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# Developing Inner Awareness

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**E**VERY DAY WE EXPERIENCE LIFE through two kinds of awareness. One is awareness of our outer world, and the other is what we experience when we go inward. Just as successfully navigating our outer world requires certain skills, it is also necessary to develop our inner-world skills. An important skill in both our outer and inner worlds is listening. We listen with our ears and senses in our outer world, but we listen with our inner awareness to our inner world. Reiki is able to enhance our ability to perceive our inner awareness and make use of its guidance.

Our inner awareness is the foundation of our expanded perceptions, intuition, insight, and inner guidance. It is the key to spiritual exploration. By using Reiki to help us with

this discovery process we can also heal the parts of ourselves that were criticized, ignored, disbelieved or disempowered when we expressed our inner awareness when we were young.

Since ancient times, people have journeyed inward to connect with the earth's energies and the divine to find answers to their questions and live better lives. Reiki empowers our ability to listen with inner awareness to the answers we receive from the extraordinary world within ourselves and from the earth.

## **Inner Awareness Challenges**

I have observed some trends in my Reiki clients and students—common challenges in perceiving their inner

awareness. Some of the most common challenges I see in my Reiki clients and students are dealing with blocks to listening to yourself, regulating empathy and discernment, trusting imagination, intuition, insight, and receiving.

### **Listening to Your Inner Self**

As Marianne Williamson said, “No one will listen to us until we listen to ourselves.” Yet, many of us grew up with the common parenting style “children should be seen and not heard.” Because of this mentality, it was usual to grow up without being allowed to express our inner knowing, or if we did speak, we were not listened to, and felt disappointed that our inner truth was not valued. This injured our psyche and has made it difficult for many people to trust the authority of the inner self.

This unfortunate behavior that has come from our parents often has its origin in ancestral patterns that have been passed on from generation to generation. One source of this behavior comes from religious indoctrination that discourages the use of our inner abilities and has been enforced with the fear of severe punishment since ancient times.

The witch-hunts that took place in Europe and Colonial America between 1450 to 1750 are one example of this. During the witch-hunts, people were accused of being witches just because they seemed different than others and yet successful in what seemed like an odd sort of way or because they were simply disliked or because it was thought that they had created misfortune for others through the use of magic. Once one was accused, it was almost impossible to prove one’s innocence. Then the accused was burned at the stake or drowned with as many as 100,000 people being executed in this way. This certainly is one source of the fear of the use of one’s inner knowing that has been passed on through the generations.<sup>1</sup> It was important for parents to teach their children to hide their inner awareness, intuition, psychic abilities, or their ability to directly communicate with God, or other spiritual beings, because it was so unsafe.

A block to your inner knowing can also result from a decision you made in this life or in a past life in the form of an oath or vow you made in which you decided to accept the idea that it is bad or wrong to make use of your inner awareness.

The use of Reiki energy is able to heal the parts that were not listened to by enveloping them and lifting them into the light where they are healed and heard. The

burden of their injury is lifted from you, and the cords and connectors are released. As this happens, your life energy is strengthened and the value of your inner wisdom is revealed to you.

In the past, society has taught us to look to an outer authority to solve our problems and find direction for our lives. But the outer authority often wants everyone to be and act the same and often ignores our unique abilities and purpose in life. However, each of us has an inner authority that is waiting for us to acknowledge and request help and guidance from. Our inner authority is able to provide us with help that is uniquely designed for who we really are. Reiki is able to help us make this discovery. And in fact, the need to find our inner authority, and inner awareness is a significant reason many are guided to Reiki. Reiki increases your inner awareness, taking you to the depths of your inner truth, right now. It takes the mystery out of how to heal the injuries that have blocked you from hearing You and reveal the path that leads you to You. With Reiki, you can finally go within and listen, and hear yourself. You can hear your inner awareness informing you about who you are and what is right for you to do with your life. Simply invite Reiki through self-Reiki sessions or receive Reiki from others to direct your attention toward hearing the guidance of your own inner wisdom.

### **Empathy and Discernment**

Another challenge to perceiving your inner awareness is managing your empathy. Many Reiki people are empathic, sympathetic, and telepathic. Some say they have blocked these intuitive abilities because they “hear too much and feel other people’s feelings too much,” and it is painful and overwhelming. They find it difficult to sort through the emotions and feelings to determine what is theirs and what belongs to someone else, so they react by placing energetic barriers to block their empathy so they can’t hear or feel.

Empathic children are often told they are too sensitive and are taught to disregard what they perceive and feel. They are not taught how to manage their empathy or listen to their inner awareness in a way that is healthy.

The Merriam-Webster dictionary defines discernment as “The quality of being able to grasp and comprehend what is obscure.” Wikipedia defines it as “The ability to

obtain sharp perceptions or to judge well.” Reiki energy has the frequency of discernment inherent within it, healing the injuries, blocks, and confusion empathic people experience. Discernment is intrinsic within the energy of all the symbols and specifically in SHK, HF, and Gnosa. Reiki activates discernment within you and can clarify your empathy, empowering the inner gifts and abilities that empathy, sympathy, and telepathy offer.

As an empathic person, I have developed a skill to manage my empathy and access my inner awareness. Here are Reiki techniques I use to let the energy in to help me. I do these in my mind, “on the fly,” (while you are engaged in other activities) or by spending time in deep self-Reiki. Remember, saying “Reiki on” works and can be useful in the busiest moments.

