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The Gifts of Reiki

Reiki can definitely change your life for the better. Here are some signs to watch for. If you see them, you are doing something right!

You might be attuned to Reiki if:

You have animals and birds showing up in your yard for no apparent reason.
You have friends and coworkers who love to hang out with you but can't really say why.

You are surrounded by loving and flourishing plants and animals.

You are calm no matter what personal challenges you face in life.

You find yourself sending energy to help transition animals struck by vehicles by the side of the road.

You take a nature walk in the woods and feel like you become a part of it.

You catch sight of yourself in a mirror and look peaceful and serene.

You catch sight of yourself in a mirror and *smile*.

Lower and negative energies shun you.

You awaken feeling positive and looking forward to the day.

When you breathe and connect to energy, you feel it in your heart.

The Reiki Precepts:

Just for today

I will not anger.

I will not worry.

I will be grateful.

I will do my work diligently.

I will be kind to all living creatures.

Stop Negative Self-Talk with Reiki, and Start Your Day Off Right!

Many of us are our own worst enemies. We say things to ourselves that we would not put up with from anyone else. These are often habits of a lifetime, learned from an early age. Examine your own inner dialog. Some of us have negativity running as a constant soundtrack. I'll admit, I can be a prime example. Many times I have to correct myself from saying things like:

- What's *wrong* with you?
- Omg, I am so stupid.
- I'm too old to (dance, ski, start a new relationship...)
- I'm ugly.
- I hate my wrinkles.

Well, you get the picture. Fortunately Reiki provides a kinder, gentler alternative to negative self-talk. We don't have to allow a dirty stream of negative thoughts to control our day.

Negative thoughts that don't affect you personally will be the easier to start with. You can work your way up as you get more comfortable with rooting out negativity and replacing it with positive.

Of course, we think about things and weigh them as good or bad on a constant basis. Don't try to change a lifetime of negative thinking all at once. Start small. Pay attention to how you view the world in general. For example, try replacing "It's so hot today already!" with "Guess I'll enjoy this summer weather while it lasts."



Image by [vince42](#)

Once you've had some practice you can move on to your *personal sludge* fund of negative thinking. Be brave, starting with your morning ritual. We know you critically examine every new crease and wrinkle, but really, is it something you can change? Before you even catch a glimpse of yourself this morning, resolve to be kind. "I like my hair this length" is a great beginning.

Most importantly, start your day by connecting to energy. You can be too busy to do this, that's your choice. It is also your choice to start the day frazzled and negative. Take the time to connect to universal energy. Your day will be SO much better. It does not have to be a long process. I like to start my day connecting to energy and reviewing the Reiki precepts. Send some distance Reiki to those you know to be in need or just ask the universe to direct some energy to where it is needed.

Once I am in a good space, I like to pull an oracle card as a clue to what the day holds in store for me. You can add your own personal preference here. Maybe hold a crystal or two and just sit quietly for a minute. Meditation is always a good choice to center and balance you.

Use the symbols to change negative thoughts to positive throughout your day.

- Use Cho Ku Rei when you connect to increase your personal energy.
- Take a Reiki shower and brush that negativity away with Sei He Kei.
- Send distance Reiki to those who need it with Hon Sha Ze Sho Nen.

LISTEN to what goes on in your head and correct it immediately.

Here's the thing...if we don't support ourselves as healers and lightworkers, how is it possible for us to transmit that which we don't possess? The world needs our positive energy now more than ever. Take care of yourself. You are important.

Reiki Tree Meditation

One of my favorite ways to ground and connect to earth's energy is to find a quiet place of meditation with my feet firmly planted. Here I visualize connecting down through the layers to earth's core to the powerful energy there and bringing that energy up as a pure white light. Using Cho Ku Rei and Sei He Ki, mindfully with the intent to relax, I visualize the energy rising through my feet and up into my ankles, my shins, my knees, my thighs, my hips into my root chakra, my sacral chakra, my solar plexus, heart and throat chakras, into my third eye and crown chakra until the energy runs in a brilliant current throughout my whole being and out through my hands.

A tree receives nourishment much in the same way. It enters from the earth through the roots, flowing up through the trunk and branches. To take this analogy a step further, like earth's energy flows through trees, nature and through us as practitioners, so Reiki healing flows through our lives and touches every aspect of it.

Has Reiki had an effect on your relationships; your spouse, children or grandchildren? Whether others in your household are open to it or not, they are changed by the presence of healing energy. Look for improvement in your work or work relationships. Are you softer, gentler, more forgiving with your clients and coworkers?



Image by [sara marlowe](#)

Use the precepts in all areas of your life and you cannot help but improve relationships.

- Just for today,
- I will not anger,
- I will not worry,
- I will be grateful,

- I will be kind,
- I will do my work diligently

These cannot fail to resolve any situation, sometimes with immediate results and always with a loving, peaceful longtime prognosis.

