

Reiki-Infused Art

BY STACY MITCHELL

ONE OF THE MOST EXCITING THINGS about Reiki to me has always been how the energy can lead to new and surprising paths of healing in our lives. When we set out on the journey with Reiki, from our very first introductory session or class, our lives change forever. The change is often subtle and seamlessly integrated into the life we are already living. But, other times, Reiki guides us unexpectedly. In the fall of 2019, I found myself traveling and teaching Reiki in another country. During this “adventure with Reiki,” I was introduced to an art medium I’d never encountered, and upon my return home, I began creating Reiki-infused art.

Thanks to the insistence of my original Usui Reiki Master teacher, Ande Ryneveld, I have used a daily practice of self-Reiki since beginning my training. Developing and maintaining a daily self-Reiki routine—which for me includes hands-on healing, distance healing to past and future, Reiji-ho, Reiki chants, meditation, and journaling—is truly the key to being one with Reiki. This routine is something I pass on to my Reiki students.

In the past few years, I became more focused on achieving goals through my self-Reiki routine, to open my life to new possibilities through Reiki. It is through my daily practice that I found myself traveling to teach Reiki in another country, where I was introduced for the very first time to the concept of “flow painting.” Flow painting is a painting technique where acrylic paint is mixed with some type of pouring medium, then poured onto a surface in different ways. The colors can be poured directly from individual cups or mixed into one cup and poured together. Then the surface is tilted in each direction to let the paint flow. The colors will interact in unpredictable, interesting ways.¹

A shiatsu operator showed me paintings, and I felt energy crackle through each piece, and was immediately enthralled. Although Paint Pouring and Fluid Painting has exploded in popularity recently, the technique has been around since the 1930s. A Mexican artist by the name of David Alfaro Siqueiros stumbled across this technique in his studio, which he described as “accidental painting.”²

The power and healing potential within each of the pieces was unmistakable, and I knew from that moment I wanted to try it out for myself as soon as I returned home.

I consider myself a creative type and have made various arts and crafts my entire life. For several years now, making crystal and gemstone jewelry infused with Reiki has been a delight of mine, and I go through cycles of crocheting and beadwork as well. Painting, though, has always been something that has seemed unobtainable to me. Over the years, I have tried putting effort into it. One year I took a class on how to draw but never felt comfortable with the results and still can produce little more than stick figures. Another year I sat in two different workshops being led through creating a specific painting stroke by stroke. I was comfortable displaying (in a dark corner) only one of these pieces, which probably tells you all you need to know about my confidence level in painting.

Yet, I had been getting the intuitive vibe for a few months that another creative outlet was coming my way, and as soon as I experienced the effect of a flow-painted piece, I was sure Reiki had led me to my next foray into art exploration. I was also sure infusing Reiki into the artistic process of flow painting would yield exciting results that would carry the healing power of Reiki far and wide through each piece. Just a few days after being introduced to the medium, the ICRT posted about the very same thing on their Instagram feed (@ICRTofficial), and the synchronicity was a sure sign to me Reiki was leading the way.

After returning home, I spent a few weeks gathering the supplies I would need and setting up a small space in my crafts room for the endeavor. I also spent countless hours at what my friends call “YouTube University,” devouring the numerous videos by everyone from professional artists to novices, trying to understand the basics of flow painting—how to mix the paints and how to apply the various techniques, and so forth. Near the end of the month, I finally felt ready to make my first pour. While I find it incredibly relaxing watching videos of others’ flow paint, I was surprised to find, for me, the actual process of pouring



Figure 1: *Agate*—Acrylic on canvas, 8 x 10 inches

the paint was not. I made a lot of mistakes in that first pour; one of the most valuable lessons I learned was to pay attention to what the paint has to say. And in my case, as a Reiki Master infusing the artwork with Reiki healing energy, to listen to what Reiki wishes to say using this medium.

My first pour was a test piece titled “Agate.” [Figure 1] It looked much more like an agate slice earlier in the process, but I did not know when to stop, and through my novice exuberance, I “muddied” the paint quite a bit. I also realized in my haste to pour for the first time I did little more to prepare than a quick intention of using Reiki.

