



Reiki:



Show Me More



Creating a Relationship with
the Intelligence of Reiki for
Personal Growth and Development



靈氣



PRESENCE
•
CURIOSITY
•
TRUST
•
AWARENESS
•
GROWTH



Reiki...
show me
more.



A SACRED ENCOUNTERS™ JOURNEY



1



Welcome

More than 20 years ago,
I began asking a simple question:

"Reiki... show me more."

I still ask this question every day.

Again and again, it has led me to
unexpected experiences, moments
of wonder, and a deeper relationship
with Reiki.

This journey is an invitation to
ask that same question for yourself.

Pause.

Turn your Reiki on.

Take a breath.

Then gently ask:

"Reiki... show me more."





How to Use This Question



Turn your Reiki on.



Take a few slow breaths.



Then gently ask:

"Reiki... show me more."



Be present.

There is nothing to figure out
and nothing to force.



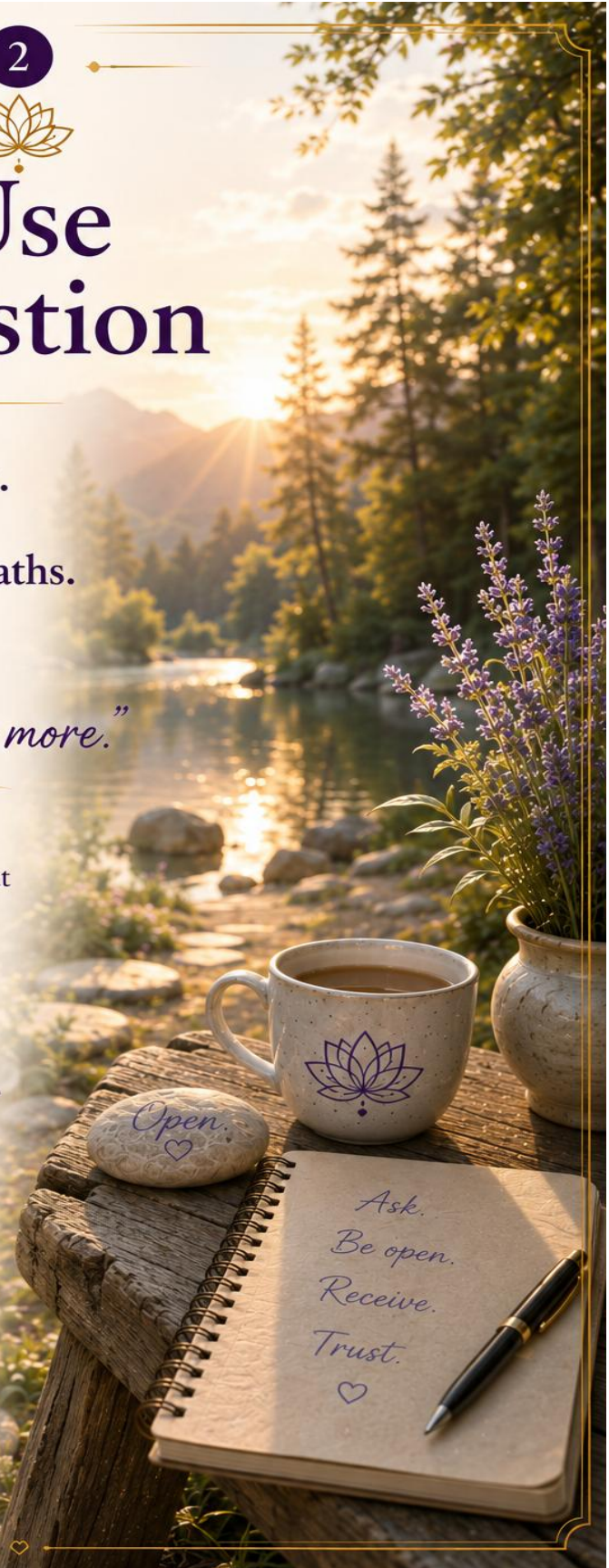
Simply receive.



Notice what unfolds.

Then continue with your day and
remain open to what unfolds.

*Be Present.
Receive.
Notice.*





The First Invitation

A single drop touches still water.
One moment of presence can
gently open us to greater
awareness.



Turn your Reiki on.



Take a few slow breaths.



Then gently ask:

*"Reiki... show me more
about this moment."*



Pause.



Simply receive.



Allow your awareness to expand
like the ripples on the water.

Reflection

- ♥ What becomes possible when I simply become available to this moment?
- ♥ If awareness is already unfolding, can I trust myself to receive it?





The Body Speaks

Sometimes “more” arrives quietly.

A sensation.

A feeling.

A place of tension.

A deep exhale.

Your body is constantly participating in your experience and gently offering information.



Turn your Reiki on.



Take a few slow breaths.



Then ask:

“Reiki... show me more through my body.”



Pause.



Simply notice.

There is nothing to fix and nothing to force.

