

Sending Reiki to Your Future Self

BY SHANNON PECK

I LOVE PAINTING, and my preferred method is oil painting on canvas. I've generally adhered to the conservative approach of obeying the rules.

Recently, I pursued the idea of painting differently from the style I'd always used. With looser strokes, less detail, and more vibrant colors, my work would differ greatly from the representative method I'd used, and my confidence was low. I told my art teacher that what I envisioned to paint, I couldn't seem to execute with my hands and brush strokes. She said this was everyone's problem.

I am a long-time spiritual student, past life, and Spirit World Soul regressionist. I love delving into the depths of our being and discovering more about our true selves as souls.

Beneath my passion as an artist, I grew curious about my unique soul expression. Did I have one? Could I execute it in a painting? Following an academic approach to drawing and painting, the outcomes are predictable. I wondered what expressing my deepest soul self on canvas using oil paints would look like. Would it be emotional? Simple with light colors? Free? Complex?

The answer seemed far in the distant future. After all, I've been painting, following the rules, learning, and applying academic lessons for decades. I was sure that my soul had never appeared or, if it had, I'd missed it!

I have long held the belief that, just as each of us has a unique, non-duplicatable way of being in the world, this was just a visible expression of a far more significant expression of our deeper inner unique selves, which could become known to us through our soul, or Authentic Self. I wondered if there was a way to bring this to the art canvas. My self-confidence was low.



Shannon Peck, Bluff over Morning Sea, 2024

Recently, I took an intensive four-day art class. As I lay in bed the night before, I wondered how my unique soul expression would paint the picture I had picked out to paint. I wished I could know, but I didn't have a clue what that would be or how to achieve it. My frustration and doubt ran high.

Before turning out the light, I read a fascinating article in the latest issue of *Reiki News Magazine*. I learned that the author had sent Reiki to her future self. I had never thought of this and felt intrigued! I thought, "Let Reiki show me my authentic divine, authentic self through my art!"

Lying there, I immediately began sending Holy Fire® Reiki to my future self for all four days of the intensive classes. I trusted Reiki's intelligence to guide me. As I was sending Reiki to my future self, I felt that at that moment, lying in bed, I was also being shown my Authentic Self painting the picture. I could feel it, but I did not know how it was being done. It felt energetic.

As I felt the power, I knew it was working.

Shortly after, I went to sleep but didn't sleep soundly. I repeatedly woke up during the night with the image that I was painting my picture with loose strokes. I could feel the weight and texture of the oil paint on my brush as my hand glided across my large canvas with beautiful colors.

Each time I woke up from my twilight sleep, I felt my soul painting, incorporating my unique expression. Whatever that was, somehow, I now knew it. Not only was I experiencing my soul doing this, but it also felt familiar and representative of my Authentic Self.

In this twilight sleep, I felt aligned with my higher self, my soul. It was a euphoric feeling to experience the oil paints gliding over my canvas in this way. I loved the feeling. It felt real, as though it was happening in real time, though I was in bed dozing in and out of sleep.

I lay there in quiet elation whenever I was awake, as my soul was somehow still painting. Reiki's energy within me showed me these things and caused me to feel them.

The following morning, I went to my art class. As I picked up my brush to paint, I seemed to know exactly what to do. I even used a new underpainting method, using large, loose strokes and wiping off some paint. I discovered I could create various nuances of light and dark values by using this method. It looked painterly, not academic. It had a dreamy effect. As I applied colors, I seemed to know how to do it, and the process went fast and efficiently. I felt confident, something I rarely experience when painting. Quite the opposite!

After a few hours, my art teacher saw what I was doing and suggested I stand back from my painting to view it. She had never seen this method before, but liked it and encouraged me to keep doing it.

When I stood back from my painting for the first time, I realized it represented my Higher Self, the true expression of who I am. It felt uniquely me. Through the painting, I felt a sense of alignment with myself and belonging to what I saw on the canvas. It was Reiki energy moving through me! This was how it came about. I had walked into my future!

I felt alive with Reiki moving through me, revealing something about myself I had never seen or known. I felt a deep sense of gratitude. And I loved my painting!

It was fascinating to send Reiki to my future self without

knowing what that would be like; I was ready to be surprised! And then to arrive at my future self and experience Reiki in it! It felt almost magical, but genuine.

Intrigued by the idea of sending Reiki to my future self, I began doing this for family members. My sixth grandson would enter seventh grade soon, and Reiki would be with him, guiding him on his path. My daughter would step into a bigger role with her company, and I knew Reiki would also be with her in wonderful ways. My husband had a business idea coordinating with someone new, and I could feel Reiki in their new relationship, determining their way with success and harmony.

I spent additional time sending Reiki into the future of our country and other countries, as well as to the future of migrants and all people who were in crisis, so that they could meet their future selves and have Reiki show them new openings and opportunities, giving hope, guidance, and new, practical solutions.

I sent Reiki around the globe to war zones and the soldiers and families involved. I could feel Reiki with them, guiding and protecting them. I knew Reiki could also take care of the war, bring peace, and present their future self to them, whole and well.

In contemplating the idea of sending Reiki energy, I was aware, at another level, that Reiki is already everywhere present. From a multidimensional standpoint, the notion of time, past, and future is a human concept, not absolute. Reiki can move through all dimensions because it is already everywhere at once.

Whether we are sending or invoking an intention for Reiki energy for a chosen period, Reiki already knows where and when it is needed and guides itself accordingly once we invoke it. A witness is required to set the intention and activate the Reiki energy.

The possibilities of sending Reiki into our future are unlimited! ■



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