





# Weaving Reiki into Your Career

BY PAMELA ALLEN-LEBLANC

**R**EIKI IS A TOOL that transcends boundaries, enriching our lives and endeavors in unexpected ways. From grounding us in our daily tasks to guiding us through complex challenges, Reiki is a gentle, potent force of universal life energy. It's quite easy to weave daily Reiki into your career, and it will benefit any profession. Below, I present information on incorporating Reiki into your daily work life, irrespective of your profession or personal pursuits.

When I first learned Reiki Level I & II, my teacher provided us with a 60-minute guided Reiki meditation and asked us to do it while giving ourselves Reiki every morning and evening. I was just starting my horse and business consulting businesses, but I didn't have many clients, so I could fit two hours of Reiki meditation sessions into my day. While I often fell asleep listening to it at night, I woke up feeling fantastic. Committing to these two daily blocks of time was the discipline I needed as a new practitioner.

I became a Reiki Master in 2011, and my businesses were booming. My kids were busy teenagers. And suddenly, finding two hours per day to set aside for Reiki meditation was much more challenging. While considering how I might allocate my time to maintain my practice, I realized that committing to two specific blocks of time was more constraining than incorporating Reiki into all I did each day. This strategy could be more expansive than two distinct time blocks per day. It could include Reiki walks, a small amount of time in gassho meditation or the moving meditation, activating my Reiki hands when reading, traveling, watching TV, driving, or sending Reiki with my eyes to people I pass on the street. After all, Reiki is not just a healing modality; it is a versatile, spiritually guided life force energy that can integrate into virtually every facet of

life and work. My new strategy allowed me to weave more Reiki into my daily life quickly, and I felt my connection with Reiki grow.

In 2020, I was semi-stranded at London Heathrow Airport while the borders closed because of COVID-19. During this downtime, I felt guided to create a Reiki business book to help others build their ideal Reiki career. As I wrote the book, I realized we could integrate it into our professions just as I had incorporated Reiki into all I did daily. A Reiki "career" needn't only look like providing Reiki sessions and teaching classes. It can. But weaving Reiki daily into any occupation is also practicing Reiki and an expansive way to benefit your career. Regardless of your job, position, or profession, you can:

- Use Reiki to clear the space where you work and imbue it with positive energy.
- Give Reiki to your entire business location.
- Use the Distant symbol to send Reiki into the future to appointments, meetings, or your whole day.
- Give Reiki to customer files and bills.
- Use Reiki on equipment and electronics.
- Empower business goals with Reiki and place them on a Reiki grid, which you charge regularly.
- Send Reiki to clients, patients, and customers.
- Offer Reiki to co-workers who need help with their assignments.

As I ran mentoring courses, I discovered my students were using Reiki in careers as diverse as artists, lawyers, nurse managers, veterinarians, and more. And I realized there were no limits to what we could do. The applications of Reiki are boundless, from product manufacturing to

scientific research, from creating harmonic environments to cultivating spiritual growth.

Here is a guide that delves into the myriad ways you can weave Reiki daily into your career, irrespective of your profession or personal pursuits. And this is only the beginning, limited only by our imagination. But it gives you an idea of what is possible.

### Reiki and Medicine

Medical professionals may have already sensed Reiki's tender presence during daily duties. You might wonder about sending this energy without formal consent. Guided by divine wisdom, Reiki knows where it is needed and where it is not. Think of it as a divine aspect of your medical toolkit that self-activates when welcomed and doesn't when not. So clear your clinic's energy, imbue your instruments with Reiki, and let Reiki support you and your patients. Let it flow where it may and trust its intuitive wisdom.

### Reiki and Business: The Unlikely Allies

Who says Reiki and the boardroom can't mix? If you think about it, what business wouldn't benefit from the gentle principles of Reiki—honesty, integrity, and compassion? Consider sending Reiki your files and projects as if infusing them with a touch of soul. Send Reiki energy to that complex spreadsheet or difficult client. You might be amazed at how the energy in your office shifts.

### Reiki and Management

If you've found yourself in a management role, you likely got there because you excel at what you do. However, managing people requires a different strategy altogether. And here's where Reiki can be a game-changer. As you infuse your workspace and your team with Reiki energy, you might find things fall into place as if by magic. When people are aligned, when the energy is right, management isn't just easier—it's a joy!