Allow yourself to become curious about what your body may already know.

Reflection

- What sensations or feelings are asking for my attention right now?
- If my body had wisdom to share, what might it be inviting me to notice?





When the Veil Lifts

As you soften into presence,
your perception begins to widen.
The ordinary becomes infused
with subtle beauty.
You notice more. You feel more.
You begin to sense the energy
that is always present.



Turn your Reiki on.



Take a few slow breaths.



Then ask:

*"Reiki... show me more
about what is around me."*



Pause.



Open to wonder.



Allow yourself to be surprised
by what you may have overlooked
before.
There is so much more here
for you to experience.

Reflection

- What do I notice now that I may not have noticed before?
- How does it feel to allow myself to see beyond the familiar?





The Quiet Knowing

Guidance often begins softly.
A feeling. A sense of knowing.
A gentle nudge from within
that does not come from thinking.

When you ask,
"Reiki... show me more,"
you may begin to notice
the quiet messages of your soul.



Turn your Reiki on.



Take a few slow breaths.



Then ask:
*"Reiki... show me more
through my inner knowing."*



Pause.



Listen for what arises
in the quiet.

Something within you may already
know more than you realize.
You are simply being invited
to notice and trust.

Reflection

- ♥ Have I ever simply known something without knowing how I knew?
- ♥ What happens when I pause and listen to my quiet inner knowing?





Following the Signs

Life often speaks in symbols, synchronicities, and meaningful moments.

A conversation, a book, an animal, a number, or an unexpected opportunity may appear at just the right time.

When you ask, *"Reiki... show me more,"* you may begin to notice what is asking for your attention.



Turn your Reiki on.



Take a few slow breaths.



Then ask: *"Reiki... show me more through the signs around me."*



Pause.



Stay open and curious about what appears.

You may discover that guidance has always been near.

As your awareness grows, the signs may become easier to recognize.

Reflection

- ♥ What signs, patterns, or synchronicities have I been experiencing in my life?
- ♥ If I viewed these moments with curiosity, what might they be inviting me to explore?





The Gentle Guide

Guidance often arrives as an invitation, not an instruction. It may gently draw you toward certain people, places, experiences, or ideas.

You are always free to choose your path.

When you ask, *"Reiki... show me more,"* you may begin to recognize the invitations that feel right in your heart.



Turn your Reiki on.



Take a few slow breaths.



Then ask:
"Reiki... show me what is meant for my growth."



Pause.



Notice what feels inviting.
Trust what resonates.
Let the rest go.

Reflection

- ♥ Where in my life do I feel drawn or curious about something right now?
- ♥ Is there one invitation I would like to explore a little more?





The Greater Self

As your relationship with Reiki deepens, you may begin to feel connected to a larger, wiser part of yourself.

It sees more. Knows more.
And loves you completely.

Your inner guidance and your everyday life may begin to speak the same language.

When you ask,
"Reiki... show me more,"
you may realize you are living from more than your thinking mind.



Turn your Reiki on.



Take a few slow breaths.



Then ask:
*"Reiki... show me more
of my highest self."*



Pause.



Listen within.
Listen all around.
Notice how you are guided.

Reflection

- When have I felt connected to something larger than my everyday self?
- How might my life change if I trusted that deeper wisdom more often?





Opening the Inner Senses

Each of us receives guidance in our own unique way. It might come as a feeling, a word, an image, a nudge, a sensation, or a deep sense of peace.

"Reiki... show me more" can become an invitation to discover your own language of inner knowing.



Turn your Reiki on.



Take a few slow breaths.



Then ask:
"Reiki... show me more in the way I best understand."



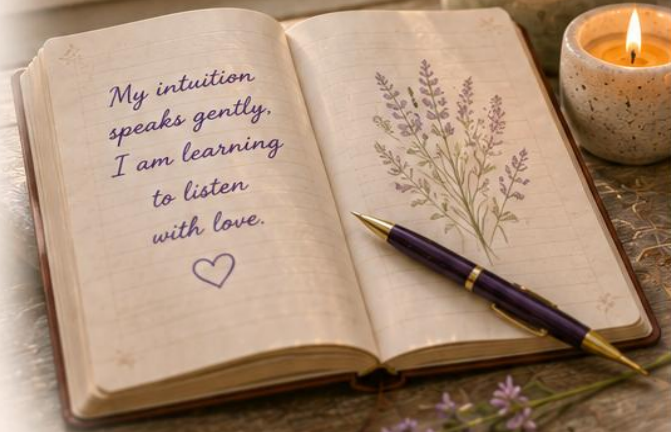
Pause.



Notice how guidance naturally comes to you.



Trust your way.
It is the right way for you.



Reflection

- ♥ How do I most naturally experience inner knowing or intuition?
- ♥ What might happen if I approached my intuition with curiosity instead of doubt?





Living the Question

There may never be a final answer to *"Reiki... show me more."*

Instead, it becomes a way of moving through life—with curiosity, openness, and wonder.

