret if nothing is happening according to any plan that you may have. Accept what is as the flow that is right for your life right now and act on any hunches. Let go and let god. Ask the universe what it wants you to do today, right now, this minute and trust and act on the answer.

Step Two - Ask. Ask to receive direction. In your heart tell source that you are ready to be a channel for peace. Know that you are being heard and start a conversation going with your guides and source with love, another way of putting this would be “pray”. When you practice reiki ask before every treatment or piece of writing or speaking.

Step Three - Don't push. Let go of the future. Listen to your own inner voice and the words and circumstances around you and get on with enjoying your life. Use the distance symbol to emanate reiki to everything around you. Know that all is unfolding perfectly. If you need guidance use an angel card or open any book at a page knowing that the words that jump out at you are there for you to know that you are on the right path, right now.

Step Four - Be happy. Work to follow your joy. Do what you want, not what you should. Positivity allows your soul to find expression. When you combine the powerful love in your soul with reiki you illuminate the world.



Step Five - Work on your issues. Forgive yourself and others. Set them and yourself free. If you need to see a therapist to uncoil your pains then do. Write down all of your grievances and resentments and hold the intention to let them go. Have an emotional fresh start and walk forward in your life. If you are a reiki practitioner help others to do the same by asking source to help and draw symbols and hold the intention for healing to take place.

Step Six - Love who you are. Be who you are. Know that who you are is good enough. Accept who you are and show yourself to the people around you. Feel the relief of taking off the mask that you simply no longer need. You do not need to change your actions or looks to look and sound like a healer. Just be one. Be you. You are then openly a beautiful expression of what is. Inspiring awakening in others and awe in yourself.

Step Seven - Be positively grateful. Choose to see the positive in everything. Only have positive thoughts about yourself and others. Open up the doorway to your soul through the channel by opening your crown and third eye to receive messages. Draw the symbols on them. But know that you are an instrument. Make the most of that instrument by choosing joy.

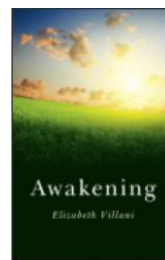
Step Eight - Work on boosting your intuition. Meditate. If this is not for you work to remain awake and bring some space into your life. Turn off the TV. Do less. Listen and be more. Train in Reiki to the level that feels right. Use Angel cards. Buy a crystal wand (I use a lovely one when I write and charge it each night). Talk to your guides and know that they are listening and communicating with you. Your impulses are grace moving through you – so act on them. Remain open.

Be excited because you have incarnated at a time on this earth that asks you to be great. Awaken to yourself and you will awaken the world. What then lies beyond is only the beginning of the power and total rapture that spirit can induce. You are the channel; let reiki connect you to your source.

About the Author



Elizabeth Villani is a coach, reiki master and spiritual teacher. In 2003 she woke up and jumped off the London treadmill. In December 2008 she lay on a massage table bed in a beauty salon for a massage and her life changed forever. As she lay there she was shown the truth, in a mystical experience that concluded in her writing “Awakening”. See her website for details of her events and workshops along with further details of “Awakening”. www.elizabethvillani.net. Also see www.iarpreiki.org to purchase this recommended book.



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