

# Inner purpose and Reiki

Mamta shares the tools and insights she found helpful for her process of becoming aware of 'inner purpose'.

During a Reiki treatment a few months ago, my Reiki Master told me to try and answer the soul level questions. I did not know anything about them at the time, what they were or how to find out about them. The next day I picked up a book, 'The seven spiritual laws of yoga' by Deepak Chopra and David Simon, that I had been reading to deepen my yoga practice and discovered the chapter on Soul Questions: "Who am I? What do I want? How can I serve?" I read the chapter, thought about the questions and felt that I did not really know how to answer them and left it at that.



A few weeks later, I attended a workshop on spiritual discipline with my Reiki Master. She asked us to try and answer some questions 'What is the purpose of my life', 'Why I am here', 'What is my biggest obstacle'... I could now see that these questions were Soul Questions. Being surrounded by the group energy, I felt that I could try and find the answers within. When she said that we did not have to share our answers with the others it was a tremendous relief as I still was not sure what the answers were or why I needed

to even know the answers. Later when she said that it would help us to surrender to it after having made the decision, I still did not understand.

Who am I?  
What do I want?  
How can I serve?

The day after the workshop when I had some space, some free time in my day, I picked up the book of

daily meditations "Opening Doors Within" by Eileen Caddy, and there was the same message again about finding our inner purpose so that we are at peace within ourselves. To quote from the book "It is important that you search your heart and find out, for you cannot give your very best when you do not feel you are in your rightful place doing what you know you should be doing with joy and love". Something shifted within me at this moment.

Then I picked up Eckhart Tolle's book 'The Power of Now'. The paragraph I happened to read was about Inner & Outer purpose. Tolle suggests our feeling of being a success or failure depends on whether we have realised our inner purpose. Finally it clicked why it was important to answer these soul level questions. The universe was sending me the same message in so many different ways that I felt I had to take notice and act on it.

Using my level II Reiki practice, I sent Reiki for me to be able to discover my inner purpose for the best possible outcome for me, and all concerned. A few thoughts came up that I could relate to. I was still not sure if I definitely know my inner purpose. So later on that day I sent Reiki for me to be able to surrender to my inner purpose so that I could give it my best for the best possible outcome for me and all concerned.



“ I feel that discovering our inner purpose is a process and not a single point in time ”

I trust Reiki to guide me to do whatever it is that I need to do to be able to surrender to my inner purpose. I feel very grateful to Reiki for helping me with this process and for all that it enriches my life with.

I feel that discovering our inner purpose is a process and not a single point in time, it is not suddenly 'done', so that now I have got it, I can move on. It seems to be a very personal thing, beyond words. What I can say about my inner purpose is that I am convinced that I am on the right path.

Going through this experience also made me understand the importance of creating quiet and relaxing time for ourselves to allow space for inner work and to listen to the voice within. Allowing ourselves this space is especially important after doing Reiki whether it is in the form of a workshop, giving or receiving a Reiki treatment, or it could be after giving or receiving Reiki initiations. I have heard my Reiki Master say that her Master always used to take a day off after teaching. Having experienced the benefits of creating some peaceful time after attending the Reiki workshop I can finally understand the importance of taking time off.

It was my Reiki Master who helped me discover the books by Eileen Caddy and Eckhart Tolle. I feel that it is very important to have a teacher who empowers us by suggesting tools that can enable us to discover the answers ourselves. By self-treating and developing our Reiki practice each of us can receive what we need in perfect timing. I love the words on the back cover of the book 'Early days of Reiki, memories of Hawayo Takata' by Wanja Twan and Anneli Twan:

"Tell it in words and I will remember.

Show me and I will believe.

Let me experience and I will understand."  
... oral traditions... □

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