

Reiki and Inner Conflict

by Susan Bradford, Claudia Fischer, and Catherine Roche

Let's face it! We are all looking for some kind of deep and lasting Inner Peace in our lives, and we know that there are many paths to find it. Most of us avail ourselves of more than one. Yoga, meditation, spiritual study, organized religion, an artistic pursuit, a physical sport, or a rewarding hobby are just some of the many things that can be used to help us along the way, as we search for inner peace. And, of course, there is Reiki, the practice of which we entwine into everything that we do.

However, in spite of all the tools available to us, finding inner peace is a lifelong task; and for each and every one of us, it remains a most elusive thing to maintain. We are able to attain it for moments when everything in life comes together in a magical way. At those times, we drink it in, welcome it into our hearts, and store it up. These moments can extend to hours, days, weeks, and even months depending on the circumstances of life and the tools we are using.

But we have never met anyone who can keep those feelings of bliss on a permanent basis. Eventually, something shifts and this world of peace and perfection begins to crumble. There is a new person at work who pushes our buttons. We have a disagreement with an old friend. Our loved one fails to remember a special day. A memory from childhood creates negative feelings toward a family member. We're disappointed that we didn't get a raise.

We all have our own ways of manifesting conflict; and we're sure that you know how to recognize your own signs. They can come up at certain times when we are threatened, afraid, angry, hurt, or stressed. On the positive side, as we continue to do our personal work, we get to know them very well. We learn more and more about them, and we develop ways of coping with them and lessening their impact on our lives; but we never really totally conquer them. They remain our barometers in life, and provide us with a way of assessing how we are feeling about a particular issue or person or event in life.

Our inner peace can be threatened in limitless ways; and when these conflicts occur, we become unbalanced. These conflicts, in turn, force us to confront our personal issues. This does not need to be a cause for concern; rather such conflict can be looked at as an opportunity to learn from the experiences. We don't ever want to stuff them inside or to pretend they don't exist in order to maintain the façade of inner peace. This is detrimental to our spiritual work and also to our health!

Instead, we want to be able to resolve these inner conflicts as effectively as we can, with as much consciousness as possible, using all our tools. We take some time to collect ourselves which then enables us to approach the conflict with eyes wide open, while we

continue to learn and get more information. That way, if and when the issue comes up again, it will be easier to handle the next time around.

For the three of us, using Reiki is our most dependable asset at such times. We have developed the positive “habit” of using Reiki on ourselves daily which, in addition to helping us maintain our physical health, also aids us in promoting self-awareness, empathy for others, and clarity. Reiki helps us see the Big Picture, and allows us to flow through many difficult situations. In this way, Reiki creates a sense of well-being and inner peace, and can actually prevent conflict from entering our lives.

However, there are often times when we all get ruffled or experience a small twinge of conflict and our inner peace is disturbed. A friend hasn't called in a while. We meet someone on the street, and don't get as warm a greeting as we had wished. We wonder why someone doesn't understand our needs without us verbalizing them. But in most of those cases, we catch ourselves and can move on pretty quickly. We are able to rearrange our thinking in almost an instant with the help of Reiki, breathing, and positive coping skills. We are able to realize that these are insignificant acts, and are able to avoid taking them personally. We realize that people are busy, distracted, and definitely not mind readers. We breathe, do a little Reiki on our hearts, heads, or solar plexus, breathe some more. The negative feelings dissipate. And it is over!!!

At other times, even if we are doing Reiki on a daily basis, participating in Reiki Exchanges, and receiving regular Reiki treatments, an incident will arise that can prevent us from feeling connected to the pure, positive energy which surrounds us at all times. These conflicts can cause us to act unreasonably, illogically, or even in a mean-spirited way. They take control of our emotions and our ability to think rationally, and can have far reaching effects on how we lead our lives.

Those are the times when something that someone does or says strikes us very deeply and charges every one of our emotions. We cannot seem to rise above it. Our thoughts keep going back to what we perceive as the source of the hurt. We replay it over and over again in our heads, and are filled with self-righteousness, anger, regret and even blame. In such cases, there are usually deep emotions that are being stirred, and the true cause is usually an old wound that has been reopened.

Using Reiki for guidance and the Reiki Principles as our model, we usually are able to recognize that we always have a choice at these difficult moments in our lives. We can choose to flow, to not take anything personally, to come from compassion, and to avoid self-righteous anger. We know all the right things to say and do to convince ourselves to give up the hurt or angry feelings, to forgive whomever, to forget whatever insult we have experienced, and to get on with it. But when the hurt is deep enough or we are caught at a particularly vulnerable moment, we simply cannot rise to the occasion. We are incapable of choosing to feel better. Instead of creating a sense of inner peace, we become immersed in our own inner drama.

Often when these inner disturbances occur, we have two oppositional voices competing within us. We can use many terms to describe the two polar sides of this equation. We like to call the first voice “The Instigator.” That is the part within each one of us that is most interested in perpetuating the conflict. We have named the second voice that of “The Peacemaker.” The Instigator is associated with feelings of disconnection, anxiety, disappointment, self-righteousness, insecurity, anger, fear, and disapproval. On the other hand, The Peacemaker promotes feelings of compassion, connection, logic and reason, centeredness, calm, understanding, strength, clarity, and well-being.

Each of us would always prefer the emotional state of The Peacemaker. Simply put, it just feels so much better. But there are those times that we need some help in getting there, and it is not always easy to bridge the gap between The Instigator and The Peacemaker.