The next day, I got serious about creating Reiki informed and infused flow paint artwork. Before beginning the piece, I prayed and set the intention to create healing art, then I drew the symbols for HF, DKM, SHK, HSZSN, and CKR over the paints and then the blank canvas. I requested the Ascended Reiki Masters and my spirit guide team be present, and I committed to following the vision and guidance offered me through Reiki. With Native American flute music playing in the background, I executed what is known as a *dirty pour*—intuitively pouring several ounces of paint onto the canvas—intending and chanting “Holy Fire” over and over while the paint flowed across the canvas as I gently moved it back and forth with my hands.

As I chanted this sacred name, the Reiki energy kept building. It was hard not to let my hands move too fast and pitch the paint off the canvas. I prayed for the power of Reiki to reveal for the highest and best healing good of all involved. Quickly, a form appeared in the paint as it flowed, my hands slowed, and then suddenly, the figure of

Reiki within the piece fully appeared, and my heart skipped at least three beats. Drawing the CKR symbol in my mouth with my tongue, I blew lightly on the paint three times. With trembling hands, I gently set the piece down to dry.

I have since had several people look at this piece titled *Wings of Fire*, or a photograph of it, and although they don’t see what I see, the power in it is palpable. [Figure 2] I get excited every time I look at this piece. Even though I can never replicate it—the one-of-a-kind nature of flow painting is its biggest draw—this piece inspires me to continue with the ever-evolving process of growing with the medium. Each experience will help to expand my understanding of both art and Reiki.



Figure 2: *Wings of Fire*—Acrylic on canvas, 9 x 12 inches

Since creating this piece, I have made many more and have even dreamed of flow painting or wishing I had more time to paint! The healing intention process I use has also become more refined and focused. Still, most important to me is to leave room for the divine intelligence of Reiki to guide the process through meditation, prayer, and Reiki chanting or toning.

Sometimes, the creation of a piece happens all at once in a flurry, and other times the painting may take days to form in the etheric field before the paint is mixed. It has taken time for me to let go of my self-doubt and learn to trust the power of Reiki guidance entirely throughout the creative process, and to relax into the creative flow.

I have also learned a few things about infusing Reiki into the medium of flow painting. First, as with treatments, holding Reiki healing intention is essential to the process, and letting go of ego is paramount to the result. I have found if I try to create a specific outcome, I end up creating a mess. Still, if I allow Reiki energy to guide and inform the process, I end up with astounding results. Second, preparing the canvas and each paint pot individually, by drawing various Reiki symbols over them as I set the healing intention for the piece, seems to yield much more powerful results than preparing one but not the other in this manner. However, if you are going just to prepare one, the canvas seems to be the best choice due to its foundational or anchoring aspect. Third, I have found listening for the sound(s) of the Reiki symbol(s) coming through the piece and chanting the names of these symbols while the paint flow process is happening, yields powerful results.

As a Reiki Master who also enjoys incorporating sound healing in my work, I love that chanting these sacred sounds adds an extra layer to these pieces of healing art. I also try to put on sound healing music by various artists in the background as I work before getting elbow-deep in the paint. Native American flute music, singing bowls, and sound healing pioneers such as Jonathan Goldman, Aeolia, and Aleya Dao, among others, have all been excellent choices I feel has added to the healing result of specific pieces. [Figures 3–4] As I explored this artistic medium, Reiki led me to create a series of healing paintings with particular intentions, including the releasing of trauma, clearing karmic debris, and the calling in of the Light. It was not until more than halfway through the creation of this series that I understood these paintings are to hang in my healing room as meditative pieces to help my clients on their healing journey. I have also received so much healing myself through them that it inspires me to collaborate with others in the future to create similar works for their Reiki healing needs, either as individuals or practitioners.

Along with *Wings of Fire*, I am sharing a few of the works from this first series. I provide details of the Reiki chants and symbols I used in the creation process, and what mu-



Figure 3: *Earth from Space*—Acrylic on canvas, 8 x 10 inches
Chanting OM using Holy Fire® Karuna Reiki® symbols.
Listening to Native American flute music.



Figure 4: *Whale Song I*—Acrylic on canvas, 8 x 10 inches
Listening to and singing along with, *We Are Here*, by Aleya Dao.
Album: *Light Body Healing Music*.

sic was playing in the background, and the intention of healing they offer in the print form. [Figures 5–9] I recommend you sit quietly and gaze softly at one piece at a time, breathe normally and gently, and open yourself to the potential for deep healing to occur in your life through Reiki. If you receive healing from any of the Reiki informed and infused artwork presented in this article, please contact me to share as I would love to know your experience.



