

What I Have Come to Know

BY KATHIE LIPINSKI, RN, MSN, CH

SEVEN YEARS AGO when I celebrated my tenth anniversary of working with Reiki, I wrote an article, “What I believe about Reiki” (available on www.reiki.org). With the passing of the intervening years, I found that I wanted to look back to see how my beliefs have changed and evolved. This is what I have come to know through the gift of Reiki.

Everything we need is already here

I believe that everything we need is provided by nature so everything we need for living and well-being is already available to us. Nature provides us with food to eat, air to breathe, herbs and plants for wellness, and materials for making clothes and for constructing shelter.

As human beings we are an integral part of nature, and it makes sense that we would also have the ability to maintain, repair and heal ourselves. Now, more than ever, I believe that we are all born with the ability to heal. It is our birthright. That is evident by the miracle of our bodies and life itself—how our hearts know how to beat and our lungs know how to breathe without our even thinking about it! How the body knows how to repair itself; the blood knows how to clot and the immune system knows what cells to activate when we get sick! It is easy to see how the body has its own intelligence and knows how to keep itself in check and maintain a sense of balance.

This natural part of us has the ability to connect with life force energy, which can then be given to ourselves and shared with others. As intelligent and conscious beings, it is up to us to decide whether or not to develop this gift.

A different way of being

As we approach 2012 and the “end” of the Mayan calendar, instead of thinking that it is the end of the world, many spiritual leaders believe that it marks the end of a way of being. No longer



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can we act in isolation without awareness or knowledge of consequences. We have come to see that we are all connected and what affects one, affects us all. The evolution of the human race demands that we develop our awareness and live more consciously.

This new way of being includes the realization of our true spiritual nature. We know that we are all spiritual beings having a human experience. Spirituality can be described in many ways. It is the essence of who and what we are—our deepest values, our hopes and dreams, our sense of beauty and caring, as well as our loving nature. Our spirit is us. It is what makes us different from everyone else. It is the force within us that some refer to as the soul—the part that never dies—our core essence. Spirituality is the search for inner meaning, for connecting with the Divine, whatever we believe that to be. It is the awareness of our sacred connection with all of life.

The way of Reiki

Reiki is a path that leads us into this new way of being—it helps us develop our ability to heal and to connect with our spiritual nature. The “system” of Reiki provides us with tools that give us the know-how and resources that enable us to develop it within ourselves and share it with others.

The way of Reiki is about learning to detach from outcome and being fully present in the moment. It is about unconditional love, caring, peace, compassion and trust. The way of Reiki is also about honoring the paths of others. Seeing another as the Divine person they are and honoring the best in them is evident in the meaning of the Distant Healing symbol: “The Buddha (or Christ, or Divine) in me reaches out to the Buddha (Christ, Divine) in you to promote enlightenment and peace.”

Understanding the true nature of Reiki, we know that Reiki is the way of the compassionate heart. The basic principles of Reiki

are compassion, mindfulness, respect, and life force energy. The forms in which we express those beliefs are dynamic and variable. That is why there is not just one way to do Reiki; there are many interpretations and applications of the basic beliefs and practices. The form in which we practice Reiki can be individual. Because it is energy, Reiki adapts to each person and their unique vibration. That's why each person's expression of Reiki can feel different and be expressed differently.

The system that we know as Reiki provides us with everything we need. The Reiki Ideals are guidelines for living a compassionate and mindful life. One can think of the Reiki Ideals as a personal GPS—Guiding Principles for Success. They are there to help us live in a more compassionate and empowered way.

The attunements open our energy channels and enhance our ability to bring in life force energy. The hand positions provide guidelines or a framework for giving Reiki. The Reiki symbols enhance and help focus the energy. Other techniques give us additional tools that we can use for various circumstances or needs.

Personal Empowerment tool

I believe that Reiki is a personal empowerment tool and that it is different things to different people. It is “user friendly” so to speak, and it meets each person wherever he or she may be in life. A person may come to Reiki to learn a relaxation technique, and as they evolve, travel deeper into the spiritual nature of Reiki.

Reiki is for everyday people, and it is a way for each of us to connect with our inner wisdom, the spark of divinity within us. So many people look for the “guru,” the one who will answer all their questions and impart the wisdom and knowledge they seek. What we fail to realize when we look to others for answers is that all the answers are already within us. Reiki is the tool that can help us go within and find our own answers, the tool for connecting with our higher self and the spark of the Divine within.

We do this through the art and practice of Reiki. Reiki is a meditation. When we give Reiki to ourselves or to others we quiet our minds and connect with our spirits. This quiet time allows us to access our inner wisdom, to quiet all the chatter and connect with our true source of wisdom—our Divine self. We can think of this place as our own inner sanctuary, a place of refuge, wisdom and strength. It is always available to us. Taking the time to go within on a regular basis helps us to develop this gift. (For those who have difficulty meditating, the practice of Reiki is a wonderful way to develop and enter the meditative state, see page 38.)

