



Reiki: Everyday Energy for Daily Decisions

BY COLLEEN BENELLI

WHILE REIKI ENERGY is renowned for healing and enhancing spiritual awareness, it can also be used as a unique form of practical spirituality. When viewed as a straightforward, everyday energy, Reiki helps us make informed decisions to resolve day-to-day issues. Our intellectual capabilities may be adversely influenced by the perspectives of others and altered by unfortunate life events, causing confusion, and requiring extra effort to stay centered and think clearly. If this continues, eventually, these unresolved events accumulate in our subconscious mind, which can feel physically, mentally, and emotionally depleting, leading to overwhelm and the need to rest.

Reiki energy can assist us in avoiding this situation by stabilizing our reasoning ability and allowing us to better arrange our activities by setting priorities and using options. In addition, Reiki energy can help us better use our “gut brain” instincts and our “heart brain” sensitivity to our feelings, thus enhancing our decision-making and problem-solving skills.

Our Authentic Self

Within each of us resides a part of ourselves that can easily learn about life and develop a clear and useful understanding of how life works and how to create a life of health, happiness, and well-being. This part is called the “authentic self.” However, as a Reiki practitioner, I’ve noticed how my clients’ culturally constructed selves can harm, inhibit, constrain, and adversely influence access to their authentic self. Often in people’s lives, their voices have gone unheard, as others did not give their thoughts, ideas, and desires the

respect they deserved, thus reducing the role they can play in helping them live their lives more fully.

Perhaps their upbringing, peer group, or other external influences adversely shaped their attitudes, beliefs, abilities, and mental growth, making it more challenging to navigate life’s choices. Outside expectations that were not in harmony with whom they really are have injured their decision-making ability. These injuries often went unrecognized, unhealed, and built up within the subconscious mind.

These unhealed parts make access to the authentic self increasingly difficult. However, Reiki energy can go deep within a person’s subconscious mind and heal these wounds, thus restoring a person’s natural path to clear thinking and success. The Usui Mental/Emotional symbol and the Karuna Reiki® symbol, Gnosa, work exceptionally well to facilitate this process.

Most of us have unhealed parts of ourselves that have gotten in the way of us doing well. And because

we did not know how to deal with these parts at the time, we shoved them down inside ourselves until we were no longer aware of them. These are the unhealed dormant portions of ourselves that sometimes emerge unexpectedly, resulting in bewilderment, decisions, and choices completely opposed to what we genuinely want. Reiki can identify these unhealed parts and heal them so they no longer pose a problem, and our authentic self can more easily come forward and guide us into a life of peace, happiness, and fulfillment.

Our authentic intellect is revealed by receiving Reiki energy. Reiki clears away the muck and wakes up our authentic intellect, wisdom, knowledge, reasoning, logic, imagination,

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intuition, instincts, and intelligence. Reiki entrains our minds to the higher consciousness that resides in our authentic self and gives us access to our inner truth. Our inner truth is the clarity of who we really are as a unique individual. It unifies our human mind with our divine mind, connecting our human knowledge and spiritual knowledge, and the decisions we make from this place resonate with both our worlds, thus uniting them to work together in harmony.

By following this healing process, our authentic intellect grows stronger over time. For myself and my Reiki clients, I observed that the more I used Reiki to energize my authentic intellect, the more present it was in my day-to-day experience. Solutions are more visible, creativity flows, my intuition and reasoning are in sync, imagination is available, and most importantly, I can hear my authentic self and act on what I think and know.

