

R E F L E C T I O N S



Learning to Move with Life

*What Becomes Possible When
Reiki Teaches Us to Listen Within*



*Develop your inner senses.
Trust what you know.
Move forward with clarity,
confidence and alignment.*



WHY I WROTE THIS BOOK



Over the years, Reiki has given me many gifts, but one of the greatest has been learning to trust and live from my inner senses.

As we continue practicing Reiki—particularly as Reiki Masters—we spend countless hours turning inward, listening, sensing, noticing and allowing.

If we choose to develop this awareness, something remarkable can begin to happen.

Our inner guidance becomes as familiar as our rational way of knowing. Eventually, the two can begin working together.

I wrote this little book because I believe this is one of the hidden gems of living with Reiki and one of its most beautiful possibilities.





WHAT BECOMES POSSIBLE

This book is not about choosing intuition over reason. Both are valuable.

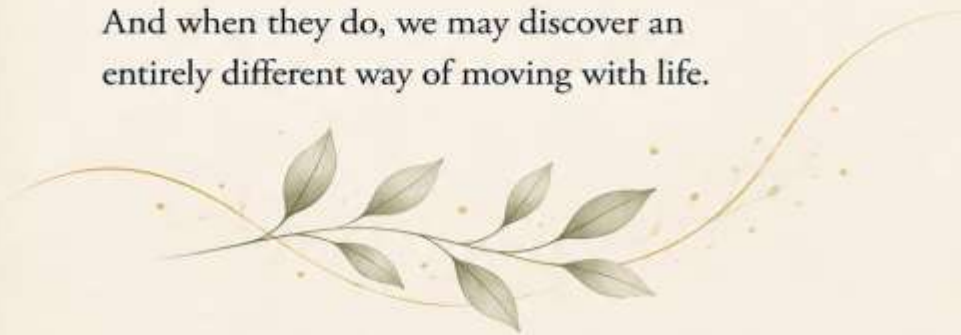
It is about what can happen when we consciously develop another way of knowing and allow it to become part of how we move through everyday life.

With time and practice, we may no longer need to stop and ask, "Is this my intuition?"

We simply know.

Our inner senses, outer senses, experience and rational mind begin working together as one integrated system.

And when they do, we may discover an entirely different way of moving with life.





TWO WAYS OF KNOWING

We move through life using more than one way of knowing.

Our outer guidance system gathers information through what we can see, hear, touch, observe, research and reason. It helps us understand the physical world around us.

But we also have an inner guidance system.

It speaks through intuition, sensing, inner seeing, inner hearing and sometimes simply knowing—without knowing how we know.

Both systems are valuable.

Reiki gives us an opportunity to consciously develop the inner one, so that over time, these two ways of knowing can begin to work together.





REIKI TEACHES US TO GO INWARD

Reiki invites us to slow down, breathe,
and turn our attention inward.

In that stillness, we begin to notice that
we have an inner world that is always here—
steady, quiet and wise.

At first, it may be subtle.
A feeling. A nudge. A knowing.
A gentle YES or a soft NO.
A sense of peace—or unease.

Reiki helps us feel safe enough to listen,
trust what we sense and take loving action
from that inner guidance.

The more we practice, the more natural
it becomes to live from this place
within.





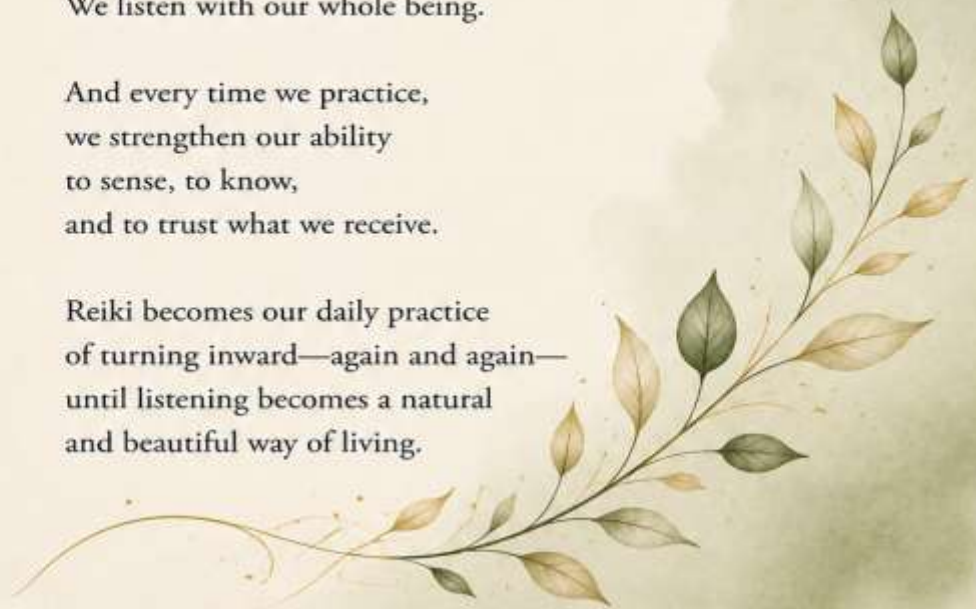
EVERY TIME WE PRACTICE, WE PRACTICE LISTENING

When we give Reiki to ourselves,
another person, an animal, a situation,
a place—or even to something unseen—
we are doing more than offering healing.
We are tuning in.
We are listening.

We listen with our hands.
We listen with our breath.
We listen with our heart.
We listen with our whole being.

And every time we practice,
we strengthen our ability
to sense, to know,
and to trust what we receive.

Reiki becomes our daily practice
of turning inward—again and again—
until listening becomes a natural
and beautiful way of living.