### Reiki and Holistic Health

Massage therapists, chiropractors, acupuncturists—Reiki salutes you. Your practices can beautifully coexist with Reiki, enhancing each other like complementary colors on an artist's palette. Imagine ending a treatment and finding yourself just as rejuvenated as your client. That's the beauty of Reiki—it cares for the giver and re-

ceiver alike. And if you find yourself fully booked, that's just your calendar thanking you for the Reiki energy you sent its way.

### Reiki and Beauty

Let's talk about the beauty industry. A haircut is never just a haircut; a facial is never just a facial when Reiki is involved. Imagine a Reiki-infused spa day where not just your body but your very soul feel pampered. And for those of you wielding the scissors or applying the facemasks, Reiki can be your invisible assistant, helping you tune into your client's unspoken needs while keeping your own energy field crisp and clear.

### Reiki in Education

Educators, administrators, or anyone involved with children's care will find that Reiki is your unspoken classroom assistant. Many teachers who embrace Reiki report calmer classrooms, happier children, and compliments from colleagues and superiors. The beauty of Reiki in a learning environment is that it's not intrusive—only those aligned with Reiki will receive its benefits. And so, dear educators, here's how Reiki can enrich your instructional journey:

- Begin your academic year with Reiki, inviting a divine selection of students who will harmoniously blend and mutually inspire.
- Let Reiki guide your curriculum planning, aiding in crafting lessons that resonate.
- Fill your classroom corners with Reiki symbols; let them be invisible mentors to young minds open to divine wisdom.
- Let Reiki influence your voice and decisions, whether grading or conducting parent interviews, ensuring clarity and fairness.
- Before bringing up issues or requests to school management, let Reiki clear the path for a favorable response.

### Reiki and Our Animal Friends

Animals are astute empaths of energy, and many resonate powerfully with Reiki. Whether training your pet, running an animal shelter, or engaging in animal activism, Reiki can be your subtle but impactful partner. During training sessions, activate Reiki to create a focused and re-

ceptive environment. Your animal companions will notice this serene energy, making the training smoother. When frustrated, pause and breathe in Reiki's energy to dissolve tension and regain perspective.

Animals new to you will often be more relaxed when you introduce yourself with a flow of Reiki between the two of you. Reiki especially benefits rescue animals; use it not just for their immediate comfort but to attract their forever home. Let Reiki energy go out into the world to find the perfect match. Activists can blend their cause with Reiki to achieve goals more effectively. Let Reiki unveil any barriers to your activism and heal them, refining your mission and amplifying its impact.

### **Reiki and Product Manufacturing**

If you're involved in creating products, consider inviting Reiki into the process. You can give Reiki to your raw materials upon arrival, asking for their highest potential to be activated. You can also send Reiki energy to your staff and work schedule to foster a harmonious work environment. Reiki can assist in all aspects of your business, from ensuring you pay bills on time to helping your business grow in a balanced manner.

### **Reiki and Environmental Stewardship**

If you are passionate about environmental causes, Reiki can serve as an emotional and spiritual buffer against burnout. Use Reiki to send healing energy to your tasks, goals, and organizations aligning with your mission. It can transform a sense of urgency into divine timing, enabling things to fall into place almost miraculously. If fundraising is part of your mission, Reiki can reach out to potential donors, facilitating a smoother donation process.

### **Reiki and Scientific Exploration**

Contrary to popular belief, science and Reiki are not at odds. They are parallel ways of understanding the world. Researchers can apply Reiki to their data to enhance awareness of trends and observe potential shifts or differences. Reiki can attune your communication skills when presenting scientific findings, ensuring your words resonate with your audience. If you're stuck on a theory or a research problem, Reiki can help shift your perspective, leading you to eureka moments and innovative discoveries.

### **Reiki in Accounting and Finance**

Yes, even the financial world can benefit from the gentle touch of Reiki. Use Reiki to ease learning new software, balancing spreadsheets, and attracting clients. Reiki can enhance your creativity so important financial information can be more easily realized. A Reiki grid can be a powerful tool to meet your financial and business goals, ensuring your day flows smoothly from start to finish.

### **Reiki with Computers and Technology**

We might be surprised to discover that the practice of Reiki is not just applicable, but remarkably effective when interfaced with modern technology. It can include extending the battery life of an almost-dead iPhone to smoothing out the inexplicable glitches in a "buggy" software program. Reiki's applications in the tech realm are as practical as they are profound.

Imagine starting your workday by infusing your devices and digital projects with Reiki, aligning your tasks and collaborative relationships under a harmonious energy umbrella. Decisions surrounding hardware and software no longer need to be fraught with doubt; Reiki can act as your digital consultant, guiding choices with uncanny accuracy. Far from being at odds, technology and Reiki can harmoniously coexist, creating an optimized and energetically balanced workspace that both tech-savvy individuals and spiritual seekers can appreciate.

