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# Rapid Reiki Reader

## Reiki & The Law of Attraction



Hello, and a very warm welcome to this Rapid Reiki Reader on...

The Law of Attraction!

Now, you've probably heard all about this law, due to the massive success of the film 'The Secret' and also through it being talked about on Oprah...

...but what actually is it, what does it mean and does it really, really work?

Well to put it in a nutshell, The Law of Attraction simply means this...

**Like Attracts Like.**

And the easiest way to **really** understand that is...

If you predominantly think about good things – only good things will come into your experience.

If you predominantly think about things that are not so good – only not so good things will come into your experience.

And the nicest thing about knowing all that is...

It is **you** who gets to decide what is a good thing or a not so good thing.

**No one** else!

Okay, that sounds good, but...

Can it really, really get me everything I want?

Can it really be so powerful that it underpins everything that takes place in my life, in the world and even in the universe?

Can I switch it on at will?

Can I switch it off?

Can it be used for evil?

Can it only be used for good?

Can I help others with it?

Can I help rid myself of illnesses with it?

Can it be used instantly?

Can it be used with Reiki?

Question, questions, questions...

And the answer to almost all of them is a truly resounding...

**YES...**

Except it can't really be used for evil – as there's actually **no** such thing – and oh yes, it can't be switched off either.

Why?

Simply because that's the way **you** created it to be.

Okay then, let's look a little deeper at this...

## Law of Attraction

Now, as you probably already know - if you've read any of our other books - we like to keep things very simple and try to give everything a practical flavour too...

...and this little reader is going to be no exception – well, that's what we hope for anyway. 😊

So, with that aim in mind – what we'd like you to do is **imagine** for a moment that inside your chest, right now, you have **two** extremely powerful magnets.

One is coloured **GREEN**

And the other is coloured **RED**

The green one is on the left side of your body and the red one is on the right – but feel free to swap them around if that feels more comfortable...

After all it is **your** imagination.

Now, these magnets are approximately the size of your open hands – from the creases of your wrists to the tips of your middle fingers – and they sit side by side...

Down the centre mass of your body, and...

To find out approximately where they are, do the following...

...place your open hands, side by side, on your chest, with your fingers pointing down towards your feet...

...align the creases of your wrists with the lowest point of your breast bone, move your hands apart about two inches...

...and they'll now be directly over where your powerful but imaginary magnets reside.

Found the area?

Excellent... Lay on, Macduff!

## How does this help with the Law of Attraction?

Well, the clue, of course, is in the wonderful word attraction.

Which has several meanings, but the one we're interested in is this one – drawing or pulling something to you.

And what better mental image of something that attracts can you get, other than that of a magnet.

A bit contrived? – Okay then, yes, maybe it is, but work with us here - it'll all come together in a moment or two, you'll see. 😊

Right – so you've got the image of your magnets set firmly in your minds eye.

Now, let's get to understand them a little better.

These powerful magnets of yours are also electromagnetic in nature, they're always switched on, they're always working and one of them is **always** dominant.

What does this mean to you?

It means that at any one time, one of your magnets is pulling stuff to you with greater force than the other.

Why does it do this?

Because each magnet is linked directly to your thoughts!

So, whenever you think a thought - you are activating one or the other of your magnets.

If you are thinking thoughts that please you and make you **feel** good – you are activating your green magnet,

which then begins to steadily draw good events, people and circumstances into your experience.

But, if you are thinking thoughts that are not so good and do not please you...

...thoughts that worry you, make you fearful or distressed etc...

Then you are activating your red magnet which, of course, begins to draw these not so good types of events, people and circumstances into your experience too.

Okay then, simple enough so far?

**Good, good, good, let's continue.**

You now know that when you are thinking you are attracting something...

...and, as you are **always** thinking – you are **always** attracting something.

So the trick is to, as much as you can, be always thinking thoughts that please you.

Because in that way, you'll always be pulling to you experiences that give you pleasure – simple.

Oh, no problem then – if that's all there is to it, I'll be leading a perfect life in no time at all, won't I.

And the answer is **yes** – if you could keep all of your thinking in the 'it makes me feel good' camp – you **would** be leading a life which is absolutely perfect for you.

But the trouble is...

...it's just not that easy – it is simple yes, but it's not easy.

So, what can we do about it?

Well for one thing – just knowing that this is the way it all works is of tremendous help...

...for at least you now know precisely why things happen the way they do.

And this point is very, very important to understand – for it is you – and only you – who creates the reality you experience.

Now, where were we? Oh yes...

