



Reiki, Medicine & Self Care with Pamela Miles

This week's Earth Day in the U.S. got me thinking. Don't we need *every day* to be Earth Day, and not just in one country, but everywhere on this planet?

Yes, some cultures still live close to the earth and to their spiritual traditions (have you noticed how those two go hand-in-hand?), and have not (yet) lost sight of the interconnectedness of the planet and all that lives here.

And yes, globalization threatens those cultures. Globalization is a powerful commercial, political and social force that isn't being managed wisely.

What if we engaged the powerful trend toward globalization to support the practice of Reiki around the world?

People who practice Reiki regularly notice their worldview starts to gently open. We begin to feel a kinship with the earth, and with all her inhabitants. We realize when we hurt the earth or one another, *we hurt ourselves*. And that awareness begins to guide our thinking and behavior.

Reiki practice makes us more aware of [that which connects us](#), the one heart-of-hearts that we all share. More people practicing Reiki means more support for our planet.

WHAT CAN I DO?

Effecting global change is an ambitious undertaking, but every advance starts with a small step. Reiki is already practiced around the world. Let's build on that.

Many of us have started. We're sharing the [I Practice Self Reiki Every Day graphic](#), now available in 31 languages, to encourage Reiki practitioners around the world to place hands and practice daily self Reiki according to their own practice style. (If your language isn't there, please email me the translation and I'll have it made for you.)

Many Reiki practitioners who want to deepen their practice don't have a continuing relationship with their Reiki teacher and wish they had a mentor.

Others want to hone their communication skills, either for personal or for professional practice. This is of critical importance because the Reiki professionals create the faces of Reiki practice seen by the public and by institutional health care.

My website offers a treasure chest of free written resources that can help, articles in which I share my 28 years of Reiki personal and professional practice -- including 20 years of conventional medical collaboration.

Reiki practitioners have generously offered translations of various articles in their languages. In our recent website redesign, I organized those translations by language at the links below.

Please share these resources wherever they can help. Each page has social media buttons so you can click for facebook, twitter, Pinterest and Google+. And please be in touch if you'd like to contribute translations of more articles in these or other languages.

[Español](#)

[Français](#)

[Italiano](#)

[Deutsch](#)

[Nederlands](#)

[Portugues](#)

[Român](#)

[Greek](#)

HOMOGENIZED REIKI NOT!

I want to be clear: this is not about getting everyone to practice the same way -- not at all! It's important for various lineages to continue, as they all appeal to different people, and the goal is to interest more people in practicing Reiki.

I [love my Reiki practice](#), just as people with other practice styles love their Reiki practice. Let's be in community based on our shared love of Reiki practice. That's what's important, not the details of how we practice.

The encouragement I offer is for all Reiki practitioners. Simply stated: PRACTICE. OBSERVE. CONTEMPLATE. REPEAT.

You can read more about my simple, inclusive perspective in the following articles:

[Simple Reiki Healing](#)

[Reiki Practitioner Development](#)

[Practice Thinking Truth](#)

[How to Practice Reiki Self Treatment](#) (for those who were never taught how -- it happens more often than you think)

The goal is not to homogenize Reiki practice, but rather to encourage daily self practice regardless one's lineage, and to empower Reiki professionals to present Reiki practice in a credible way that is true to their understanding and practice, so that the global public reaches for Reiki support in their lives.

Does that appeal to you? Can we partner to advance Reiki practice around the world?

MAY 13 FREE REIKI MENTORING ONLINE DISCUSSION

The next free Reiki mentoring webinar is:

Wednesday, May 13

12 noon to 12:45 PM Eastern US (NYC) time.

Register now by [clicking here](#). It's completely free, and *FOR THE FIRST TIME*, our discussion will be recorded.

Register now to receive the recording link whether or not you are on the discussion live. Watch your inbox (and junk folder) a couple of hours after the event.

During the mentoring webinars, I do my very best to respond to as many questions as possible. Once you're logged-in on your computer, there is a question box on the software to type your question. If you know you will connect by phone, you can send a question to assistant AT ReikiInMedicine DOT org by midnight May 12.

HUGE APOLOGIES

We have had a rough time with our email service in the past year, and the move to a better service has also been fraught with problems. I apologize if you received emails you weren't expecting, or incomplete drafts. It's so embarrassing, but more important, I don't want you to think I take our relationship for granted. We've learned a lot, and I promise to do better.

FROM THE BLOG

[\(Mis\)Understanding Reiki
Your Reiki Voice](#)

Reiki Blessings,
Pamela

P.S. Do you want to be informed of New York City Reiki events such as the June 28 [Spa Day for Women with Cancer](#) or the 8th anniversary of our [JCC Reiki Clinic](#)? Please [click here](#) to receive those regional monthly notices.

Pamela Miles
reikiinmedicine.org
pamelamiles.com