We would like to present a model in which Reiki can be used to help ameliorate the negative feelings that have been aroused, and demonstrate how to turn them into productive actions. Using Reiki on yourself, and on behalf of the other person or people involved, and/or the situation itself can make all the difference in your behavior. We’ll start by presenting a possible scenario in which a conflict arises, and The Peacemaker and The Instigator are on opposite sides. The overall theme of this scenario is about the feelings that arise when you feel slighted by a friend, or feel that someone is being insensitive to you. It goes like this:

Your best friend’s husband (or wife) is going to have an operation on the following morning. The operation is not life-threatening, but it is significant. You call her (or him) to express your support and concern. The conversation feels a bit strained and your friend seems distant and even cold. The ease that you normally feel with this friend is missing, but you are trying to make excuses because you do understand that she (or he) must be very tense.

And then your friend cuts you off practically in the middle of a sentence, and says, “I don’t really feel like talking. I have to hang up right now.” And she does!

You are stunned, and feel completely deflated and hurt. You have reached out to her; you were thinking of her family; and now you feel like she slapped you in the face. Old feelings of humiliation and of being unappreciated have risen sharply to the surface. Long after you are off the phone, her words are coming back to haunt you. And rather than lessening with time, your feelings of hurt and self-righteousness are getting more and more out of control.

The Instigator is saying:

- How could she treat me like this?
- I’ve been such a good friend to her.
- I feel so excluded and left out.
- She just doesn’t appreciate me.
- Why do I even bother to take the time trying to be helpful?

The Peacemaker counters with:

- But I know how stressed she must be right now.
- She certainly isn't thinking very clearly.
- I can only imagine how much fear and anxiety she is feeling.
- I'm worried too, and I think that it's making me over-sensitive right now.
- It was not her intention to hurt my feelings, and this is the time that I need to be there for her.

You are feeling very stuck between the two. The words of The Instigator leave you feeling raw and unsettled. You want to make them go away. The words of The Peacemaker are dangling in front of you. You know they are there for you; but you can't quite reach them. Now is the time to call on Reiki!

How Reiki Can Help to Attain Inner Peace

When you have time alone, it is very helpful to take a sheet a paper and to write out the basic story of the conflict. Then below your story, make two columns. Write all your negative thoughts and feelings down under The Instigator. And on the other side, counter each of those thoughts with something positive from The Peacemaker, even if you don't quite believe any of them yet. You can write all of The Instigator's side at once, and then move on to The Peacemaker. Or you can write it as a dialogue, moving back and forth from one side to the other. After finishing the writing process, you may feel better already. However, now it is time to utilize the healing power of Reiki to deepen your work.

- Become aware of your breath. Set your intention that using Reiki will help you to be able to choose the advice of the Peacemaker, instead of that of the Instigator.
- Place your hands on your solar plexus. Feel that Reiki is grounding you into the present moment. Let the events of the past go. Realize that the negativity is not good for you. In this step, focus on yourself.
- Place your hands on your heart and give yourself Reiki. Then try to feel what the other person is going through and send Reiki to him or her. Touch them with your imagination. Realize that you hold the power to end the conflict. Open your compassionate heart.
- Place your hands on your shoulders. Let Reiki help to release the tensions that the conflict has created in your physical body. It is unwanted and unnecessary.
- Place your hands on your throat. Let Reiki reveal what really needs to be communicated.

- Place your hands on your ears. Ask that you will be able to truly listen to the person with whom you are experiencing the conflict.
- Place your hands on the top of your head or on your forehead. Connect to your higher self and to the universal source of Reiki. Realize that when you feel that connection, conflict cannot exist.
- Lower your hands to your lap. Breathe and relax. Notice how you are feeling now.
- When you are ready, reread the words you had written under The Peacemaker column. Do they resonate more now?

Take time and space to do this self-healing! Sometimes surprising insights can arise, and they will help you to soften and to get in touch with your true feelings. If you have only a limited amount of time, choose which of the steps feel most useful and do only them. This is also a wonderful process to try before facing the other person. You will be able to meet that person from a place of calm and strength. And the outcome of that meeting is sure to go far better.

The potential for using Reiki when you are finally face to face with the person is also very useful.

- Become aware of your breath. Set your intention that using Reiki will help you to be able to choose the advice of the Peacemaker, instead of that of the Instigator.
- Begin to send Reiki healing to the whole situation. Use Reiki to help you be more objective about what's going on.
- Use Reiki insight to become more sensitive to the other person or persons in the room. Honor their needs as well as your own.
- Put your hands on your body and feel grounded and clear. You will be able to do this in a very subtle way, if necessary. Use Reiki to help you think before you speak.
- Continue to give yourself Reiki. As things become more and more clear, take responsibility for your part in the conflict.
- See if it feels right to extend your hand to touch the other person or persons. Know that Reiki energy is integrated into the touch.
- This can provide a really positive outcome and is a way to complete the healing process. Hugs very often follow.

After the conflict has been resolved and your inner peace has been restored, take some time to meditate on the true source of your conflict. Discover which events from your past or from your childhood helped to make you vulnerable at this time and in this situation. Send Reiki to those past events. This is a really worthwhile step to take. The insights that you gain will help heal the past, and can prevent similar events from triggering this type of conflict again in the future.

Conflicts are inevitable. Reiki is a powerful aid to help you shift away from them toward inner peace. The choice is up to you!

Susan, Claudia, and Catherine can be reached by email at BiCoastalReiki@yahoo.com or you can visit their website at www.Reiki-thegift.com