Here are some ways you can bring Reiki into your life that you may not yet be utilizing

- In your home, take the time to clear the energy in your home with a smudge. Enter every room with Reiki and fragrant sage and remove lower or negative energy. Use an affirmation such as, I cleanse this room of all lower energies and invite positive vibration. Call in your spirit guides, angels and ancestors to assist you. Place candles or colorful crystals in your home to create and hold positive energy.
- Create a sacred quiet space where you practice Reiki without the distractions of television or other electronics.
- At work, place crystals around you to inspire and protect you from negativity. Send Reiki to your phone and computer for positive interactions.
- Fill your home with spiritual or inspirational books in or try angel or tarot decks to inspire and surprise you. Nothing can lift your spirits quite like drawing an angel card and realizing you really are not alone.
- Use Reiki on your pets or the wild animals that live near you, deer, rabbits, skunks. In my yard in Maine, there was an abundance of snakes, of which I am not fond. By sending Reiki to the situation, I was able to live in peace and let go of my negative feelings toward them.
- Send Reiki to your plants to help them grow and nourish your body by sending Reiki to your food.

When you leave the house do you bring your positive energy with you to share with bus drivers, cashiers, the UPS guy, your supervisor? Even if they don't know why, people notice positive energy and are drawn to it. There are many chances to be helpful that present themselves in daily living. Your day will only be better when you make use of every opportunity to integrate Reiki into your life.

Raise Your Vibrational Frequency Using Reiki

We are what we **feel**. Think about this for a moment. We are what we **feel**.

How are you feeling today? Are you relaxed and ready to start your day or tense and worried about work, home, kids, money? If you are falling more toward the low end of the scale, how can you find balance and bring more light into your day? Did you know you could use Reiki to raise your vibrational frequency and improve your day, your week, your life circumstances? You can and here's how!

Feeling positive emotion increases your energetic vibration. Think of people you meet on a daily basis. You can tell the difference between those who radiate calm and confidence from those who are stressed, anxious, and tense, right? Now place yourself on that scale, where do you fall? Somewhere in the middle, or closer to one side or the other? Be honest. It doesn't matter what side you land on. What matters is that you have the awareness and the tools to positively increase your vibrational frequency and improve your day.

Here's how it works - If you are radiating a low frequency, your perception is low. Your ego restricts the natural flow of energy and connection to universal intuition and love. You feel constrained by negative thoughts and your world is small.

In contrast, when you radiate a high frequency, your perception is heightened. You radiate pure love and it raises the consciousness of those you come in contact with. You are open and see the world and its opportunities for growth through a much higher consciousness.

In order to raise your vibration, choose your thoughts carefully. Pay attention to and focus on your positive feelings. **Feel** emotionally good. Use Cho Ku Rei to connect to energy, taking yourself to a safe and happy place in your mind, if only for a few moments. I like to go to the beach, but you can go anyplace that brings your peace and lightens your mood. Use your powerful mind and all your senses to fill in the details. Hear the rhythmic ebb and flow of the surf, the squawking gulls- feel the sun on your face and let grains of sand sift through your fingers. If your not a beach person, any good imagery will work. Call on your memories of your cat's crazy antics while chasing a butterfly in your yard, put yourself on the side of a mountain watching the sunrise, or next to a happily babbling brook with the smell of pine. Feel better? Good then

you've got the idea! Now take that good feeling and try to carry it into your day. If you practice this on a regular basis, you will be able to summon this place of peace anytime you need it.

To keep your newly raised vibration, you may find it helpful to remember that you can send Reiki to anything. Having a rough day at work? Send Reiki to that continually ringing phone or slow moving computer. Place a Reiki infused crystal on at your workstation to focus on or hold during tense times. Holding a good vibration at work can actually improve the quality of your phone or computer collaborations. You'll have a better day and your clients and coworkers will too. Tell the universe, "This is going to be a great day!"

Even though we do our best to surround ourselves with positive people, there may be times when this is not always possible, particularly in the workplace. When interacting with those who may not be as attuned to your positive vibration use unconditional love and focus on the good you can see in them. Their bad mood is usually not about you. They are often struggling with things we can't even imagine. Take a mental step back and observe from an emotional distance. Be fully present and interact without judgment. Strive to see them as healed and happy. Focus on what can and will be. If you are a practicing healer this is especially important. It is difficult, if not impossible, to heal without being able to envision the patient as being restored back to health.

Remember that you are human and sometimes will get your feelings hurt. If this happens, discharge that bad energy. Acknowledge it and move on. Talk to someone trustworthy who understands or write your feelings down on a slip of paper. Fold it up and put it in your pocket. If you want, you can tear it up or ceremonially burn this later. Most importantly ask the universe, your higher power or the angels (whatever works for you) to remove the "bad" energy and direct your attention to what your abundant future holds.

If you are really stuck in negativity, meditation may be the best way for you to reset. It is easier to replace negative thinking with positive if you can halt the process by first clearing all thoughts. Use Reiki to quiet and clear your mind. Connect to energy with Cho Ku Rei and ask your spirit guides to assist you. They are just waiting for you to ask! Brush negativity away with Sei He Kei using long downward strokes.

