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Reiki for Mind Management

BY COLLEEN BENELLI

ONE OF THE MOST powerful effects of my Reiki practice is the ability to develop the habits of a healthy mind. Simply living daily life can sink my thoughts into anxiety, stress, and negativity. Managing my thoughts and mind is an ongoing practice in my daily life. Since my teens, I have pursued practical skills and solutions to develop a healthy mind. When I received my Reiki attunements in my early forties, I discovered Reiki empowers healthy thought patterns, and the high-frequency energy supported and empowered the use of my practical mind management skills. I will share how I use Reiki with certain tools and techniques to stay aware of thoughts that need shifting to reduce stress and increase creativity, peace of mind, and mindfulness.

According to neuroscientists, adults are hard-wired to focus on negativity. It is an adaptive trait called a “negativity bias, or the propensity to attend to, learn from, and use negative information far more than positive information.”¹ Negativity bias is an automatic habit of the brain due to early human conditions. In today’s world, this brain habit can cause people to overreact to seemingly minor situations. In

his book *Buddha’s Brain*, neuroscientist Rick Hansen says, “Your brain is like Velcro for negative experiences and Teflon for positive ones.” As a result, we are wired to forget all the good things and obsess over the negative.

In my experience, many of my clients suffer from mental anxiety, worry, fear, insecurities, “shoulds,” worthiness, and more, that cause unhelpful thoughts that distract them from their focus and priorities. Daily life is stressful for many people right now. Balancing family, work, friends, and health is intense and demanding. The news programs are filled with crisis after crisis. Empathic stress is high; people worry about the future, pandemics, war, climate change, weather events, political polarization, gun violence, crime, homelessness, supply chains, baby formula, and so forth. It seems disturbing human events are occurring every other day.

The constant bad news negatively affects people and is especially difficult for those with powerful empathy for others, which is common among Reiki people. Empathy can cause a person to want to disconnect and create distance from the world, torn between wanting to stay engaged and

informed and wanting to turn it all off. Reiki energy and practices can help us manage our negative thoughts and empathy so we can stay connected and educated and take care of our mental well-being at the same time.

Reiki Empowers Healthy Thought Habits

Usui Sensei established Usui Reiki Ryoho “as the way to make the mind and body healthy on the basis of the Universal Reiki.”² I have also witnessed and experienced how Reiki energy can shift a person’s mental perspectives from negative viewpoints, wounds, worries, worldviews, judgment, and opinions into solutions, ideas, resources, inspiration, possibilities, clarity, priorities, skills, goals, and manifestation.

I acknowledge it is much easier to stay in a positive mindset when life is easy, but when people are experiencing a personal crisis, trauma, or mental or physical illness, it can be extraordinarily difficult to shift into a positive state of mind. The expectations established by the phrase, “Just be positive,” can trigger more self-criticism when a person is struggling, adding additional burdens to an already difficult situation. There are periods in life when having a healthy mindset is beyond what seems possible. At the same time, shifting mental perspectives can show the light in the dark. Reiki can shine the light and show the way to navigate even when it is one step at a time. Reiki can also empower an innovative mind with new ideas, possibilities, innovation, creativity, and solutions.

All the Reiki symbols and energies assist in helping people to create mental well-being in their lives. The Usui SHK symbol means “to create a new habit” and is called the Mental/Emotional Symbol. The Karuna Reiki® symbol Gnosa activates our authentic intellect, including intuition, instincts, imagination, and inner awareness. CKR releases and heals negativity within and empowers the light of love at the core of our being. HSZSN takes us to the origin of pure consciousness within and around us. The Usui Master symbol unifies and aligns the lower and upper chakras, and the Holy Fire® Master symbol restores our emotions, mind, and spirit and moves us into higher consciousness. The Karuna Reiki® symbols also empower and reveal our authentic selves. All the Reiki symbols contribute to wellness in our minds, bodies, and emotions. I activate them all and let them do their work.

Besides the Reiki energy, there are skills I can develop to manage my mind. “Thought work,” “thought virus,” and

“mindfulness” are currently popular terms in discussing mind management practices. When skill-building practices are combined with Reiki energy, they work together to promote healthy thought habits.

1. Thought work is “the process of observing and managing your brain.”³
2. Notice-Shift-Rewire is a practice of noticing your negative mind and taking a moment to shift your mind, which rewires your neuropathways to a healthier mindset. The practice is based on a core insight in neuroscience that “neurons that fire together, wire together, forming a neural network in the brain.”⁴
3. A thought virus “is an idea or a thought that latches on to your mind and grows exponentially, consuming your thought process, ultimately changing your world view.”⁵ A thought virus can be positive or negative. It can drive passion, creativity, and solutions or take a person into a downward spiral of negativity. Thought work helps thought viruses! Reiki helps thought work with the energy needed to discern the nature of a thought virus. Is it helpful or not?
4. Mindfulness is a “state of active, open attention to the present. This state is described as observing one’s thoughts and feelings without judging them as good or bad...To be mindful is to observe and label thoughts, feelings, sensations in the body objectively. Mindfulness can therefore be a tool to avoid self-criticism and judgment while identifying and managing difficult emotions.”⁶

Notice-Shift-Rewire (NSR) is a powerful mindfulness tool for thought work and mind management. However, I added a few steps. I use “Notice-Receive (Reiki)-Shift-Rewire-Repeat.” It is my go-to practice. The beauty of NSR is that it can be used anywhere, anytime, and NSR works great with Reiki-on-the-fly.⁷ I can be doing busy work, trying to fall asleep, trying to meditate, or driving, and notice that my thoughts have turned negative. Once I notice, I activate and receive Reiki without trying to control or figure out anything else. Reiki helps my mind shift into a new perspective. Reiki also helps me with discernment about my mind chatter, shifting my thoughts into solutions and mindfulness, leading to reduced stress, anxiety, and peace of mind.

