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Create the Life You Want

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*I am fat! I am not smart enough! I am not pretty enough!
I can't believe I did that! I am stupid!
They are better at the job than I am. I won't be promoted.
I can't do it! They are always more successful than me!*

DO YOU LOOP negative self-talk in your head, thoughts that run continuously through your mind? A thought loop is an experience of becoming trapped within a chain of thoughts, actions, and emotions that repeats itself in a cyclic loop. These loops can range from five seconds to two minutes to longer.¹ I believe we all experience this process to varying levels. According to an article in *Psychology Today Magazine*, the average person has 60,000 thoughts per day, and 80% are negative!² When this happens, we begin to feel less confident and more easily triggered by an event or be programmed by thought patterns from our childhood. While many of us are aware that we experience a negative inner dialogue, we may not realize that it can keep us from our goals, cause us to be unhappy, and, even worse, affect our overall health! Therefore, it is important to notice our thoughts and learn to control them because what we think expands.³

Thoughts and Ki

There is a dynamic interaction between your thoughts and the flow of ki in your body. William Rand describes “ki” in *Reiki, The Healing Touch First and Second-Degree Manual*:

Ki is life energy. It is also known as the vital life force or the universal life energy...If your life energy is low, or if there is a restriction in its flow, you will be more vulnerable to illness. When it is high and flowing freely, you are less likely to get sick. Life energy plays an important role in everything we do. It animates the body and has higher levels of expression. Ki is also the primary energy of our emotions, thoughts, and spiritual life. Ki is influenced by the mind. If you have positive, healthy thoughts, your Ki becomes stronger (genki). If you have unhealthy, negative thoughts, your Ki is weakened or becomes unhealthy (byoki).⁴

Many of us loop negative self-talk in our heads, but we may not realize that this process keeps the healthy ki energy from flowing through our bodies. As ki moves through meridians and chakras to the physical organs and tissues, it nourishes the cells and supports their vital function. It also moves out into our energy field. Healthy ki is the free, balanced flow of energy that enables us to be well. Disrupted ki causes the organs and tissues to function less effectively and eventually becomes the primary cause of illness.

Negative Self-Talk and Reiki

Ki responds to our thoughts and feelings, making it important to keep our thoughts positive for a healthy life. Positive thoughts increase our flow of genki, and as a result, we feel better. Conversely, byoki disrupts ki flow, resulting in diminished health. A disruption of ki by negative self-talk or thinking can happen consciously or subconsciously, causing unhealthy byoki. Byoki attaches to the organs and tissues, lessening the function of the cells and organs. Unless the block is released, it could eventually cause illness.

Reiki addresses the negative blocks of byoki by directing healing energy. It flows through affected parts of the energy field, raising the vibration around the negative energy attached to the body, causing it to release, break apart and fall away. Reiki energy replaces negative energy with posi-

tive energy. A Reiki session allows healing and the positive ki to flow again naturally, contributing to healthy thoughts and feelings.⁵ Because our mind affects ki, our thinking is important in maintaining good health.

Take a minute to pause and think about what you are saying to yourself daily to see if you are looping damaging thoughts. You may notice thoughts such as *I am not good enough. I am not smart enough. I'm clumsy. I am not skinny enough. I am not enough. I can't do it.* A negative loop breaks the flow of ki and begins a cycle of dis-ease or disease in our body. A negative loop can expand, precipitating other stresses in life like getting upset easily at the slow driver on the road, the long line at the grocery store, or even the traffic on the way to work. When the energy expands, the negative loop expands—I *am always late to work. My co-workers are never late. He will probably get the promotion. I don't deserve it, anyway. I am happier when I don't have that stress. I will never make it on time!*

How Negative Self-Talk Affects Your Health

In the book, *Heal Your Body*, Louise Hay lists the categories of many emotional and physical problems and the prolonged negative thoughts that created them. She also provides new thought pattern affirmations to change thinking.⁶

For example, if a person has anxiety, they are not trusting the flow and process of life. She suggests a new thought pattern, *I love and approve of myself, and I trust the process of life. I am safe.* If someone experiences heartburn, the probable cause is fear, clutching fear. The new thought pattern is, *I breathe freely and fully. I am safe. I trust the process of life.* If someone has high blood pressure, they are hanging on to a long-term emotional problem not solved and a need to release the past. The new thought pattern is, *I joyously release the past. I am at peace.* Using this information, connecting it with chakras in a Reiki healing session, and having conversations about thinking patterns can enhance a Reiki session or promote awareness for personal healing.

