

Transparency Reiki

Channelled by

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July 2008

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There are some excellent Reiki and similar energy systems available on the subject of protection. Examples include Protection Reiki by Linda Colibert and Psychic Protection Flame by Stephanie Brail. There are times when we can all feel very vulnerable, especially from personal attacks or from those “psychic vampires” who can suck us dry with their many demands and leave us feeling completely washed out. At such times, the above systems (and others like them) can be very valuable

Yet there are times where we all need – and often want - to be more open to others, to be more transparent.

In the British culture I was brought up in, we practically invented the stiff upper lip. Feelings were regarded as a very private matter and certainly never to be displayed in public. Extremes of pleasure and annoyance were expected to be concealed and even suppressed. It was anticipated that a tragedy or major setback would be taken stoically. This was especially so at funerals where outpourings of grief were literally frowned upon.

It is not suggested that we should all be guided purely by feelings and emotions – but perhaps we can be too afraid of saying how and what we really feel. (Here, of course, I am speaking particularly to people who come from cultures that believe it is “polite” not to express emotions!)

I wonder why some cultures find it hard even to be direct. Again, the British often find it particularly hard to be direct, to say what they want, what they think and what they feel. There is a well-held (but, I believe, mistaken) belief that other people will like us if we always give in to their preferences and defer to their opinions.

Actually, this kind of passive behaviour can be very frustrating and annoying. One of the reasons people find it frustrating is that the passive and compliant person does not actually disclose anything of himself. Also, contrary to the stereotype, it is not just women who are passive.

Step Number 1 - Seek the Courage

In sourcing the energy we need to become transparent, ask God / Goddess / Source (or whatever is appropriate for you) for the strength and the courage to say what you want, what you feel and what you think in such a way that your own communication is clear but that you respect the other person's right to take a different view, action or approach.

Even where there is conflict and disagreement, that process can be positive if it opens minds to alternative possibilities and gives something to build on. Visualise yourself having a pleasant and honest discussion with that "problem" person. Imagine that discussion going really well and taking you forward into new possibilities. See that "problem" person as an ally in solving the problem rather than a foe to be avoided at all costs. Maybe that person would be delighted if you were just a bit more open and willing to share your thoughts and feelings. The factors that unite us with other members of the human race are infinitely greater than the factors that divide us.

Step Number 2 - Stop Judging

I believe that one of the first steps in being more transparent is to lose our habit of judging others too quickly. There is an old saying in therapy "You spot it- you got it" Very often we transfer and project some of our own problems on to others, without even being aware of what we are doing. So, the wife who complains that her husband never listens to her is often a poor listener herself!

This does not mean suspending our discernment nor does it mean sacrificing personal standards and beliefs. It is impossible to get through any normal day without making some judgments. But judging and assessing situations is rather different from being judgmental of other people.

When we learn to practice being non-judgmental (and this is not easy) it helps us to see the bigger picture. We see someone, say, who is a bully. This does not mean that his conduct is acceptable but being non-judgmental or, at least, less judgmental, allows us to look at the situation within all of its contexts. We can, as it were, slow down and step back. Why does he act in such a manner? Why does his victim collude?

Seeing the bigger picture allows us to see that everyone has his own journey to make and his own unique perception of the world. All human behaviour has a positive intention, even if it is misguided, mistaken or evil. Having acted as a counsellor in my own modest way over a number of years, I have often seen a pattern of behaviour. The client comes, full of anger and frustration that his or her spouse / partner / best friend / sibling / child etc is such a problem! A great deal of time will be taken up with the venting of anger and frustration at how "difficult" and "unreasonable" this person is. Then the client will suddenly see, without being prompted, that this other person is probably not going to spontaneously change within the foreseeable future. The truth is that the client is going to have to change his or her behaviour to cope with the situation.

Seeing the bigger picture does not mean that we deny negative happenings or behaviour. It simply means, again, that we see these factors in context.

However, if we can let go of the need to judge everything and everybody by our own standards, we will actually be more able and more secure to practice our own values with integrity and courage.

Step Number 3 – Lift the Veil

It is actually quite helpful to visualise yourself doing this, whether you are male or female. We tend to think that only women wear veils – yet it is known that Moses veiled his face so that the Children of Israel would not see his aging features. Just imagine the spiritual veils that you wear each day. There are probably layers of them. What would happen if you were to lift even a few of them and let others see just a little more of your real self.

Sometimes we can actually use modern props instead of veils – power suits, dark glasses or mobile phones are obvious examples. Non physical veils might include loud speech, sarcastic remarks and flaunting qualifications.

It needs courage to practice transparency. It may mean abandoning the habits of years – trying to appear powerful, influential and clever. Maybe we like others to think we are humble whereas the truth is the opposite.

Practicing transparency means allowing others to see that you are human and you have faults and weaknesses like everyone else. It means letting go of the curse of perfectionism that stops so many people from achieving their dreams.

You can let your own natural beauty and gifts shine without having to worry all the time about being a plaster saint.

Step Number 4 – Stimulate your Auras

Visualise yourself surrounded by your positive auras. Be aware that people who are discerning will see the good qualities and wisdom that lie within you and will not judge you by your clothes, your house, your money or your possessions. Draw these auras towards yourself with

both hands and then let them go as though you are releasing doves. I imagine these auric fields spreading out around you in beautiful pastel shades. Ask God that he will open the eyes of others to see the real you, with all your gifts and including your faults as well. Ask God that he will help you each day to be more open, transparent and real in the midst of a world that is so often not what it seems.

Stay in that moment for a few minutes - then gently shake it off.

The attunement is now complete.

This system is of a reflective, inspirational and self-empowering nature. It does not constitute medical or psychological treatment and should be used with common sense. Please pass this manual on in its entirety if sending or giving the attunement to others. Only one attunement is required.

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July 2008