Figure 5: *Cleansed*—Acrylic on canvas, 8 x 10 inches
Chanting and intending CKR.
Listening to *The Liquid Light of Healing*, by Aeoliah.

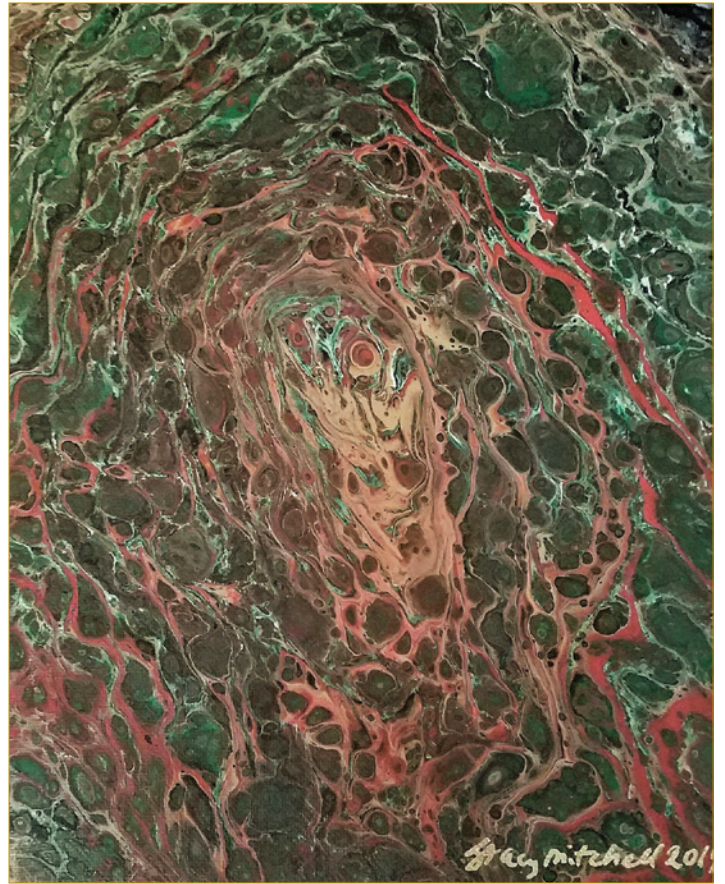


Figure 7: *Guardian's Song*—Acrylic on canvas, 8 x 10 inches
Silently chanting, HSZSN, and SHK. Sealed with CKR
and specific healing intention for karmic clearing.
Listening to recorded sounds of crystal singing bowls.

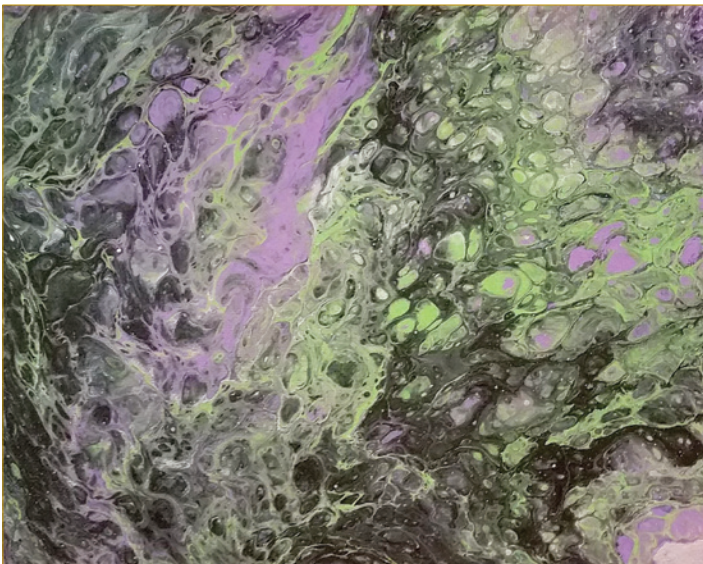


Figure 6: *Clearing Cobwebs*—Acrylic on canvas, 8 x 10 inches
Chanting and intending Holy Fire® Karuna® Reiki Harth and Halu.
Listening to the *Angel Reiki* album by Patrick Bernard.