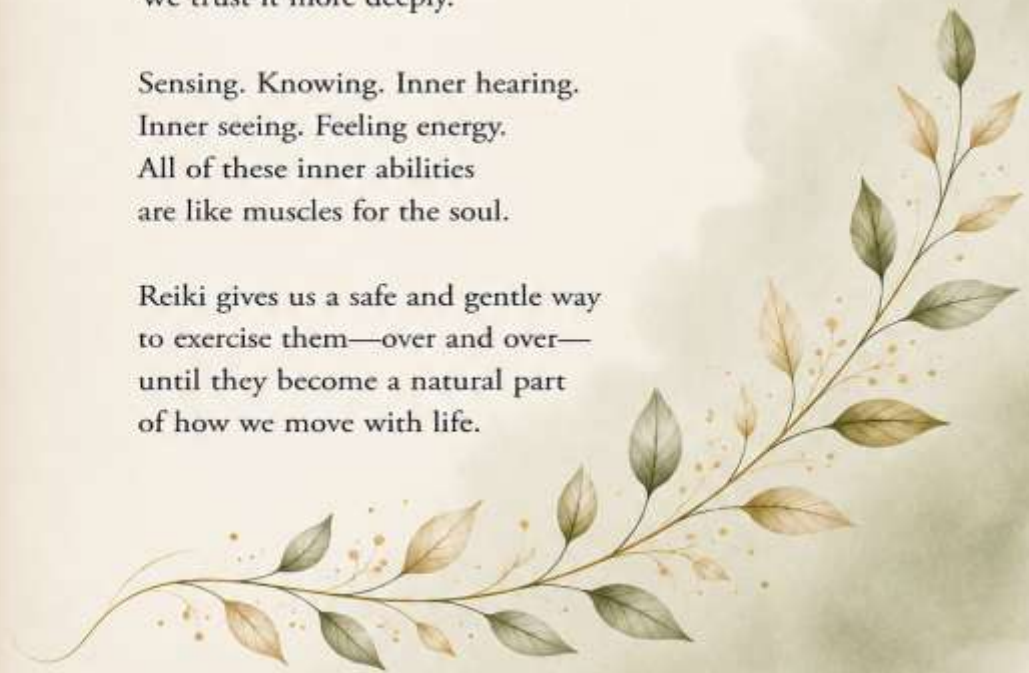
THE INNER SENSES DEVELOP THROUGH USE

Just like any other ability,
the more we use our inner senses,
the more familiar and dependable they become.

At first, the information may be faint,
fleeting, or easy to question.
Over time, it becomes clearer.
We recognize it more quickly.
We trust it more deeply.

Sensing. Knowing. Inner hearing.
Inner seeing. Feeling energy.
All of these inner abilities
are like muscles for the soul.

Reiki gives us a safe and gentle way
to exercise them—over and over—
until they become a natural part
of how we move with life.





LEARNING YOUR OWN LANGUAGE OF KNOWING

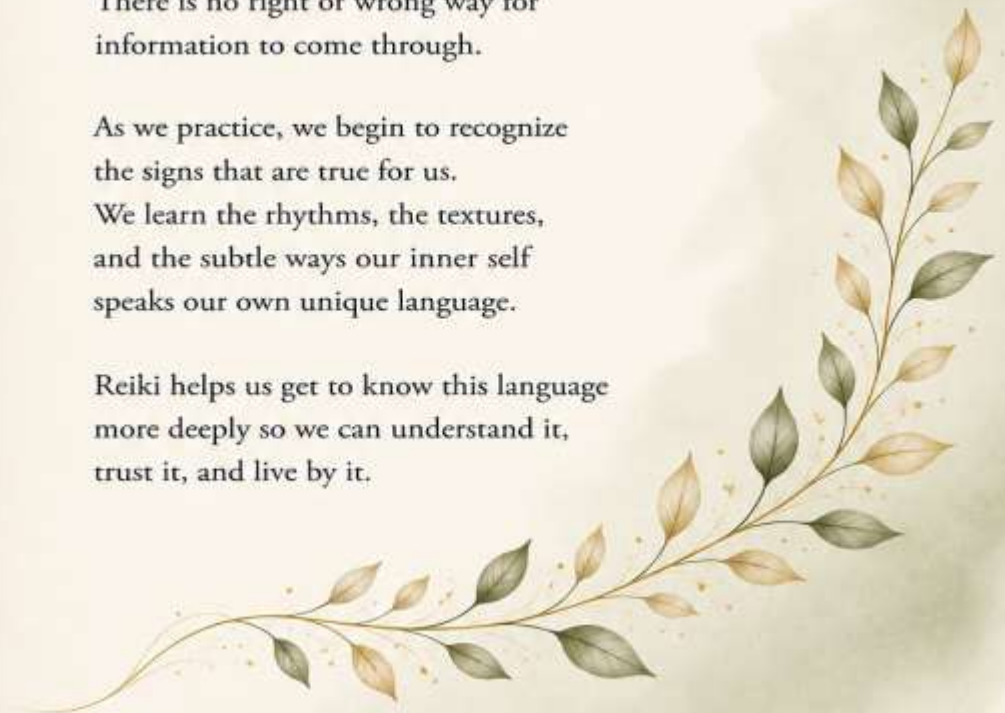
Guidance does not always arrive the same way
for everyone.

Some people feel it as a gentle nudge in the body.
Some hear a quiet word or phrase.
Some see a picture, a color, or a symbol.
Some simply know—without any form at all.

There is no right or wrong way for
information to come through.

As we practice, we begin to recognize
the signs that are true for us.
We learn the rhythms, the textures,
and the subtle ways our inner self
speaks our own unique language.

Reiki helps us get to know this language
more deeply so we can understand it,
trust it, and live by it.





FROM “I HAD A FEELING” TO “I KNOW”

Most of us have had the experience of looking back and saying, “I knew.”

I knew I should have waited.
I knew I should have called.
I knew something didn't feel right.