1. Place Reiki around you like preparing for a Reiki session. Do this for yourself when leaving the house or around other people. Activate Reiki, place Reiki over your chakras and all around you. Invite divine beings to be present with you. Invite your inner awareness and the ability to hear your “self” and divine guidance. Bring your energy in close, so your aura is concentrated close to your body. Surround your body with Reiki. Thank the divine beings for surrounding you, as their light fills the air you breathe. I do this every day, even when home.
2. Use Gassho Meditation. Activate Reiki, place your hands together in Gassho, and ask about what you feel or hear. Activate discernment and listen within. If you cannot place your hands in Gassho or close your eyes, do it in your mind. Ask Reiki to help you discern the situation so you can maintain balance. This ability becomes easier and more spontaneous as you practice it. I use this “on-the-fly” all the time.

### **Imagination, Intuition, Insight**

I commonly see people challenged in accepting their imagination, intuition, or insights as being their inner awareness. A common question I hear when Reiki students initially receive deep insights and messages from spirit is, “How do I know I am not making this all up?” This area is another one in which people have been told

to disregard what they perceive through their imagination and inner awareness. Reiki heals and empowers your authentic imagination, intuition, insights, inspirations, and possibilities so that you understand their value and can trust them. We use imagination in so many ways in our outer world, and being confident in its application in our inner world is important.

Reiki heals our imagination and intuition, and along with discernment, gives us access to expanded experiences of reality. Our imagination is a sense generated from within and is part of our authentic intellect and inner awareness. It gives us access to spiritual exploration, inner knowledge, and a deeper understanding of our self. Possibilities, ideas, and innovation begin in our imagination. Albert Einstein said, “Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world and all there ever will be to know and understand.”<sup>2</sup> Use Reiki to expand your imagination, intuition, insights, inspiration, and possibilities within your inner awareness.

### **Receiving**

Inner awareness increases through receiving; learning to receive is a skill. Reiki specifically heals and strengthens our ability to receive. We receive Reiki through the attunements, Placements, and Ignitions, and when we invite Reiki in for ourselves or to give to ourselves and others. Many of my clients need healing regarding receiving. Many are “over-givers.” However, we receive Reiki when we give it. It also naturally empowers our inner awareness and the guidance we receive when we listen to it. I was an over-giver and still love to give, but Reiki taught me how to receive.

Years ago, as I gave myself Karuna Reiki®, Kwan Yin came and talked to me about receiving. I could perceive her and her message through my inner awareness. She said I had to learn to receive. She said, “The divine feminine creates through receiving, and the divine masculine creates through giving. If you are only giving, then you are missing half of the creative life energy. Use Reiki and learn to receive.” She said this is an archetypal perspective of the divine feminine and masculine, not gender-based, but true for everyone. Balanced feminine and masculine energy aligns us, so all parts of our inner awareness we are receiving. I had to learn to receive

through conscious awareness. Later, I realized that our inner awareness receives our perceptions both from our outer and inner worlds.

### The Spiritual Realms, Spirit Guides, the Earth

The spiritual realms are nonphysical realities with which we can perceive and interact and communicate through our inner awareness. Reiki enhances our inner awareness and heightens our perceptions about the spiritual realms and beings with whom we are engaging. Some people need healing around their belief in their ability to engage and communicate with spiritual beings. They may have been taught it is not real, or “only special people” connect with spiritual beings so they need an intermediary to make the connection and translate the information, or they have a fear of the spiritual realms. Reiki energy accesses enlightened realms and illumined beings, and our inner awareness can listen and discern the quality and frequencies of the energy and the spiritual beings. Reiki can heal the original cause of disbelief and empower the innate, natural ability to receive divine guidance.

The earth is our environment. Our inner awareness of the earth is part of our human nature, and there are many layers of consciousness here to experience. Reiki connects us to the earth to help us feel more at home here. When we can perceive the world through inner awareness, we relate to our life and surrounding life in a more insightful way. We can listen with our ears to the sounds in our world, and we can listen with our inner awareness and inner knowing to live in an expanded perception of our reality. Life is abundant here, and we are a part of the circle of life. We belong here. Reiki expands our perceptions into the earth’s qualities and our ability to connect to the creativity, abundance, and possibilities Earth exhibits in every way.

### Conclusion

I believe that developing inner awareness gives me access to what I have been seeking all my life, “a greater awareness of reality on earth.” Truthfully, I am so intrigued every day. It just keeps getting better. Reiki energy is the tool I use to go into deeper levels of consciousness here on the earth in my daily life. I’ve presented just a few examples of the gifts we receive when we heal and empower our inner awareness. Your journey to develop inner awareness is unique for you. Activate Reiki for your enjoyment and quality of life. Let it expand your perceptions, heighten your senses, discern your empathy, empower your receiving, and connect you to the earth and the divine realms through your inner awareness. Let Reiki teach you according to you. It is a personal journey. And a rewarding one. ✨

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### Endnotes

- <sup>1</sup> “Witch-hunt,” Wikipedia (Wikimedia Foundation), <https://en.wikipedia.org/wiki/Witch-hunt>.
- <sup>2</sup> <https://www.goodreads.com/quotes/556030-imagination-is-more-important-than-knowledge-for-knowledge-is-limited>