

The Voice Within

BY MARIANNE STREICH

Most of us have on occasion done something not because we wanted to, or felt it was right for us to do, but because someone asked us to, or because we thought we should do it, or because it was expected of us. Even as we did it, a voice within was saying, “NO! NO! NO!” And the outcome proved the voice correct. That voice is the part of us that *knows*—and *knows* it knows. It may be variously referred to as intuition, psychic ability, the higher self, the wisdom of the heart, Christ consciousness, Buddha nature, or simply “gut instinct.”

Whatever one calls it, I believe that it is the spark of the Divine in the DNA of each of us. It is innate—we are born with it. It is that part of us that is “made in the image of God.” It is that part of us that has the potential to claim Divine attributes, such as compassion, joy, wisdom, and love. It is that part of us that is connected to the whole, to the all.

Divine Intelligence speaks to us through our intuition. We ignore this inner wisdom at our peril. To the degree that we fail to listen to the voice of Divine Intelligence within, we are living out of integrity with who we truly are. There is a price to pay for this, which may be exacted as distress, tension, and illness. Conversely, when we live from that place of inner wisdom, we are in balance, at peace, and in harmony with ourselves and with others. Our health and well-being improve, and we are more effective Reiki practitioners.

The first step in increasing your intuitive ability is to establish the intention of becoming more aware of the voice within. For assistance in cultivating this awareness, consider the following:

- Attunements and the practice of Reiki. (Self-treatment as well as the treatment of others; being re-attuned to current levels as well as attunement to the next level.)
- A daily spiritual practice. Meditate, pray, or simply have a quiet time. Even a few minutes will make a difference.
- Ask specifically for what you want to know.
- Take walks by yourself in a park or another place where you will be in nature. Gently think of the issues you’re dealing with and be open to receiving new levels of insight.
- You must be present to hear what your intuition is telling you. If you are thinking about the past or the future, you cannot hear the voice within.
- Be alert to intuitive messages throughout the day; they come in many different forms and can come at anytime.



- Pay attention to your dreams; your intuition often speaks through them.
- Trust the messages you get.
- Act on your intuition.

Once we are clear on what our intuition is telling us, we must have the courage to act on the information. While the “image of God” is innate, the “likeness” of God is, I believe, a choice. It is our decision whether or not we activate the “image of God” within us and claim the “likeness of God” by acting with compassion, wisdom, and love, thereby doing those things that are right for us to do.

Consider taking the following steps while you are giving a Reiki treatment, holding the intention of connecting with your intuition:

- During *reiji-ho* prior to beginning the treatment, raise your hands in *Gassho*, with your thumbs touching your brow chakra. Tap the chakra three times and ask that everything you need to know be revealed to you and that everything the client needs to know be revealed to them.
- Be present and stay alert for messages. These might be images, words, odors, sensations in your own body, or simply a sense that you should move your hands to a certain area on the client’s body.
- Trust any information you receive.
- Use discretion when sharing information with the client so that you do not alarm them or give them information they are not ready to receive.
- Leave it up to the client to interpret any information you share.
- Remember that a treatment is not about “getting information” or being more “psychic” than another practitioner. Take care to put your ego aside and simply allow your inner wisdom to surface.

Our intuition is a powerful ally when we align ourselves with Divine Love and live from that place of inner wisdom, intending the outcome of any situation to be for the highest and best good of all.



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You are invited to share your Reiki wisdom in this space as well. Articles are to be a maximum of 500 words and should be submitted as Word documents by email to: GTMFR@reiki.org