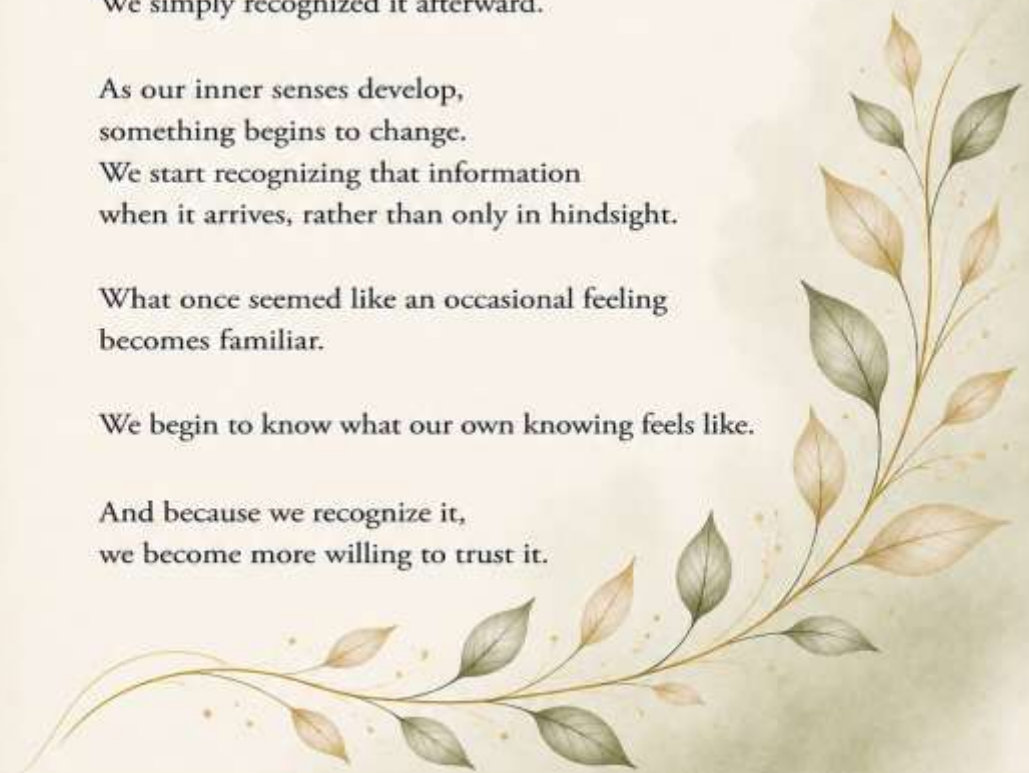
The information was there.
We simply recognized it afterward.

As our inner senses develop,
something begins to change.
We start recognizing that information
when it arrives, rather than only in hindsight.

What once seemed like an occasional feeling
becomes familiar.

We begin to know what our own knowing feels like.

And because we recognize it,
we become more willing to trust it.





WHEN INNER KNOWING AND RATIONAL KNOWING WORK TOGETHER

As our inner senses develop, something beautiful begins to happen inside.

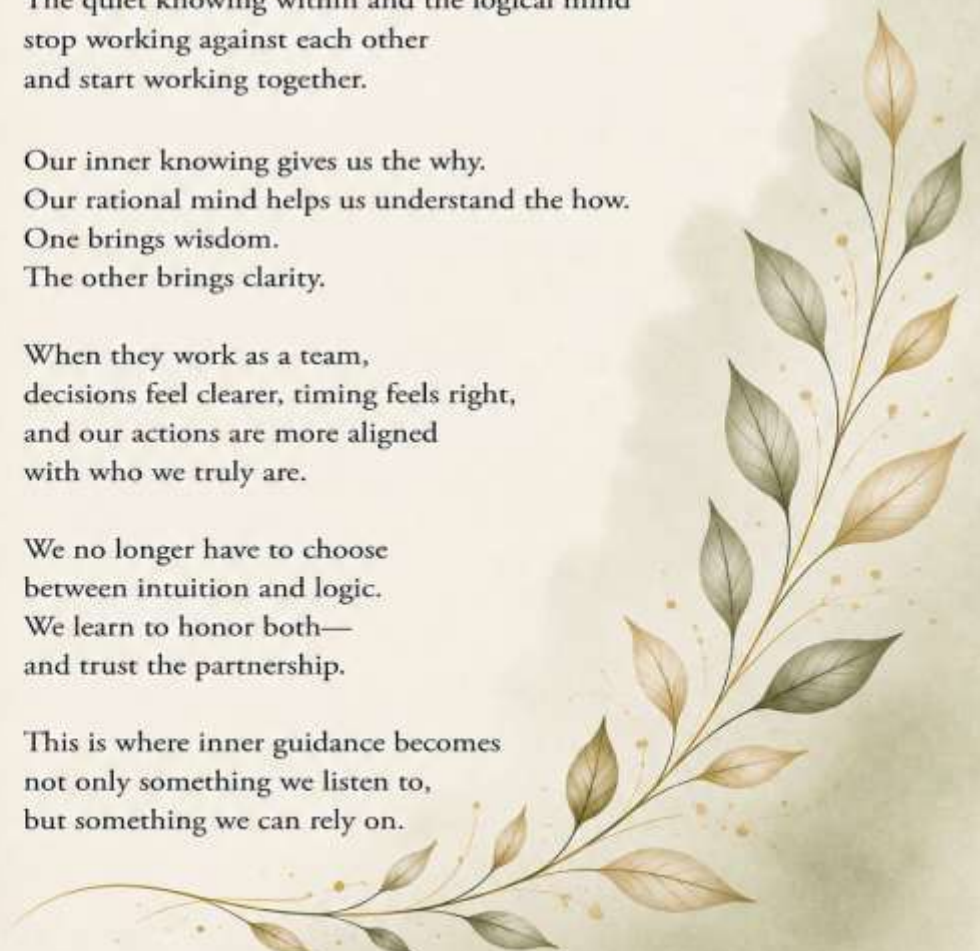
The quiet knowing within and the logical mind stop working against each other and start working together.

Our inner knowing gives us the why.
Our rational mind helps us understand the how.
One brings wisdom.
The other brings clarity.

When they work as a team,
decisions feel clearer, timing feels right,
and our actions are more aligned
with who we truly are.

We no longer have to choose
between intuition and logic.
We learn to honor both—
and trust the partnership.

This is where inner guidance becomes
not only something we listen to,
but something we can rely on.





REIKI HELPS US REMEMBER

Long before we learned to doubt,
before we were told who to be,
before life became so complicated,
we remembered.

We remembered who we are.
We remembered that we are love.
We remembered that we are connected.
We remembered that we belong.

Life may have asked us to forget
so we could learn certain lessons.
Reiki gently helps us remember again.

Not all at once.
Just enough for today.
Just enough for the next right step.

And with each remembering,
life becomes a little more like coming home.





GUIDANCE AND INTERPRETATION ARE NOT THE SAME THING

Inner guidance may be clear, but that does not mean we are always given the explanation.

Sometimes we receive a knowing and our rational mind immediately tries to make sense of it.

This is where we can confuse the guidance with the story we create around it.

The guidance may be completely accurate.
Our interpretation may not be.