In her Introduction, Louise Hay discusses the importance of clearing old thought patterns that no longer serve us because they will eventually manifest disease in their body. And, it is important to know that no matter how long you've been thinking any negative loop pattern, and even if it has manifested in an illness in the body, you can begin to change that today. Our old thoughts can be turned into new thoughts to create the life we want today. It begins now and in the present moment!

Change Your Energy and Change Your Life

Everything is energy. Our thoughts are energy and manifest what we experience. If we think negatively, we send negativity out into the universe. The universe gives back what we send. So, negative thinking can create problems ranging from important life events to daily occurrences that make for a bad day. Eventually, the energy can manifest as physical ailments and diseases.

Today, more than ever, with the adverse happenings in our world, it is important to harness our thoughts and notice inner dialogue to change and heal. However, if we have a negative inner dialogue compounded by a hostile world and media influences, it becomes even harder to harness our thoughts but even more crucial than ever. Our thoughts today create our tomorrow; therefore, as the creator, we need to manage them, including goals, happiness, and wellness, to generate the life we want!⁷ Reiki is a beautiful way to transform byoki into genki, transforming negative emotions and cleansing the physical body and mind.

In the words of the late Wayne Dyer, “We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”⁸ But, if we are looping negative self-talk daily and receive Reiki infrequently, the energy can become blocked if it is related to trauma or prolonged thoughts of negativity. So, to enhance our Reiki sessions, it is important to handle our thoughts as practitioners and have conversations with our clients about managing their thoughts, and limiting negative emotions that can eventually lead to illness.

As Reiki energy flows, moving stuck energy, the body heals naturally. Using Reiki to create a relaxing experience helps others reduce stress, maintain a positive mental state, and manifest health and well-being. By managing negative loops of self-talk and getting energy flowing through Reiki,

you can start creating the healthy, prosperous life you want while contributing to the stability of our world. ■

I am beautiful. I am healthy. I can manifest anything.

I am smart and capable. I can do this.

I always believe that something wonderful is about to happen.

My gift to the world is my uniqueness.

I am enough.



Pamela is the founder of PJ's Intuitive Guidance, where she helps clients create the lives they want with Zoom and in-person sessions. She is a retired teacher of 33 years, a Reiki Master, life coach, intuitive psychic medium, and healer. She is writing a humorous and heartfelt fictional book about healing and finding your life's passion and purpose in the crazy world we live in. Pamela's website is [pjsintuitiveguidance](http://pjsintuitiveguidance.com), and you may contact her at pjsintuitiveguidance@gmail.com.

Endnotes

- ¹ Josie Kins, “Thought Loop,” PsychonautWiki (PsychonautWiki, December 2, 2021), https://psychonautwiki.org/wiki/Thought_loop.
- ² Fran Simone, “Negative Self-Talk: Don't Let It Overwhelm You,” *Psychology Today Magazine* (Sussex Publishers), <https://www.psychologytoday.com/blog/family-affair/201712/negative-self-talk-dont-let-it-overwhelm-you>.
- ³ Wayne Dyer, “Dr. Wayne Dyer - How to Attract What You Want,” YouTube, 2020, <https://www.youtube.com/watch?v=ZCC5-4lcm5E>.
- ⁴ William Lee Rand, Reiki, *The Healing Touch First and Second-Degree Manual* (Southfield, MI: Vision Publications, Revised Edition, April 2019), 3-4.
- ⁵ Ibid., 8-9.
- ⁶ Louise Hay, *Heal Your Body*, (Carlsbad: Hay House Publishing, 1984).
- ⁷ Sue Morter, *The Energy Codes: The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life* (New York: Atria Books, 2020), 40.
- ⁸ Wayne Dyer, “Wayne Dyer - Your Life Begins Now,” August 2021, <https://www.youtube.com/watch?v=15tSyZhqADo>.