Decision Fatigue and Priorities

Life can often be a complicated web of decisions, priorities, and options. I recently learned the term “decision fatigue.” When I investigated decision fatigue, I discovered many articles and understood how common and exhausting it is. A Cleveland Clinic “Health Essentials” article presented information that included insights from a licensed psychotherapist. According to psychotherapist Natacha Duke, MA, RP, “Decision fatigue is a phenomenon (as opposed to a diagnosable medical condition) where the more decisions a person makes over the course of a day, the more physically, mentally, and emotionally depleted they become. A person experiencing decision fatigue struggles with executive functioning. This situation can have a wide range of consequences, including impaired judgment.”¹

The article states this phenomenon is most likely to occur when:

- **You make a lot of decisions every day.** Judges, surgeons, and quarterbacks are extreme examples, but many of us have jobs or play roles requiring many quick decisions daily.
- **Your decisions impact other people.** The “other people” could be your partner, children, employees, etc. Depending on your job, it may even be people you don’t know.
- **You are in the middle of a difficult life situation.** Picking out flowers isn’t usually difficult, but if you’re

planning a memorial service for a loved one, it can seem impossible.

- **You face uncertainty.** Duke notes many people struggled with decision fatigue during the early days of the COVID-19 pandemic because we had little information about the virus and couldn’t know for sure what consequences our choices would have.
- **You have perfectionist tendencies.** “When our standard is perfection for everything, and we’re really thinking through everything to the nth degree, that’s exhausting and depleting for our brain,” Duke notes.

Common symptoms cited by the article are procrastination or decision avoidance, impulsivity, exhaustion, brain fog, irritability, overwhelm, regret or dissatisfaction, and physical discomfort.²

By entraining our thoughts with our authentic self, Reiki energy can assist us in reducing decision fatigue, igniting our reasoning and efficiency for a better arrangement of our judgments, priorities, and options. It isn’t easy to prioritize when there are countless options and alternatives. All Reiki symbols can help with this, but the Karuna Reiki® symbol Kriya helps to define priorities. Reiki improves our ability to prioritize logically and instinctively—the energy aids in discerning and streamlining our actions, clarifying their practicality and feasibility. Some options are neither workable nor practical at that moment, and the distinction between what is timely and possible is clarified.

During self-Reiki sessions, Reiki journeys, and Reiki meditations, I have felt Reiki energy organize my to-do list in order of significance, particularly when I’m bothered by mind chatter. I’ve discovered that my mind chatter frequently reveals the number of topics I’m thinking about. Reiki assists me in determining which issues I can let go of and which require my attention.

The Perception Triad: Gut, Heart, and Brain

Reiki energy stimulates our gut, heart, and brain, which improves our decision-making and problem-solving abilities. It boosts the intelligence of our “gut brain,” “heart brain,” and head brain intellect, each providing a unique lens through which we view and interact with the world. When all three work together, we get multidimensional

insights into our daily decisions that are emotionally satisfying and practically viable. This situation assists us in viewing our decisions from multiple perspectives, resulting in a life that feels good and works well.

Gut Brain—The Body’s Second Brain

Our gut is often called the body’s second brain because of its intrinsic nervous system. Alignment and balance through Reiki can lead to a stronger intuition and gut instinct. From my perspective, as a practitioner, I experience Reiki activating our authentic intellect in our gut, which includes the innate wisdom of our soul’s knowledge, our human instincts, insights, and imagination. It activates our knowledge and skills, gifts, and talents of our gut brain. Our gut holds our cellular memory, the DNA of our ancestors, which might manifest in tangible ways in our lives—such as inclinations, talents, or challenges that reflect familial patterns. Ancestral connections may inform our gut feelings, natural wisdom, and inherited trauma or strengths because of our ancestors’ experiences.

Life experience frequently validates gut feelings. The gut becomes a representation of our intuition and inner wisdom. Phrases such as “gut reaction,” “trust your gut,” and “I wish I had followed my gut” recognize the importance of trusting our inner, intuitive wisdom. The concept of “gut feeling” or “gut knowledge” combines practical and spiritual perspectives. Our gut feelings can profoundly influence our emotional reactions and decision-making processes. Trusting our gut aligns us with our inner truth and our soul’s desires, whether our gut feeling fits our logic, analysis, or concrete evidence. Frequently, our gut brain judges our choices more accurately and quickly than overthinking or over-analyzing. Reiki addresses the barriers or limits in our gut and reveals the real brilliance of our gut brain and the blessings it affords us.