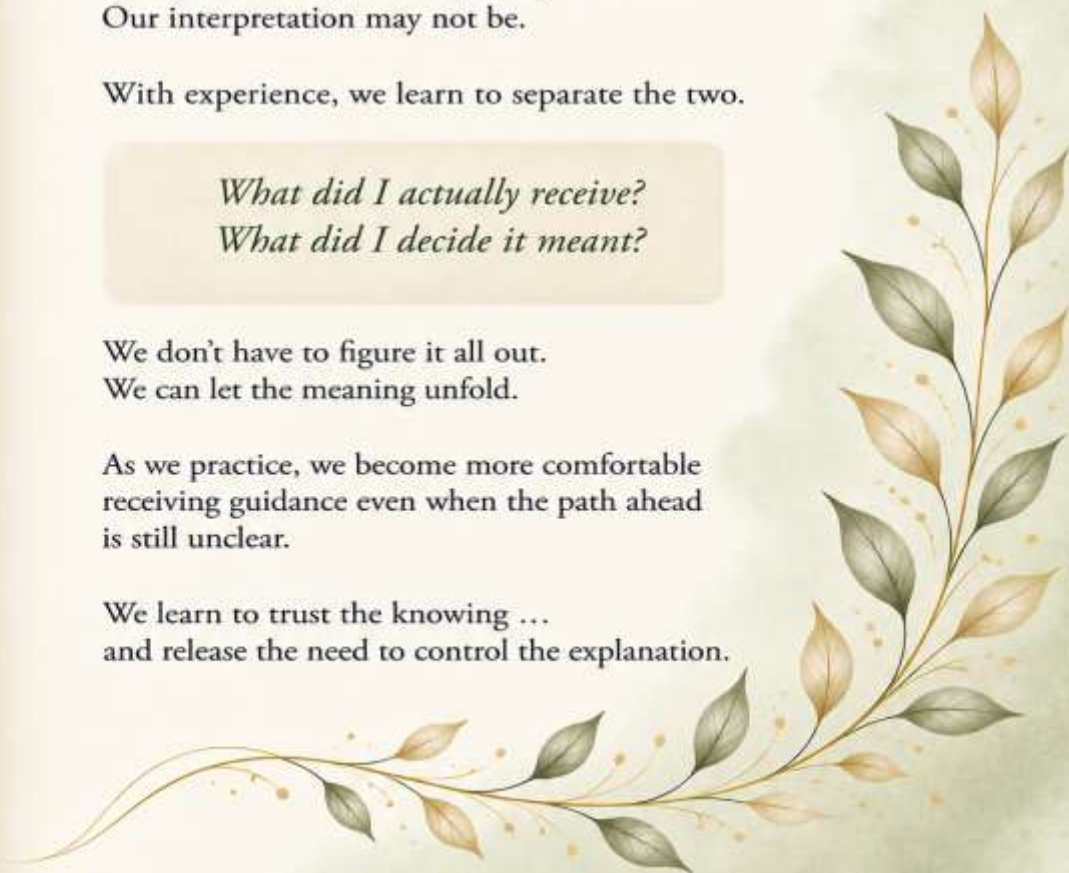
With experience, we learn to separate the two.

*What did I actually receive?
What did I decide it meant?*

We don't have to figure it all out.
We can let the meaning unfold.

As we practice, we become more comfortable receiving guidance even when the path ahead is still unclear.

We learn to trust the knowing ...
and release the need to control the explanation.





WE ARE NOT ALWAYS GIVEN THE WHOLE PICTURE

Inner guidance rarely gives us a map of everything that will happen next.

Often, we are given only what we need for the moment we are in.

A nudge.
A knowing,
A clear next step.

Our rational mind may want to know where it will lead before we move. But inner guidance does not always work that way.

Sometimes understanding comes days, months, or even years later.

Looking back, we may suddenly see how one small action became part of something much larger.

*We weren't missing the rest of the guidance.
We simply didn't need it yet.*





THE NEXT STEP MAY BE ENOUGH

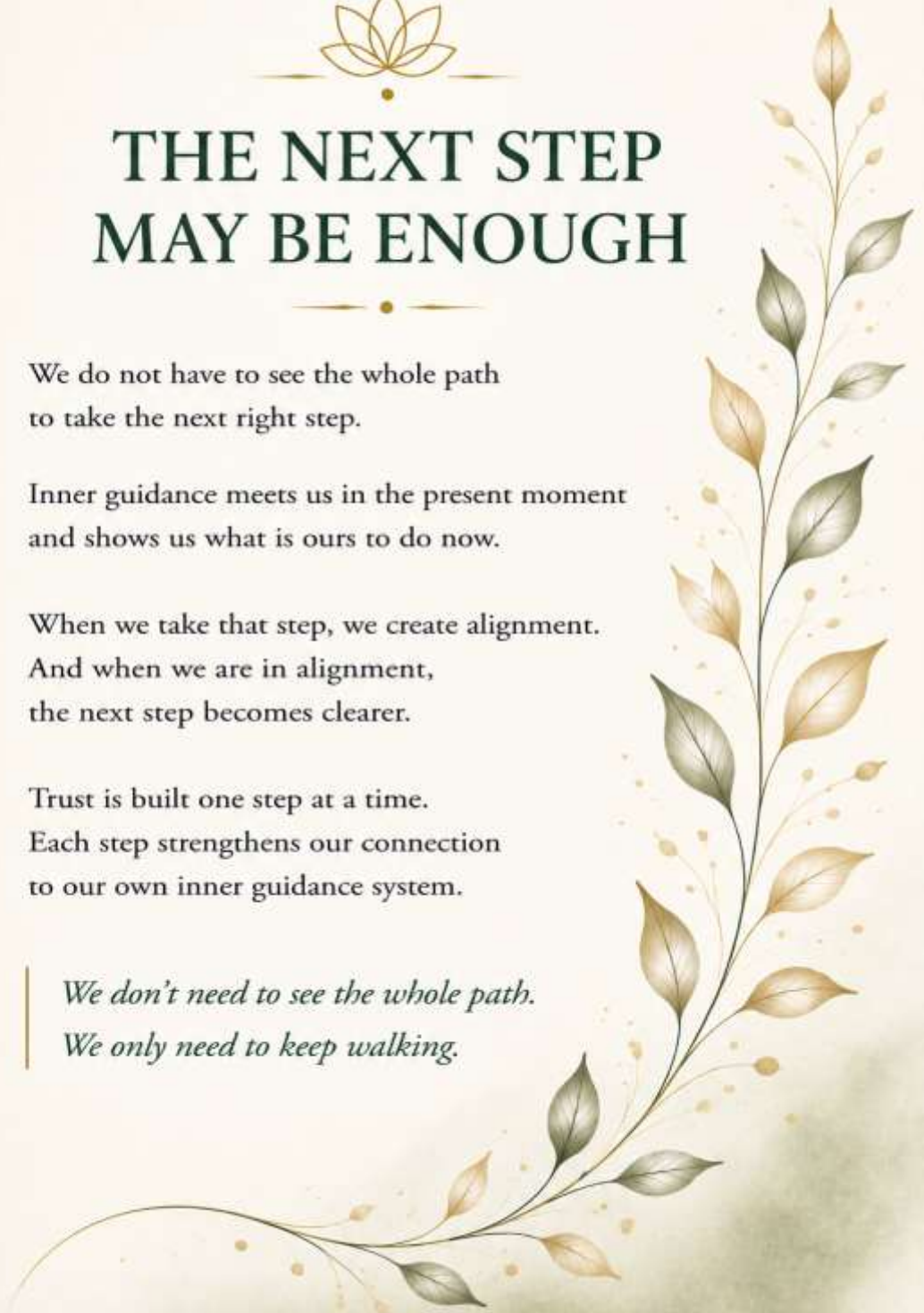
We do not have to see the whole path
to take the next right step.