Every experience, every relationship, and every moment becomes another opportunity to discover more about yourself and the world around you.



Turn your Reiki on.



Take a few slow breaths.



Then ask:
"Reiki... show me more in my life right now."



Pause.



Stay open.
Stay curious.



Trust that each moment is part of your journey.



Reflection

- ♥ Where in my life am I ready to say, "Show me more"?
- ♥ What possibilities might open if I remain curious about what comes next?





The Great Remembering

"Reiki... show me more."

Sometimes we forget who we are.

We become caught in thoughts, stories, and reactions.

When we look within, we begin to remember what is true.

You are not becoming someone new.

You are coming home to yourself.



Turn your Reiki on.



Take a few slow breaths.



Then ask:
"Reiki... show me more of who I truly am."



Pause.



Place your hand on your heart.



Breathe. Allow. Remember.

Reflection

What feels deeply true about who I am?

What within me feels familiar, peaceful, and real?





Walking Forward

You do not need to
see the whole path.

Just the next step.

*"Reiki... show me more
as I walk my path."*

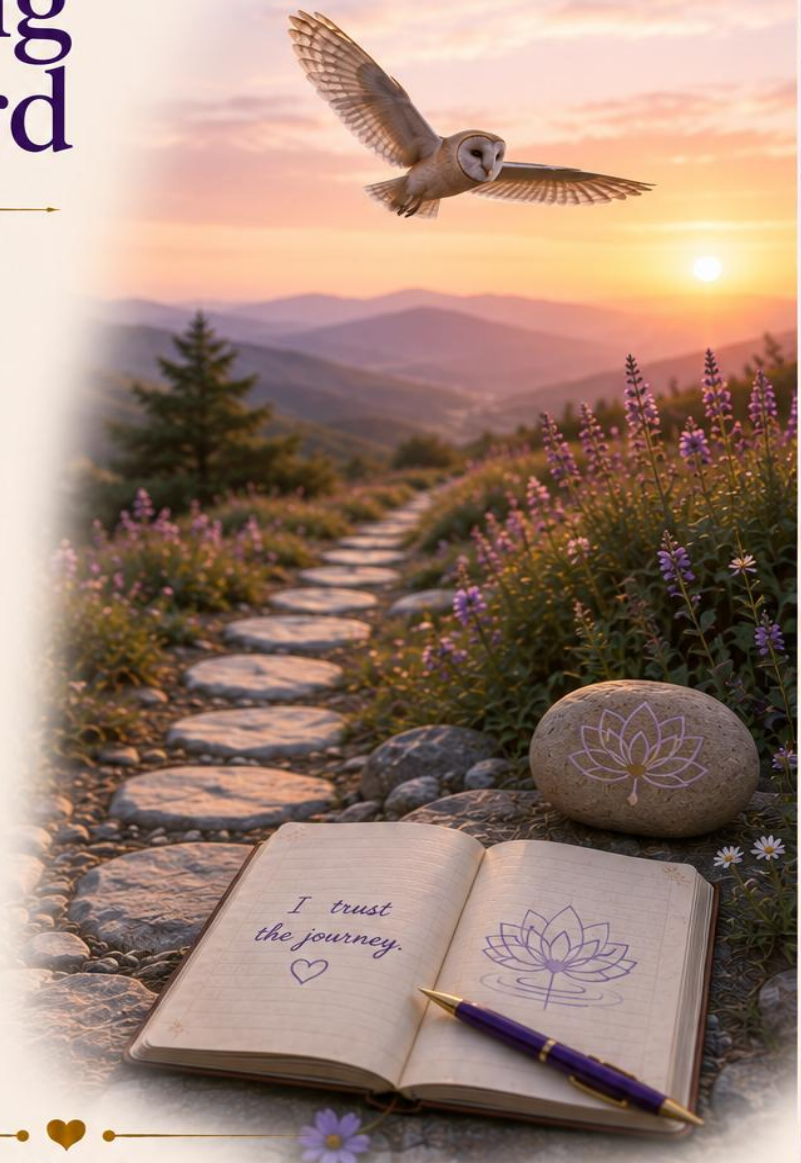
Pause.

Listen.

Notice.

Trust.

And keep walking.



Reflection

- ♥ What is my next gentle step?
- ♥ What would it feel like to walk with curiosity and trust?





Final Blessing

"Reiki... show me more."

There may always be
more to discover.

- ♥ More wonder.
- ♥ More awareness.
- ♥ More of *yourself*
to remember.

May this question
remain a gentle
companion:

"Reiki... show me more."

And may you continue
walking with curiosity,
trust, and an open heart.





About This Journey

This journey was created as a gentle companion to support your relationship with the intelligence of Reiki and your own inner wisdom.

May it inspire you to continue asking,
“Reiki... show me more.”
and to live with curiosity, trust,
and an open heart.

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*Honoring the sacred connection within
and all around us.*