What can we do to help keep our thinking in the 'green camp'?

## **We can use our Reiki of course**

Oh really? And how would that work then?

Well, if you have begun to appreciate and understand the real essence of Reiki, you will know that it has everything to do with **intention**...

**Your** intention!

For example...

If it is your **intention** to bring Reiki into your life, you will.

If it is your **intention** to bring the healing power of Reiki into another persons' life...

You will - providing the other person also holds that intention and is willing to **allow** it to happen.

And by the same token, once again referring to Reiki...

...if it is your **intention** to lead a life full of health, wealth, wisdom, happiness and joy...

That's exactly what you will experience.

Which, as you can see, is a very close match to how the Law of Attraction operates too...

For it is your every **intention** along with your **attention**, thoughts and feelings etc that causes this very powerful universal law to respond.

## Want to go a little deeper?

Okay then, let's turn our attention to attention.

Excuse me, let's what?

Let's look at how we can use attention to begin the attraction process.

So what is attention?

Quite simply, in this context, it's the act of applying your mind...

...or bringing your consciousness, awareness or attentiveness to something.

In other words, when you bring your attention to something you begin to focus on it – you begin to think about it.

And when you're thinking about something you're expressing bioelectrical energy, and activating one of your magnets...

For, as you know, energy flows where your attention goes.

## **Here's an example.**

You wake up in the morning and you're feeling pretty good.

The sun is shining and right now, you haven't got a care in the world. Everything is feeling just perfect. And your green magnet hums gently within you - excellent.

You go into the kitchen to prepare breakfast and find yourself humming a little ditty...

And then you pick up the morning paper.

The headline screams out about some new atrocity that has just taken place – and in a flash your attention is caught.

You read on with ever increasing sadness as you vividly imagine what the poor people involved must have been going through.

You want to help, of course, but you can't – you begin to feel so powerless - and very subtly your energy shifts and begins feeding into your red magnet...

Because now, you're not feeling so good anymore!

Then suddenly you read a passage that immediately angers you at the injustice of it all.

How could the reporter be so insensitive, you think.

The anger burns brightly and you feel it deeply in the pit of your stomach and at this very moment your intense emotion turbo charges your red magnet...

...and begins pulling all that you don't want into your experience.

Whoa there...

Let's stop that dialogue right now before we actually **do** begin activating our red magnets.

Besides, we're quite sure you've experienced enough similar events to know exactly what we're talking about, haven't you?

It may not have been caused by reading the paper of course, but we're quite sure you must have felt that same kind of intense emotion in your stomach area...

Yes?

Well, in future we want you to recognise that sensation as being one of your magnets in full song.

If it's fear, hate, worry or anxiety etc it's your red magnet doing the attracting.

If it's love, happiness or joy etc it's your green magnet doing the attracting.

And, don't worry; you'll know exactly which one it is that's doing the attracting...

...because if you're feeling good about whatever it is you're thinking about - it's green.

If you're feeling not so good about whatever it is you're thinking about - it's red.

## Stopping yourself from slipping into the red

Okay then, so how do you stop your red magnet from becoming the dominant force in your reality?

Well, it certainly can't be done by trying to resist thinking thoughts that don't please you...

For what you resist persists – and also of course, anything that you do give your attention to is being drawn into your experience.

Which, in other words, means...

Everything you say yes to is drawn into your experience - and everything you say no to is drawn into your experience too.

So, if you don't want something to materialise in your life experience, don't try stamping out the thoughts – think different thoughts instead.

For example – if you're thinking thoughts of poverty or lack, don't try to push them out of your mind...

Change your thinking to one of richness and plenty instead.

And if thoughts of lack come drifting back into your head, don't resist them, just acknowledge them for what they are...

...simply thoughts that make you feel less than good...

...and then morph/change those thoughts into ones that **DO** make you feel good.

Like ones in which you see yourself easily paying all your bills, having lots of wealth and plenty of ready cash left over.

Can you see, and feel, the difference here?

One way of thinking draws to you everything that you **don't** want – by using your red magnet.

And the other way draws to you everything you **do** want – by using your green magnet.

But, at all times, you are drawing something towards you.

For, you can't exclude anything from your reality by trying to push it away, because that kind of action requires you to give your attention to it – and giving your attention to **anything** draws it into your experience.

Now – do you get it? Has it all become clearer?

We truly hope so, because once you really get it, your life will begin to change – and most definitely for the better too.