Inner guidance meets us in the present moment
and shows us what is ours to do now.

When we take that step, we create alignment.
And when we are in alignment,
the next step becomes clearer.

Trust is built one step at a time.
Each step strengthens our connection
to our own inner guidance system.

*We don't need to see the whole path.
We only need to keep walking.*





WHEN THERE IS NO CLEAR ANSWER

One of the things I have learned about my own inner guidance system is what it means when I go back and forth.

If I am considering what is for the highest good, or trying to make the best decision, and I continue to waffle between choices without receiving a clear knowing, I no longer push myself to decide.

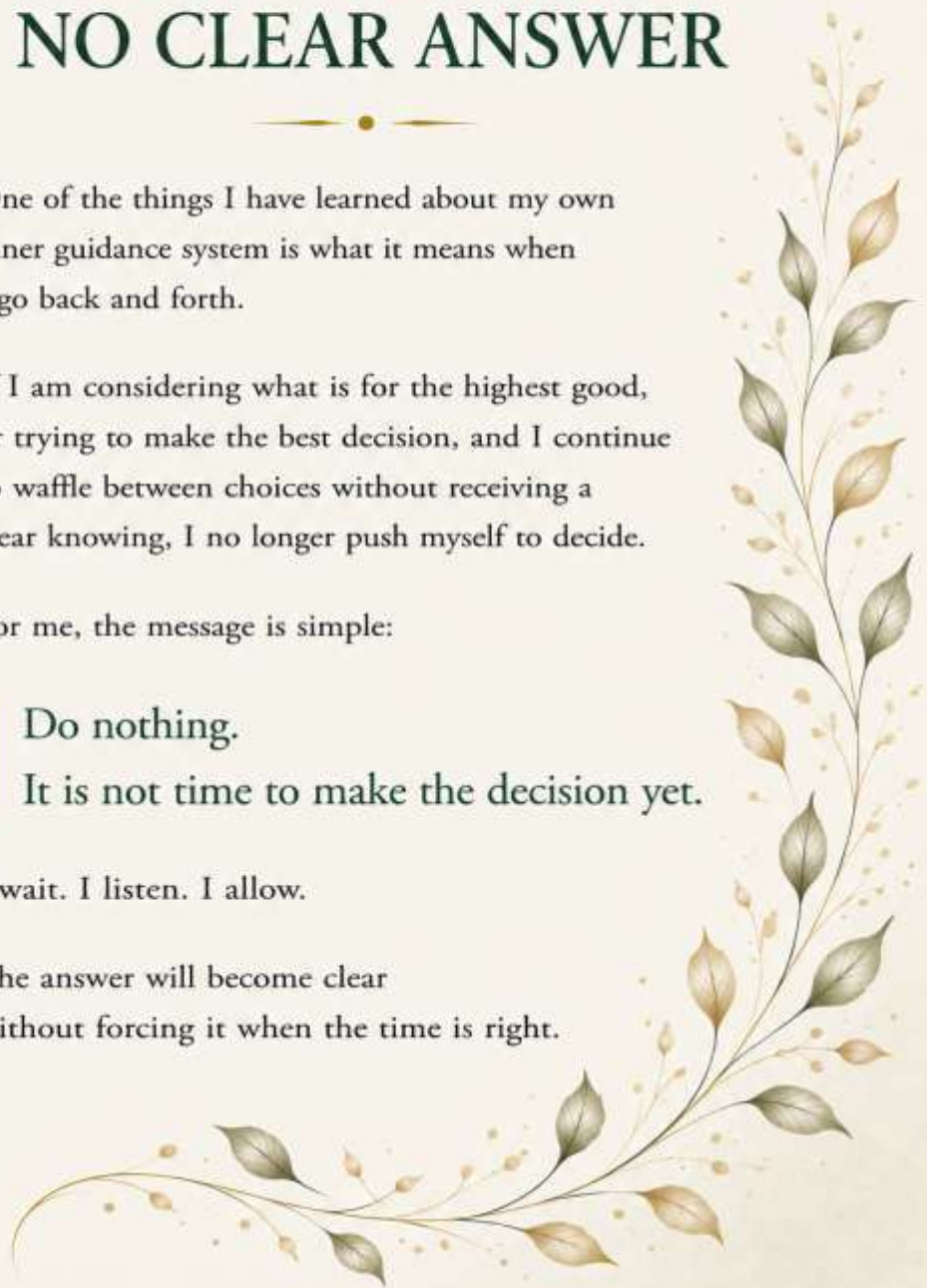
For me, the message is simple:

Do nothing.

It is not time to make the decision yet.

I wait. I listen. I allow.

The answer will become clear without forcing it when the time is right.





