**Healing the World with Reiki**

The International Center for Reiki Training website contains many ways to send Reiki to the world. Here a just a few suggestions from William Rand.

**World Peace Card Meditation**…happens every month, for global healing.

http://www.reiki.org/wpcm.html

Article about the creation of the grid: <http://www.reiki.org/Download/WorldPeace.pdf>

**Suggestions for how to practice sending to places/people in need of healing:**

Take several centering breaths.

Intend Reiki to flow.

Begin your time with a healing affirmation.

Hold your hands in prayer/Gassho. This is very centering.

If you do not have 2nd degree Reiki or higher, simply intend to send healing energy. If you do have 2nd degree Reiki or higher, draw the distance symbol and intend to send Reiki in this way. Feel free to use any other Reiki symbols as well.

Imagine sending Reiki (maybe as golden light) to a place, people or region. You might send directly to one location/community, or to the entire Earth/all of humanity.

As you send healing energy intend to unite the whole earth in love.

To add depth to your meditation and healing practices, visualize yourself connected to a field of love and light within, above and about our earth.

As you complete your healing, seal it with the Reiki power symbol and/or a prayer and intend that the healing will continue to flow.

**When sending to areas of conflict…**

As you send healing, you can also compassionately visualize, imagine or think of all the people in these areas who are suffering, being transformed by the healing love of Reiki energy. See the energy flowing also to those who act to oppress others, see it flowing into their heart centers awakening them to a more loving way of being. Now see the Reiki energy flowing through them, around them and connecting them to one another in a very peaceful way. See the homes and businesses, and the land, being healed and whole. See these areas in peace and KNOW that it is done. So Be It.

**From the International Center for Reiki Training…a beautiful visualization with Reiki for the world…**

For a longer practice, you can meditate on light filling **your self**. Then in your mind's eye, travel, seeing:

Light filling your room.

Filling your neighborhood.

Light in your community.

Then your country.

Then your continent and soon the globe.

Going up, see the beautiful earth.

The moon.

The brilliant sun.

Light through the moon and earth.

Surrounded and suffused with peace and love and light.

Rest.

Rest radiant in this global love and light.

Then come back down slowly.

Light and love in the sky.

Light over and through your continent.

Your community.

Your room.

Light in your self.

Know that peace and love surround and fill the earth and all its beings.

Close in love and light.

Suggestions for sending Reiki to the world.

* Send to the elements. For example, Water. Send to the Ocean, the Rivers, and Lakes. Take particular note in how this feels, or if you receive any messages.
* Send to distinct communities.
* When you see/read the news, immediately send to a place/person in need.
* Make it a practice to send to all people involved in difficult situations.
* Send to the animals.
* Send to sacred sites in the world.
* Send to the land on which you live, giving gratitude.
* Send to places on the earth that have held trauma, or violent events.
* Randomly send Reiki to people through your day! Waiting in the check out line? Send to the checker while he/she rings you up.

**Don’t forget … SELF-REIKI.**

**When we heal ourselves, we heal the planet.**

**We are amazing creator beings.**

**And, our own healing works in a ripple effect.**

**We are the change.**