So, to encapsulate:

- Don't think about your debts – think about your increasing income. And don't try to figure out how it's going to happen – just know it will.
- Don't think about illness – think about health
- Don't think about loneliness – think about a beautiful relationship
- Don't think of your ol' rust bucket of a car; think only about the gleaming, top of the range beauty you really do want.

Okay, we think it's about time we brought your Reiki more fully into the picture.

So we're going to give you the six vital steps you can take using Reiki...

To bring everything you desire, into your experience.

And if you haven't yet become the powerful Reiki Master you need to be to take advantage of all these steps...

...get yourself off to this wonderful little website right away:

[By Clicking Here](#)

## Six steps of Reiki

### STEP 1 – Choose a dream

Be as specific as you can here...

...so, do some background research.

Know the colour, size, shape, engine size!

How many bedrooms, how big a garden?

How much money?

Which job title?

What colour eyes, hair, skin, nail polish? ☺

Well, you know the sort of thing required.

This is your dream, so build as good and as detailed a picture in your minds eye as you possibly can.

You can use a focus board and put pictures of whatever it is you want up on the board, or...

Write out your dream in a special book, add any pictures as with your focus board and always refer reverently to it as being your very special dream book and...

Add the Reiki Symbols all around the outside of your page or pages – especially the Power Symbol, as this will constantly energise the dream.

Now, whenever you look at the pictures or read the text, whisper the Power Symbol name three times...

And to empower it (your dream) even further, be bold enough to chant the Power Symbol name out loud, and then read the text of what you desire out loud too...

Then close the book, draw out the Power Symbol over it and just hold the book between your palms for a few moments, knowing absolutely that whatever your dream is...

It will become a certain reality.

And now, as intensely as you can, feel the feelings of having whatever it is you want...

How you think it would feel to own it, be it, have it...

Oh, yes, **yes**, **YES!**

## Step 2 – The why of it

Let's start by saying right now – it really, really doesn't matter why you want whatever it is you want.

Just wanting it because you want it is entirely okay!

As long as it makes you feel good inside then that is all that matters.

Have you got that?

Please, don't listen to anyone else about **their** ideas on what **they** think you should be wanting – this is your life and you can have, be or do whatever **you** choose.

So just know that – know that with every fibre of your being.

Okay then back to step 2.

This where the Mental/Emotional Symbol comes in.

Because usually – we don't believe we are good enough, or don't deserve, or everyone else is better, more worthy etc.

We are taught it is better to give than receive.

But having balance in all things is much more natural.

Meaning it is equally as good to 'receive' as it is to 'give'.

So, as soon as those, ever so insistent, self-doubts begin creeping into your thoughts - energising that ol' red magnet...

Draw the Mental/Emotional Symbol onto both your palms and sit quietly for a moment with your hands resting over the area of your imaginary magnets...

Say the name of the Symbol three times; and take a long deep breath whilst imagining the Symbol being absorbed into both your magnets...

Exhale and consciously relax the entire area.

Do this three times...

Then whilst breathing normally say these words on every out breath: 'I release and let go with ease', and carry on doing this for as long as it feels good.

Perfect.

Now, smile and conjure up your dream pictures in your minds eye and feel those glorious feelings of having it 😊

### Step three – Let's pretend!

Wake up in the morning and play... let's pretend!!!

Draw out the Distance Symbol over your palms, rest them gently over your solar plexus (and imaginary magnets) area, close your eyes and step into your dream.

No silly, not the dream you may have been having in your sleep...

Step into your 'real' dream, the one you want above all others...

...and be as a child 😊

Imagine how it would be - actually living this dream...

Imagine you have it right now.

You only have to do this for a moment or two and when you find yourself smiling contentedly - it's time to get up.

Dress in your best clothes – come on pretend.

Eat off your best china.

Walk as you would in your dream.

Talk as you would in your dream.

Treat others as you would in your dream.

As you step off the bus, thank your driver as if he was your personal chauffeur - ha, ha, ha!!!

Come on – let's pretend (pre-tend) and you will find that the more you pretend the more 'real' it gets.

The universe will respond according to the way you are thinking – pretend or otherwise.

For your wish is its command.

## Step four – Put your heart into it

It is easy to get disheartened when all you seem to be doing is pretending to be driving your 'dream' car...

So, let's make it more 'real' to you by taking action.

Let's be proactive, as they say.

First we have to clear the negative thoughts away – you know the ones...

The, who cares?

Why bother?

What difference will it make?

I might be dead before I get it – kind of thinking!

These are just old habits – habitual thinking patterns...

So, this is where we'll use the Tibetan Master Symbol as an emotional cleanser.