WHEN THE ANSWER IS YES

There are other times when the knowing
arrives with remarkable clarity.

There is no going back and forth.
No need to convince ourselves.
No endless weighing of possibilities.

Something within simply says, *Yes*.

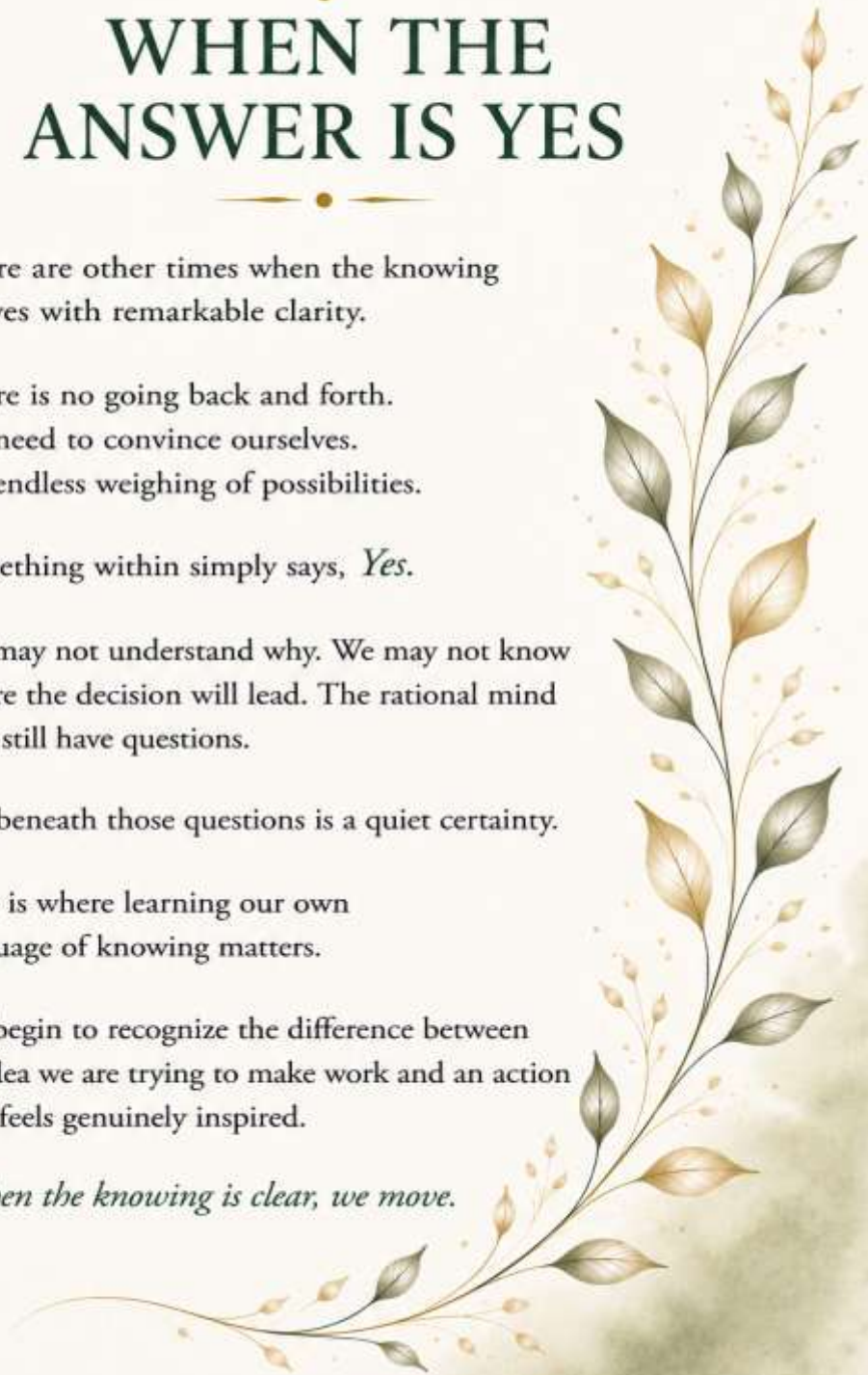
We may not understand why. We may not know
where the decision will lead. The rational mind
may still have questions.

But beneath those questions is a quiet certainty.

This is where learning our own
language of knowing matters.

We begin to recognize the difference between
an idea we are trying to make work and an action
that feels genuinely inspired.

When the knowing is clear, we move.





INSPIRED ACTION

There are times when we feel an inner nudge—
a quiet *YES* that carries energy.

It feels light, expansive, and alive.
We feel curious, interested, even excited
about taking the next step.