I have watched many of my students come into their own as they develop in their practice of Reiki. They learn to trust their inner guidance, listen to their hearts, and come from a place of wisdom. They have come to know who they really are and to embrace their many gifts. Many have changed their lives. Many have changed the lives of others. In essence, Reiki helped them become all that they could be; it helped each of them to connect with and manifest the perfect plan for his or her life. Reiki can do that for anyone who truly embraces it.

Healing from the Heart®

2010 Reiki Classes with Kathie Lipinski

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April 17-18

Whippany, New Jersey

May 22-23

Wethersfield, Connecticut

Advanced Reiki Training (ART) only

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Long Island, New York

March 27

Midtown Manhattan, NY

ART/ Reiki Master

February 12-14

Long Island, New York

April 23-25

Midtown Manhattan, New York

May 14-16

Whippany, New Jersey

Karuna Reiki® Master

February 26-28

Long Island, New York

September 24-26

Midtown Manhattan, New York

For complete listing of classes and more information: visit www.reikihypnosis.com and see class listings at back of this magazine



Kathie Lipinski: ICRT Licensed Teacher since 1996; Wholistic Nurse; Certified Hypnotist; Past Life Regressions.

Teaching is my passion. Let me share the gift of Reiki with you. Learn how to use Reiki for every day living as well as in your professional life.

Looking forward

I believe that Reiki is for everyone, and it belongs in every home, place of business, hospital and health care facility. Because Reiki is our birthright and is so easy to learn, anyone can do it at any age. I see many practitioners sharing it with their friends and families, their co-workers, business associates and even their pets! This is the gift of Reiki. That is it can be given to anyone, by anyone, anytime, anywhere, under any circumstance.

As Reiki practitioners, we are all light workers, shining the light for others to see. We are living examples of a better way to be—more loving, tolerant, compassionate, and accepting. We see the bigger picture and can act from a higher perspective. We have acknowledged our shadow self and are working towards healing it so we can accept and love all parts of ourselves.

We don't necessarily have to be "doing" Reiki for others; it is often more beneficial to "be" Reiki. To be love, peace, compassion, patience and unconditional acceptance. This strengthens our light so that anyone that comes into our space can receive it. Part of shining the light also includes shining the light on ourselves and being loving, kind, accepting and patient with ourselves.

Love is always the answer and Reiki teaches us to love and accept ourselves and others unconditionally. This is what I have come to know. 

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Connecting with Inner Guidance

This is a way to quiet your mind, go within and find the answers you seek.

- Begin with sitting in a quiet place where you won't be disturbed. Play some relaxing music. Take the phone off the hook or shut off the ringer (cell phone too!). Find a comfortable place to sit. You can sit in a meditative or yoga position if that is comfortable for you.
 - Empower your hands by drawing the Power symbol (CKR) over them. Then draw a small Power symbol over each chakra. Then place both hands on your thighs. (If you wish to hold a crystal or other sacred object in your hand, you can do that also.)
 - Invite your Reiki guides, angels and/or beings of light to be with you. Say a prayer of intent and gratitude for all that you will receive. Imagine Reiki beginning to flow, filling you up from the inside out. Imagine that deep within you, the energy is creating an inner sanctuary—a place of wisdom, peace, love and compassion where you can go anytime. It can be in your heart or near your Power center (solar plexus) or anyplace you choose. You can picture it as a garden, a meadow, or a beautiful place in nature where you feel relaxed, safe and protected.
 - Activate or visualize the Mental/Emotional symbol (SHK). Imagine that you are filled with peace, joy, love, contentment and overall well-being. Intend that your thoughts are clear and calm. Imagine that solutions to perplexing problems come easily. Imagine that worry or anxiety gently flows out of your body.
 - Activate or visualize the Distant Healing symbol (HSZSN). Imagine the symbol as a bridge, with a golden flow of energy that is a direct link to the higher realms. Imagine that you are connected to Source, whatever you believe that to be. Imagine that guidance flows in effortlessly. (You may also bring in other Reiki symbols if you wish.)
 - Sit quietly for a few moments. If any distracting thoughts begin to pass through your mind, think of them as a cloud and let them float away.
 - In this quiet and relaxed state you can ask your questions. If you don't have any questions, you can simply ask, "What do I need to know today?"
 - Listen with a receptive mind and heart. Be open to what you may hear.
 - When you have finished, you can close the session by drawing the Power symbol over yourself and saying:
 - "I seal this healing with love and light."
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- Then take three deep breaths and begin to bring your awareness back to the room.
- Hold gratitude in your heart for all that you have received. ■

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