It sometimes takes time to notice my negative thoughts. To be honest, I sometimes don't want to notice and just deep dive into the thoughts. I realize it is part of my human nature. But mostly, I prefer to be in a more solution-oriented state of mindfulness. Sometimes I am amazed at how strong a negative thought virus is and how it captures my attention. That is why I added "Repeat" to NSR. So, I do the thought work to regain control of my mind and thoughts.

Steps and Techniques

These are the steps and techniques I use each day:

1. I start my day by activating Reiki. Some days, I activate and receive Reiki for some time through self-Reiki, the Reiki Ideals, the Reiki Moving Meditation, or a Reiki journey. And other days, I activate Reiki-on-the-fly just by thinking about it and inviting it into my mind while I am in the middle of my busy day. I allow myself to use Reiki and my thought work with any of my preferred tools and techniques. I have discovered that Reiki will work with me in whatever way I need it at the moment I need it. It is always me that requires more time with the technique; Reiki does not require it.
2. I notice my thoughts throughout the day. It is a conscious practice. I use Reiki to help me notice.
 - a. I decide what I want to think about. If a negative thought virus has captured my attention, I activate and receive Reiki. Then I consciously get out of the way and let the Reiki energy take me to the shift part of the practice. Reiki symbols, particularly SHK and Gnosa, call attention to my mind. SHK activates intuition, higher thought, and emotional stability and creates a new habit. Gnosa activates our authentic intellect.
3. I use Reiki to shift. Reiki adds mental and emotional discernment. Is the negative thought a thought virus? If so, what is the origin? Do I need to listen to it? Is it providing me with helpful information or insight into a situation that needs a solution? Or is it a story, a negative mind loop based on my anxiety or someone else's thoughts or behavior? What is it about?
4. Here are questions I use that help me shift:
 - a. What would feeling love do in this situation?
 - b. Is this real? Is it true?
 - c. Am I making up a story with no evidence?
 - d. Am I having an internal dialogue with someone I will never speak aloud?
 - e. Is it mine, or does it belong to someone else?
 - f. Do I want to know more, or can I just let it go?
 - g. Do I change the situation, or do I change my perception?
 - h. What is the solution?
 - i. What are my resources?
 - j. What are my actions?
 - k. What is my next step?
5. Then I move to: "What do I want to think about instead?" I usually like to think about how I can contribute to wellness for world events. However, it is tricky right now; negative thought viruses are rampant and can take me down a negative spiral of opinions and divisiveness. Reiki really helps with discernment of when, where, and how to engage.
6. I use Reiki to shift what I am thinking about because Reiki empowers solutions, creativity, innovations, intuition, insight, imagination, manifestations, and resourcefulness. I think about things that add love, value, and benefit to my life. I think about my family, friends, Reiki work, animals, art projects, business ideas, articles I want to write, things I am curious about, travel, home improvements, etc. I also actively notice beauty. Noticing the beauty around me is one of the quickest ways to shift my perspectives into gratitude and well-being.

Mind management practices lead to reduced stress, empowered mind habits, creativity, peace of mind, and mindfulness. This is something I am constantly aware of. When I can, I tune out and let my mind wander. I love to wander and wonder. I love to ask philosophical questions and listen to the serendipities and answers to which my wandering and questions lead. I love to just think about random things. I feel so fortunate to have Reiki to help me and communities of people who also like to wander and think about the truth and nature of the universe and creation and talk about it!

Reiki empowers my mind. And when life is difficult, and all the Reiki tools, techniques, and practices seem hard and far away, I just show up and make it as simple as possible. I use "Notice-Receive (Reiki)-Shift-Rewire-Repeat," in any way I can. When NSR is easy and a habit, it can be fun and inspiring to have clarity of mind guiding me to the things I

like to think, dream, and wonder about. The rewire part of NSR changes our neuropathways and habits of the mind. It is like anything else; the more I practice mind management habits, the easier it gets.

I encourage you to combine some of these skill-building practices with Reiki energy. They will work together to promote healthy thought habits. As a result, you will feel inspired to go ever higher in your experience of joy, peace, and fulfillment. ■

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Colleen Benelli is a Licensed Senior Reiki Master Teacher, Holy Fire® III; Co-Director of Licensed Reiki Master Teachers; ICRT Mentor Teacher; the founder of Reiki Lifestyle and the Reiki Lifestyle Podcast, and an Associate Teacher for the Light-Song School of Shamanic Studies. Colleen lives and teaches online in Portland, Oregon. Contact Colleen by email at colleen@reikilifestyle.com, on her website at www.reikilifestyle.com, or by phone at (503) 912-0664.

Endnotes

- ¹ Amrisha Vaish, Tobias Grossmann, and Amanda Woodward, "Not All Emotions Are Created Equal: The Negativity Bias in Social-Emotional Development," *Psychological Bulletin* (U.S. National Library of Medicine, May 2008), <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3652533>.
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- ⁷ Colleen Benelli, "Reiki-on-the-Fly as a Life Management Tool," *Reiki News Magazine*, Spring 2019. <https://reikilifestyle.com/reiki-on-the-fly-as-a-life-management-tool>.

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