
CENTRING

Centring helps you connect with your core, stay present, and hold steady energy when working with others. These practices can be used before Reiki sessions, during emotionally charged moments, or anytime grounding alone isn't quite enough. Actively making the effort to centre yourself before, during and after giving Reiki (whether to yourself or to someone else), creates a stable container for Reiki to flow through.

Without it, you may find yourself distracted, emotionally pulled in different directions, or mentally scattered—none of which support the clear, open channel that Reiki requires. Centring allows you to tune into your intuition, sense energy more clearly, and respond with greater wisdom during the session.

It also ensures that you're responding to your client's needs, not absorbing them. When you're centred, you can witness and support without becoming entangled. You maintain a strong, healthy sense of self, which is especially important if your client is emotional, distressed, or energetically intense.

Beyond the session itself, centring helps you end cleanly and return to your own state of balance. Without it, you may carry residual energy or feel ungrounded and unclear. Ultimately, centring is what allows you to practice Reiki in a way that is sustainable, safe, and aligned with your highest self. It reconnects you with your intention, strengthens your boundaries, and deepens your ability to serve from a place of inner peace.

Before a Session

You may need to centre yourself if:

- You feel scattered, restless, or mentally distracted
- Your thoughts are racing or you're jumping from one task to another
- You feel emotionally off-balance or reactive
- You're feeling disconnected from your body or not fully present
- It's hard to focus on the upcoming session or set a clear intention
- You feel overwhelmed by external demands or stressors
- You notice a lack of inner stillness or can't settle your breath easily

During a Session

Signs you may need to re-centre during the session include:

- Drifting thoughts or zoning out
- Feeling too much in your head rather than in your body
- Difficulty sensing energy flow clearly or consistently
- Becoming emotionally caught up in the client's energy or story
- Feeling like the session is disjointed or chaotic
- Losing track of time or forgetting where you are in the process

Inconsistent hand placements or feeling uncertain about what to do next

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After a Session

You may realise you weren't fully centred if:

- You feel disoriented, spaced out, or floaty afterwards
- You're emotionally affected in a way that lingers
- You have trouble returning to your own sense of self or stillness
- There's a feeling of having been pulled in multiple directions
- You struggle to recall details of the session clearly
- You feel rushed, ungrounded, or unfinished, even if the session went "well"
- Your energy feels uneven or jagged, rather than calm and steady

Centering helps you connect with your core, stay present, and hold steady energy when working with others. These practices can be used before Reiki sessions, during emotionally charged moments, or anytime grounding alone isn't quite enough.

Body-Focused Centering

1. Breath Awareness

- Focus on your breath entering and leaving your body.
- Count your breaths (e.g., in for 4, out for 6) until your mind quiets and awareness returns to your body.

2. Heart Centering

- Place your hands over your heart.
- Breathe into your heart space and visualize a warm, glowing light expanding outward.
- Affirm: "I return to my heart, my true center."

3. Solar Plexus Centering

- Focus on your solar plexus (just above the navel).
- Imagine a strong golden sun radiating from this point, anchoring you in personal power and confidence.

4. Feet Awareness

- Bring your awareness to your feet and feel the connection with the ground.
- Wiggle your toes, press your soles into the Earth, or visualize energy being drawn up from the Earth to support you.

Movement-Based Centering

1. Qi Gong or Tai Chi Movements

- Gentle flowing movements or standing postures can quickly reconnect you with your body's core.

2. Swirling Hands to the Center

- Hold hands out to the sides and slowly draw them together toward your lower belly, imagining you're gathering energy and placing it in your center.

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3. Spine Scan

- Slowly bring awareness from the base of your spine to the crown of your head.
- Then bring it back down, like running a beam of light through your core.

Visualization Techniques

1. Tree Visualization

- Imagine yourself as a tree—roots deep in the Earth, crown reaching the sky, and your center strong and still like a trunk.

2. Ball of Light in the Center

- Visualize a glowing orb of light in your center (Tanden, heart, or solar plexus).
- Watch it pulse steadily as you breathe.

3. String from Heaven and Earth

- Visualize a string connecting the crown of your head to the heavens and another from your base to the Earth.
- Where they meet in your core, feel your true center.

Energetic Centering Techniques

1. Using Reiki

- Begin channeling Reiki and place your hand on your Tanden or heart while breathing deeply.

2. Hand to Center

- Simply place one or both hands over your Seika Tanden and breathe.
- Feel the warmth and energy gathering under your hands.

3. Mantras or Affirmations

- “I am here.”
- “I return to myself.”
- “I am centered, calm, and clear.”

When you are fully centred, there’s a calm clarity that runs through your entire being. You feel aligned, grounded, and present—not just physically, but mentally, emotionally, and spiritually. It’s a state of quiet readiness that supports your connection to Reiki, your client, and your own inner wisdom.

Before a session, being centred feels like coming home to yourself. Your breath is steady, your thoughts have settled, and you feel calm and focused. You’re aware of your body and your energy field, and there’s a clear sense of “I am here, now.” You know your role and your intention for the session, and you feel ready to begin without urgency or tension.

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As we have explored, Reiki is not just a healing technique — it is a way of living with greater awareness, compassion, and presence. The Reiki Principles offer us daily guidance to live more gently and wisely, both with ourselves and the world around us.

This homework invites you to deepen your connection to these teachings through personal reflection. Choose one option below and take your time to explore how Reiki can continue to unfold within your everyday life. Let your writing be an act of Reiki itself — flowing naturally, openly, and with kindness toward yourself.

Please choose one of the following written exercises to complete.

Take your time with it, and approach it with honesty and kindness toward yourself. There is no "right" or "wrong" — this is your personal exploration.

Option 1: Personal Reflection Essay

Topic: "How the Reiki Principles Can Guide My Daily Life"

Guidance:

- Choose two or three of the Reiki Principles that speak most strongly to you at this time.
- Reflect on why they resonate with you.
- Share how you could consciously apply these principles to your daily routines, relationships, challenges, or goals.
- Include any obstacles you foresee and how you might overcome them with Reiki.

Option 2: A Day Living the Reiki Way - Journal Entry

Topic: "A Day of Conscious Reiki Living"

Guidance:

- Choose a day this week to consciously live according to the Gokai.
- Write a journal-style entry describing:
 - How you prepared yourself at the beginning of the day (intention setting, meditation, etc.)
 - Moments when you remembered or applied the principles.
 - Moments when you forgot or struggled — and how you brought yourself back.
 - What you learned about yourself through the process.

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During a session, centring allows you to stay present and connected without drifting. Your attention flows with the Reiki energy—you're aware of what you're doing, and it feels natural and intuitive. You're not second-guessing or overthinking, and you're not emotionally entangled with the client. You're aware of your own body and breath, holding a steady sense of self while remaining open to the energy as it flows through you. There's often a sense of timelessness, stillness, or gentle flow—like being in the eye of the storm, peaceful and focused.

After a session, if you've remained centred, you'll feel calm, collected, and whole. You'll come back to your everyday awareness easily and naturally, without feeling spaced out or unbalanced. You're able to reflect on the session clearly, without being caught up in it. Your energy feels like it's returned fully to you, and there's a gentle closure to the experience—like you've completed something with presence and grace.

Being centred isn't about perfection—it's about awareness. The more you practice, the more you'll come to recognise this steady, grounded state as your natural starting point, and return to it with greater ease.