

My Journal

I am just better to go I look outside and see
the sun and it's warm. I can hear
the birds chirping outside my window and I
know there is life. That they are alive and
that helps me to feel alive. I remember the redwood
and the smell of the trees awakens my inner soul.
The redwoods feel like ancient souls come to
water over me and support me. I love to
hold them in my arms. I love to
touch the trees. I love to
and it is kind of a gentle touch
hear the trees. I can
quietly. It is so peaceful.
I can feel the trees. I can
feel the trees. I can
are had a dream. I can
come together, but I can
and it is so green and
but the dark in the
to be in the dark so much
on to find a new balance
are some good books I have been
may be a self help book. I
it comfortable to enjoy reading
Reiki on my night before
all loving and calming
ear my heart energy up
my mind. I love my
keeps under my pillow and
me to feel safe and loved as
grateful to be able to give myself
very thankful for this in my life. Sometimes I think I don't
know what I would do without Reiki, it feels like I
universe giving me a great big hug. Reiki will be
OK. I will always get through this, Reiki is my friend
that will always love me. Thank you Reiki for being my friend.



Reiki and Self-Love Journaling

BY SHEKHINA VON RECKLINGHAUSEN

PHOTOS COURTESY OF SHEKHINA VON RECKLINGHAUSEN

AS A REIKI PRACTITIONER, creating a daily spiritual practice has become my way of life. I have used many techniques to help me keep a balanced life. These include staying in my center and living from my heart to the best of my abilities daily. There are many possibilities for a spiritual practice that work best for each person. Some opportunities are meditation practice, yoga, walking in nature, spiritual readings, guided visualizations, Reiki for oneself, prayers, breath meditation, and journaling, amongst many others. Anything you do with presence, self-love, and spiritual connection makes up a daily spiritual practice.

Self-love journaling with Reiki is one of my favorite ways to have a daily spiritual practice, which I have done consistently for the last fifteen years. It has become a powerful way to practice self-love in a world constantly tempting us to look outside ourselves. Writing my thoughts has brought me home to value going within to acknowledge my feelings safely.

Starting each day after I wake up, before looking at my phone or doing anything besides getting a cup of coffee, I take pen to paper, asking Reiki to come through me as I write my daily journal. I begin most sentences with “I feel...” allowing a place to acknowledge my difficult or joyful emotions. Sometimes it is a place of self-discovery with new ways of seeing things or new feelings wanting to emerge gently. Journaling can create a fun place to explore wishes, desires, and new visions for us and our lives.

A journal can be where we write our spiritual epiphanies and inspirations. We learn from things we read, from others, or from ourselves. We can write our prayers to the Universe, calling in Reiki to ask for what we need help with and to give gratitude for all that we already have. Journaling can be a place of seeking clarity, where we can

write things out to ask our highest self for answers and to write what comes forth from our intuition.

To help build self-confidence and self-esteem, I take the time to write lists of self-appreciation for all the things I have done for myself, no matter how small or big—acknowledging the goodness in making a big pot of homemade chicken soup to nurture my body and appreciating the kindness I may have shared with a loved one or taking leadership in the community. Taking time to appreciate our goodness allows us to build self-worth and self-love.

As a Reiki practitioner, I have been supporting my clients with the option of learning the wonderful benefits of journal writing by offering them guidelines on starting their own daily journal practice for self-love and spiritual connection. I first suggest picking a journal that feels comfortable to write in. It can be anything that fits you, from a traditional composition notebook to a unique journal with a beautiful cover. I personally like using colored pens, so all my writings take on special quality with different colors for each day.

It is great to start your morning with a fifteen-minute entry; I suggest fifteen minutes because it is short enough

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to feel you can do it and isn't overwhelming. Choose a time that works best for you to create a positive habit at the same time every day. This habit generates self-commitment, checking in with yourself, and connecting to your own heart. One of the most important things we can do daily is to live from our hearts to the best of our abilities.

You might pick a special tea to sip as you write to make this part of your morning ritual. Choose a comfortable location, for example, in your favorite chair. Or you can write near your altar if you have one set up for your spiritual connection. You can light a candle or some incense to set the tone. If you live with your family, let them know these fifteen minutes are your special time.

To start everyone in their journal practice, I ask them to bring a new one to our Reiki session, and I share all the attributes a journal practice provides, assuring the client that everything they write is private. I offer their first journal write at my office with me to ignite this new practice with Reiki light. We prepare with a pen and a new journal. If they wish, I turn on healing music. I suggest writing the date and the time, something I enjoy writing down because it brings us into the present moment. Then I sit myself across from my client, giving distance Reiki for their first entry.

I ask the client to begin thoughts with "I feel..." to support connecting mind and emotions through their writing. Next, I invite the client to write non-stop in a stream of consciousness to allow the ego to relax and flow with whatever needs to come through. After they have finished, I ask

them how they feel. Almost everyone says they feel more grounded, lighter, and present.

I invite all my clients who enjoy journaling to continue the practice independently at home every morning. We work together, moving forward and honoring what comes forth. Of course, some people prefer other types of spiritual practices, and I help to support them in whatever works best for each person. I suggest these guidelines, but it is important for everyone to follow their own path to what feels best for their spiritual practice.

I have had positive feedback from the clients who like the self-loving journal practice; they tell me they feel less burdened by their emotions as they have released them onto the page. Also, they feel more in touch with their hearts and highest selves and have more clarity about themselves and their paths. Clients enjoy being more present in their hearts in daily spiritual practice by giving themselves the time they deserve and enjoying their self-discovery. ■



Shekhina von Recklinghausen is an Usui Reiki Master. She has a great love for crystals and enjoys combining their ancient wisdom with Reiki healing. She also blends sound healing with Reiki and offers sound healing events. Shekhina has a spiritual practice of honoring Mother Earth with gratitude, prayer, and heart connection through daily self-love journaling. She lives in San Francisco, CA. You may reach her at healerinlight@yahoo.com or visit her website at www.HealerInLight.com.