Heart Brain—Seat of the Soul

Reiki facilitates communication between our gut brain, heart brain, and head brain. The heart’s brain is considered the seat of the soul and the center of divine love. It is related to emotions, feelings, empathy, compassion, and love. The heart processes emotional intelligence and ensures the body’s vibrancy and wellness. It guides us through our environment with love, compassion, and healthy emotional connections. Reiki strengthens the heart connection,

allowing for introspection and increased self-awareness. Reiki strengthens our heart’s authentic intellect.

When the heart’s brain is harmed, or a person experiences heartbreak, trauma, or abuse, the heart may shut down or overwork. As a result, perceptions, choices, and decisions may be skewed. Heart imbalances or obstructions can develop as physical or emotional problems. Our hearts can adapt to stress and preserve emotional and cognitive equilibrium. Reiki sessions can help to heal emotional wounds and mend emotional injuries to the heart. Reiki heals by restoring emotional and mental balance, self-love, spiritual connection, and total health and well-being.

Heart intelligence is a concept that refers to a person’s ability to make emotionally aware, stable decisions in their daily decision-making. Reiki becomes a tool for people to explore and develop their connection to their heart, promoting emotional healing, spiritual growth, and a person’s capacity to give and receive love. When our heart’s real intellect links to our gut and brain, our decision-making processes incorporate messages from our heart, gut intuition, and brain reasoning.

Our Head Brain

We widely recognize the brain as the body’s central command center, responsible for regulating bodily functions, processing information, and influencing thoughts and behaviors. The brain enables us to think, feel, and act. It impacts reality perception and mental and emotional well-being. Brain chemistry, structure, stress, trauma, and lifestyle all impact our mental health.

Reiki reveals our higher consciousness, and our brain processes it with our day-to-day needs. I think of my head brain from the perspective of my human mind, divine mind, and daily functionality. Reiki not only connects my head brain with my heart and gut brains, but it also connects to my divine brain and guidance. Then, I bring it into my human reality and practicalities. Reiki is my mind management tool. I use it to balance my mind through everyday decisions. Whether in problem-solving or innovation, I need my brain to work well. It aligns my chakras with my thoughts and brain and the perceptions of my whole body.

Reiki connects the brain, heart, and gut, providing balance, stability, clarity, and mental well-being. It connects us to our authentic intellect, giving us access to our higher

thought, intelligence, skills, intuition, instincts, and imagination. It helps us clarify priorities, choices, decisions, actions, and lifestyles. When our gut, heart, and brain are open and connected, our perceptions expand to the reality of our day and life.

The gut, heart, brain, and Reiki are all intertwined components of our physical, emotional, and spiritual well-being. They each play an important role in our health; the complex web of energy and consciousness links them. Reiki fosters balance, harmony, and overall well-being by nurturing these relationships.

Conclusion

Reiki reconnects us with our authentic intellect, heals decision fatigue, clarifies priorities, and connects our gut, heart, and brain. Sometimes, when decisions are unclear or the timing is off, you could make choices that are actually not feasible for your current situation. Reiki can assist you in balancing your thoughts with your actions and priorities.

During our hectic lives, Reiki symbols and energies provide a calming influence, allowing our minds to find clarity during the noise and rush. By utilizing Reiki sym-

bols, we create a serene and focused mindset, establishing a seamless connection between our instincts, feelings, and thoughts, allowing our decisions to thrive, be firmly rooted in reality, and nurtured by our spiritual consciousness. ■

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Endnotes

¹ "8 Signs of Decision Fatigue and How to Cope," Cleveland Clinic, August 24, 2023, <https://health.clevelandclinic.org/decision-fatigue>.

² Ibid.