It works like a negativity laxative...

For we often need purging of old habits before we can step into, and feel comfortable with, any new regime.

Now, the easiest way to do this is to use your body's natural cycle.

So, simply place a large Tibetan Master Symbol under your pillow at night – with the express intention that it will clear out and dissolve any residual resistance to your dreams and desires.

Each night, take out the Symbol...

- Look at it
- Trace it with your fire finger
- Say its name three times
- State your intention for it to clear out and dissolve any negative thoughts and habits
- Smile and...
- Pop it back under your pillow to work its magic.

Now, try to ignore your dreams, which may be quite vivid for a while...

Then book that test drive ☺

## Step Five – Be persistent not resistant!

Or, as they say in Galaxy Quest – 'Never give up, never surrender'. ☺

Do you really want whatever it is you want?

Would it make you **feel** better?

Would it make you **feel** good?

Do you **like** the **feeling** it generates within you when you think about it?

Well, this is your guidance system at work here, so listen intently to those feelings.

If the feelings are ones which make you feel good - you know, little bubbles of excitement inside you etc – then go all out for it, whatever it is.

But if the feelings you are feeling do not make you feel good – just discard the thought of getting whatever it is that's making you feel that way...

And replace it with something else that **does** generate those good to be alive type feelings.

Okay, on to the Reiki.

We're going to be using the Usui Master Symbol here...

So, draw it out over each of your chakra centres – and each time you do so affirm the following:

'I open myself up to divine love and wisdom'.

Then sit for a moment and listen.

Communicate with your inner self...

Be still.

For in that stillness is your knowingness.

And you will know if you are still on the right track for you.

Does something need adjusting in your dream?

Are there any feelings of resistance there?

Resistance usually starts with a 'but'.

So, fix those buts – and persist with your dream.

Faint hearts never won fair lady... - and all that.

Just keep on keeping on.

If you find yourself resisting then you know you must be creating change already – or you would not be resisting so!!!

But if you stop, you'll be keeping what you've already got and not attracting what you say you want.

## Step six – Keeping your feet on the ground

With all this excitement and enthusiasm we need to keep our energy balanced, steady and grounded.

And this is so easy to achieve by using the Raku Symbol.

Take a long plain scarf, pillow case, long piece of cotton material or whatever else you can find which suits, and...

Using a soft pencil, felt tipped pen, ink pen, water paints or even embroidery if you feel so inclined ☺...

Mark out a large Raku Symbol on the cloth.

Then all you have to do is lean against it – so make sure you use a method of marking that doesn't easily come off on your clothing. ☺

You can drape the scarf over your shoulder and down your back...

...or gracefully over the back of any chair you sit in.

And a pillow case can usually slip quite easily over your car seat.

So, just give your imagination full rein and you'll find that the possibilities are endless – just like your dreams and desires.



Okay then that completes the six steps of using Reiki as the tool of Applied Intention that it truly is, and...

Which incorporates the Law of Attraction so magnificently.

It also brings us to the end of this little Reiki Reader as well, but before we go...

...we'd just like to leave you with a couple more suggestions, which you may find helpful:

**1.** If you're the kind of person who wakes up in the middle of the night wracked with worry and fear – don't just lie there – get up.

No, it doesn't matter if it **is** 3am or 4am – get up and do something else to distract you – it'll break your train of negative thought.

We have found having a book of jokes available is a great distracter and mood changer – so purchase one or two and keep them handy.

**2.** Your thoughts, whatever they are about – good or not so good – take ‘time’ to materialise.

Nothing happens instantly – so don’t worry too much about what you have been, or are thinking about if it’s a not so good thought pattern.

It has also been said that a positive thought is a hundred times more powerful than a negative one – so it’s a fairly easy task to overwrite the not so good thoughts with good ones...

And all you have to do is take your attention away from your not so good thinking and give it over to your good thoughts...

Sorted! 😊

**3.** Remember that YOU are the ONLY power in your world...

...nothing and no one is more powerful than you – unless you give it, or them, your permission to be.

So, work with Angels, Nature Spirits and the like, if you really want to – but don’t give them any power over you...

Just use them as they are supposed to be used – simply as advisors, helpers and friends.

**4.** Always keep looking for what you want to see in your life – and by that we mean looking with both your minds eye as well as your physical eyes.

Okay, that’s it - we hope you enjoyed the read.

Judith & Chris Conroy  
Founders of Chikara-Reiki-Do

PS

If you still haven't attuned yourself to Reiki...

Here's where you need to go:

[Click Here To Find Out More](#)