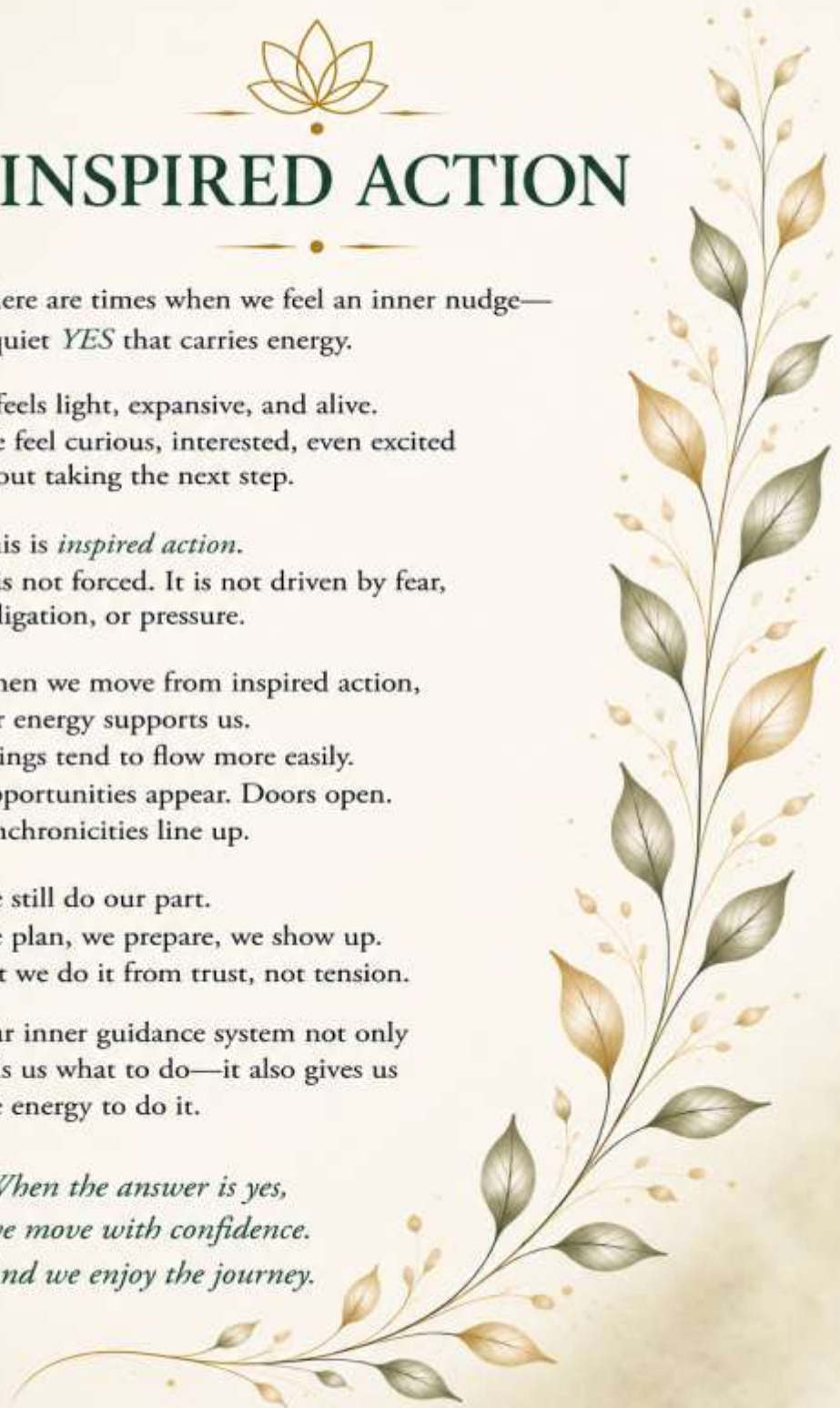
This is *inspired action*.
It is not forced. It is not driven by fear,
obligation, or pressure.

When we move from inspired action,
our energy supports us.
Things tend to flow more easily.
Opportunities appear. Doors open.
Synchronicities line up.

We still do our part.
We plan, we prepare, we show up.
But we do it from trust, not tension.

Our inner guidance system not only
tells us what to do—it also gives us
the energy to do it.

*When the answer is yes,
we move with confidence.
And we enjoy the journey.*





INSPIRED DOESN'T ALWAYS MEAN EASY

Sometimes we follow a clear inner nudge and
the experience does not unfold as we expected.

That does not necessarily mean
we misunderstood the guidance.

Perhaps the experience itself held
something we needed to discover.

We may learn what works.
What doesn't.
What we want.
What we no longer want.

But sometimes we receive something even greater:
a new understanding.

An experience can allow us to see another person,
ourselves, or a situation differently.

And where there was once frustration, judgment,
anger, or resentment, there may now be compassion.

*Sometimes the gift of inspired action
is what we understand afterward.*





EFFORT IS NOT THE SAME AS FORCING

Some things that are right for us
still require effort.

They may ask us to stretch, be courageous,
stay patient, or do something difficult.

But effort and forcing *do not* feel the same.

When something begins to feel continually
cumbersome, burdensome, or filled with resentment,
I have learned to pay attention.

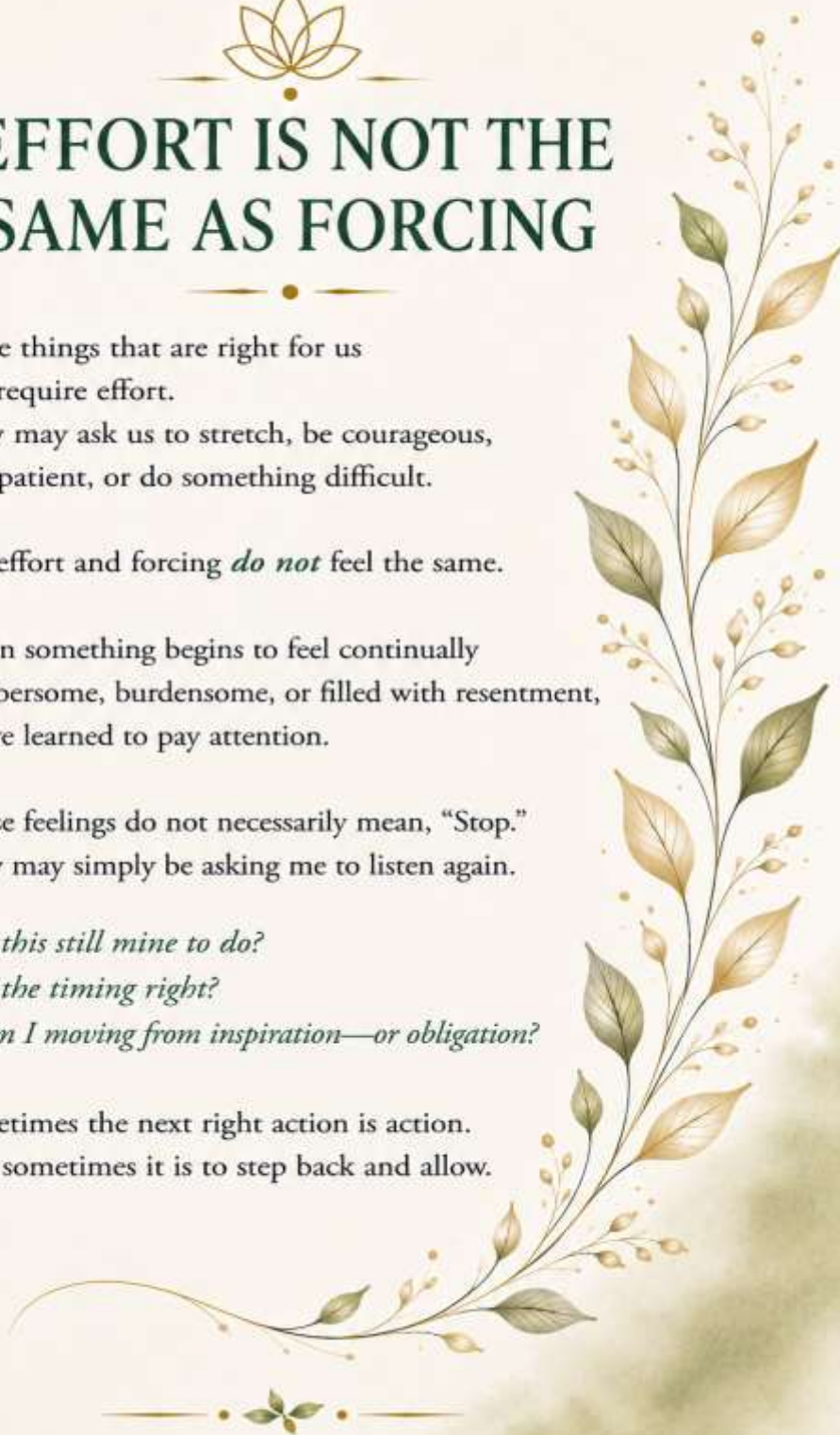
Those feelings do not necessarily mean, "Stop."
They may simply be asking me to listen again.