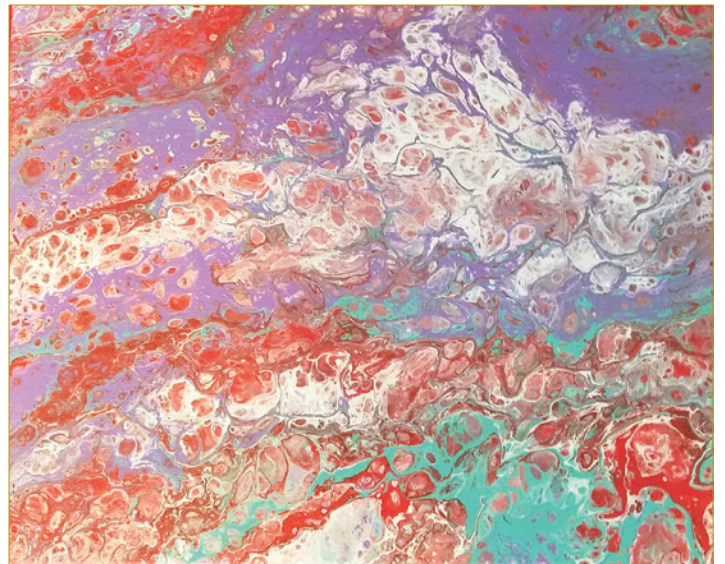


Figure 8: *Waves of Light*—Acrylic on canvas, 8 x 10 inches
Fifteen-minute Holy Fire® Meditation immediately before creation.
Chanted “Holy Fire” over canvas, and Zonar during flow.
Various sound healing artists playing.



Figure 9: *Regeneration*—Acrylic on canvas, 9 x 12 inches
 Aeolia and Deuter played while preparing
 canvas and paint, then turned off.

Toned the seed (vowel) sounds to the timing of
 Pachelbel's *Canon in D Major*, then SILENCE during flow.
 Intention to heal fear stemming from any kind of birth trauma.

I discovered there are also ways to make jewelry and various other items using the flow painting technique! Now, with each painting, I also create a few smaller pieces that will hold and transmit the same Reiki healing energy of the canvased piece. This approach has led to an assortment of necklaces, bracelets, bookmarks, and other items, which I use for giveaway items and sales pieces at the healing center where I offer sessions. [Figure 10] I know I will never sell my first two paintings, but Reiki has intuitively instructed me to make these flow art pieces available to as many as possible so they can spread their healing energy far and wide. Offering this article and the photos of my paintings, to encourage others to maintain a self-Reiki practice and incorporate Reiki into their art, is a part of that mission. I am grateful to be Reiki, to receive the healing through Reiki each day, and to have had such a powerful artistic medium seamlessly integrated into my life through my daily self-Reiki practice. ✨

Copyright 2019. Stacy Mitchell owns all artwork, and the photographic representations thereof, provided with this article. All Rights Reserved.

Holy Fire® and Karuna Reiki® are
 registered service marks of William Lee Rand.



Figure 10: Jewelry and Accessories
 Created with the flow art acrylic painting technique.



Stacy Mitchell is an Usui/Holy Fire® III Reiki Master and Holy Fire® Karuna Reiki® Master offering sessions and classes in private practice since 2009, often with crystals, sound, and shamanic healing techniques. Also, she is a certified Life-Cycle Celebrant®, Soul Realignment® Advanced Practitioner, and Sacred Childbirth with Reiki® Practitioner. She volunteers her time as the Team Leader of the Energy Balancing Clinic at Hearst Cancer Resource Center, and as a Court-Appointed Special Advocate (CASA) in San Luis Obispo County, California. You may reach her through her website at www.honoryourvoice.com, via email at reikistacy@honoryourvoice.com, or by phone at 805-208-4167. Follow her on [IG@celebrantStacy](https://www.instagram.com/celebrantStacy).

¹ "How to Do a Flow Painting." *Acrylic Paint Pro*. <https://acrylicpaintpro.com/how-to-do-a-pour-painting>.
² "The Science Behind Acrylic Flow Painting." *Fluid Art Projects*. July 4, 2019. <https://www.fluidartprojects.com/the-science-behind-acrylic-flow-painting/>.