### **Reiki in the Retail and Service Industry**

Working in retail or service is demanding, and people are often under-appreciated. However, Reiki can serve as a support system. Place Reiki symbols at the entrance to help ground everyone who walks in. Use Reiki to clear the space and release the burdens of challenging customers. Reiki's supportive energies can also aid staffing issues and goal setting.

### **Reiki, Music, and Sound Healing**

In the realm of healing, Reiki and music are natural allies. Musicians can imbue their instruments with Reiki to allow the sound emitted to carry healing vibrations. Whether performing live or working on a composition, Reiki can unblock creative energies and help you connect deeply with your audience.

## Reiki, Religion, and Spirituality

Far from being incompatible with religious or spiritual practices, Reiki can enhance your spiritual journey. Whether reading sacred texts or engaging in prayer and meditation, activating Reiki can deepen your experience and understanding. Reiki can ensure your actions and services align with the highest principles of your faith or spiritual practice.

## Meditation: Reiki as a Constant Companion in Life and Work

Here's a brief guided meditation that can help you include more Reiki into your own life and work:

1. Take a moment to find a comfortable space to sit or lie down. Close your eyes, and let's embark on a journey to connect deeply with the universal energy of Reiki and explore how it can be a constant companion in your life and work.
2. Take a deep, nourishing breath in. Fill your lungs and belly. And exhale, letting go of any stress, tension, or worry. Feel yourself settling into the moment, present in the here and now.
3. Place your hands in gassho and call upon the Reiki energy to fill the surrounding space. Imagine a radiant light descending from above, flowing into the crown of your head, down through your spine, and radiating throughout your entire body. Feel the gentle vibration of Reiki activating each cell, harmonizing your body, mind, and spirit.
4. Now, I invite you to visualize your workplace. Whether it's a busy office, a retail store, a lab, or your home, see it vividly in your mind's eye. Imagine this Reiki light enveloping your workplace, infusing it with balance, peace, and love. *Pause.*
5. If you work with others, see them bathed in this light, their burdens lightening, their hearts opening. Picture any challenging situations or stressful tasks being touched by Reiki, transforming them into opportunities for growth and connection. *Pause.*
6. Let's extend this energy to your goals and projects. See them in your mind's eye and watch as the Reiki light wraps around them. Feel the energy of success, abundance, and fulfillment imbuing your aspira-

tions. Know that with Reiki by your side, you're empowered to manifest your dreams. *Pause.*

7. Now, shift your focus to your personal life. Envision the relationships that mean the most to you—your family, friends, and loved ones. Send this Reiki energy to them, enveloping them in love, healing, and grace. See any conflicts or misunderstandings resolved, bathed in the light of understanding and compassion. *Pause.*
8. Take another deep breath in, inhaling the myriad ways Reiki can enrich your life and work. And as you exhale, release any remaining doubts or fears, letting them go with love and gratitude. Invite Reiki to show you how to bring even more Reiki into your life moving forward. *Pause.*
9. When you're ready, slowly open your eyes, bringing your awareness back to the present moment but keeping that warm, comforting sensation of Reiki energy around and within you.
10. Carry this energy with you as you go about your day, knowing Reiki is always with you, guiding, supporting, and enriching every facet of your life.

## Conclusion

Reiki is a tool that transcends boundaries, enriching our lives and endeavors unexpectedly. By incorporating Reiki into all aspects of our lives, including our careers, we enhance our individual experiences and contribute positively to the world. In doing so, we walk the path of spiritual evolution, allowing Reiki to light our way. Thank you for joining me on this journey. Namaste. ■



*Pam Allen-LeBlanc holds a BSc in Agriculture and an MBA. She is an ICRT Licensed Reiki Master Teacher and an Assistant Director of the ICRT, teaching Reiki classes, Animal Reiki, and animal communication classes online and in-person in Canada, the United States, Australia, and the UK. Pam is the author of The Reiki Business Book, one of the co-authors of the ICRT Animal Reiki courses, and has authored articles in Reiki News Magazine. She also produces the popular Reiki from the Farm™ podcast. Pam lives in Canada with her husband, Pierre, twelve horses, and four dogs. You may reach her by email at [pam@reikifromthefarm.com](mailto:pam@reikifromthefarm.com) or through her website, [www.reikifromthefarm.com](http://www.reikifromthefarm.com).*