Is this still mine to do?

Is the timing right?

Am I moving from inspiration—or obligation?

Sometimes the next right action is action.
And sometimes it is to step back and allow.





KNOWING WHEN TO ALLOW



There comes a point when we have
done what feels ours to do.

We have listened.

We have acted.

We have followed the guidance
we received.

And still, we may not know how
things will unfold.

Allowing does not mean giving up.
It means recognizing when there is
nothing more for us to do right now.

Instead of pushing for an answer or trying
to control the outcome, we leave room
for life to respond.

*We listen. We remain open.
We notice what happens next.*

*Sometimes the most aligned thing we can do
is stop trying to make something happen
and allow it to unfold.*





SYNCHRONICITY: WHEN LIFE ANSWERS BACK

As we learn to listen within, act when we feel guided, and allow when there is nothing more to do, we may begin to notice something else.

- ✿ A conversation happens at just the right moment.
- ✿ The right person appears.
- ✿ An unexpected opening occurs.
- ✿ One seemingly ordinary event leads naturally to the next.

We call these moments synchronicities.

We do not have to chase them
or make them happen.
We simply notice.

*Sometimes synchronicity feels like part of the
conversation between our inner guidance
and the life unfolding around us.*



*We listen within.
We take the step.
And sometimes, life answers back.*



ASKING FOR A SIGN

Sometimes I receive clear inner guidance,
but circumstances around me cause me
to question what I know.

In those moments, I may *ask Spirit
for a sign.*

Not because I have abandoned my
inner knowing, but because I am asking
for confirmation that I am hearing
clearly.

Then I let go of how the sign
should appear.
I remain open and pay attention.

*Sometimes the answer arrives in a way
so personal, unexpected, and unmistakable
that I simply know:*

*Yes. I am hearing correctly.
Stay the course.*

*I ask. I let go. I trust.
And I pay attention to what Spirit shows me.*



LET THE SIGN ANSWER THE QUESTION

When I ask for a sign, I try not
to decide what the answer must be.

I may be asking:

-  *Do I hold steady?*
-  *Do I change direction?*
-  *Do I hold on?*
-  *Or is it time to let go?*

Then I remain open.

The answer may confirm what I already
know—or show me something I wasn't
expecting.

The important part is my willingness
to receive the answer, even when it is
different from the one I hoped for.

*A sign is not meant to tell me
what I want to hear.*

*It helps me recognize
what I need to know.*



RETURNING TO CLARITY

There are times when I know
I am not in a clear place to listen.

Anger, resentment, worry, or frustration
can become so loud that I cannot easily
distinguish inner guidance from emotion.

When I recognize this,
I don't push for an answer.

I return to Reiki.



I give myself Reiki and allow
my energy to settle before trying
to understand what I am being shown.

There is no urgency to know.

First, I return to myself.

Then I listen again.

*Sometimes the clearest guidance
comes after we stop asking
for the answer and simply
receive Reiki.*



AN INNER OPERATING SYSTEM

Through Reiki, I have developed an inner operating system that guides me with wisdom, clarity, and compassion.

I still use my rational mind, my outer senses, and my experience. They are all valuable.

But now I also listen within. I include my inner knowing, my intuitive senses, and the gentle guidance of Spirit.

This system helps me discern what is true for me, what is important, and what is mine to do.

It helps me know when to act, when to wait, when to hold on, and when to let go.

It reminds me that I am not separate from life, but supported by it.

The more I practice, the more natural this way of living becomes.

*Two ways of knowing.
One heart.
A life lived in alignment
with who I truly am.*



THE SECRET ART OF INVITING HAPPINESS

Happiness is not getting everything I want
when I want it, in the way I want it.

It is the peace that becomes possible when
I stop needing life to unfold exactly as
I expected before I can trust it.

Through Reiki, I have learned to listen
within, trust my knowing, and follow
the guidance that is truly mine.

I may not understand the whole picture.
*But I trust that everything is
working out for the highest good.*

Even when I cannot see it.

Even when it doesn't feel good.

This trust changes everything.

It brings peace. It ends the struggle.

Suffering passes through,
but it does not become my home.

*I do my part.
I listen within.
I take inspired action.
And I allow the rest
to unfold.*

*I may not always know why.
But I know I am never alone,
and I know I am being guided.*



A NOTE FROM ME TO YOU

*You are not
alone.
Spirit is always
with you.*

Dear fellow traveler,

If you have read this far, I hope these reflections
will help you to understand what already lies within you.

Reiki does not promise a perfect life.
It offers something far more valuable—
a relationship with your own inner wisdom.

Through Reiki, we develop the ability to listen within,
to trust what we sense, and to move with life
instead of against it.

This is not something we master overnight.
It is a practice. A remembering.
A returning. Over and over again.

You do not have to have all the answers.
You only need a willingness to listen,
to follow the breadcrumbs,
and to take the next right step.

May these pages support you as you continue
discovering your own language of knowing,
your own rhythm, and your own way
of living in alignment with who you truly are.

*Thank you for allowing me to be a small part
of your journey.*

Julie ♥





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