Try this meditation exercise: Sit quietly in a chair with your feet flat on the floor. Breathe deeply, full, long calming breaths, moving fresh, clean oxygen down deep into your belly. Listen to the sound of your breath Grow roots from your feet to the floor below you. You are completely grounded and supported by Mother Earth. Relax and empty your mind of all thoughts. Feel your connection to the chair through your root chakra. Now imagine a pure white ball of healing Reiki light starting from your feet and slowly making its way up through your body. See the ball rising up your legs and hips and connecting with your root. Let it slowly rise up your spine through your sacral, your solar plexus, your heart, your throat and third eye chakras, exiting through your crown and clearing any blocked energy. Sit quietly, alive with vibrant energy and breathe. Inhale Reiki healing and gratitude for your blessings. Exhale letting your breath take with it anything that no longer serves you.

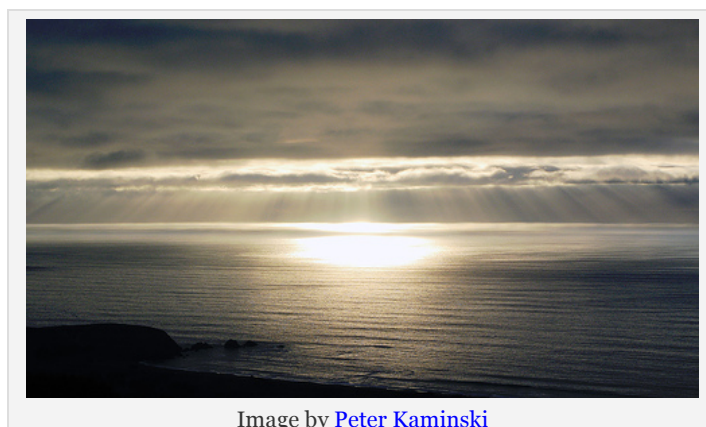


Image by [Peter Kaminski](#)

Here are some methods for channeling positive emotions to increase your vibrational frequency. Use the ones that work best for you.

Drink Reiki charged water

- encircle your drinking glass by connecting your thumbs and the tips of your fingers. Breathe deeply and use Cho Ku Rei to infuse the water with the pure Reiki energy from your hands. Drink.*Make conscious positive choices*. Ask for guidance in the form of oracle or angel cards. I often use the Doreen Virtue's Archangel Oracle Cards because they are encouraging and supportive. Choose one card and carry its positive message with you for the day!

Listen to Music

- it has power to lift a dark mood quickly. Dance if you can. It will release stagnant, stuck energy in your body and elevate your mood. Move a muscle, change a thought!

Laugh

- find humor in your situation. If this is difficult for you, it may be time for you to get out and socialize with like-minded people. If you have never tried a Reiki healing circle now is the time!

Connect with Animals

- interacting with our pets is the absolute best spirit lifter ever! Throw a ball, take a walk, play tug or just plain cuddle. It's great for both of you!

Get out into Nature

- you don't have to hike Yosemite. Just grab a chair and sit on your back stoop. Let Reiki flow and listen to the sound of the breeze whispering in the trees. Get as quiet as you can. You may hear a message if you listen closely!

Finally, use positive affirmations to create and manifest prosperity and blessings in your life

- "Abundance is coming.", "I enjoy a full and abundant life.", "I have a happy and safe home." are just a few that work well for me. Make up your own affirmations based on what you want to see manifested in your life.

If you are consistent with applying these tools you will see an immediate improvement in raising your vibrational frequency. It is so simple, but requires your continual attention. The thoughts of a lifetime are sometimes slow to turn around. Be patient with yourself and keep trying! There is a huge payoff waiting for you.

Psychic Skills, the New Normal. How to Develop Yours!

You may feel like you don't have any psychic ability, but let's think about that for a minute. Just because you don't see dead people, does not mean you are not blessed with inner vision. There are many ways you can use your intuition. Clairvoyance, Clairaudience, Clairsentience, among them. Everyone has the potential to use these gifts, though it does require time and continued effort.

First, consider the limitations you may have placed on yourself in childhood. Often parents, teachers, and peers may have poked fun at your admission of sight. Society is getting better at accepting metaphysical ideas but if you are in my own generation, these things were frowned upon: promptly squashed and hidden away, never to be spoken of again.

So in examining your intuitive nature, ask yourself: have I restricted or blocked my intuitive nature? Take some time with this question. It may very well take months or even years for you to develop or re-develop what you have put consider effort into hiding from the world. This is a process, not an event, and you are only beginning to realize your talents.

My own gift: I read energy. You may very well have a troop of ancestral relatives following you around, and while I do not see spirits frolicking around your head, I can tell you in a second if you have a gentle, positive aura or a dark, depressed one. I can tell what kind of a day you're having before you even open your mouth to tell me. During a Reiki treatment, I can "see" energy blocks that cause you pain and discomfort, whether physical, mental or spiritual. My intuition is spot on and I have come to rely on it. Like any other talent, it has been developed over time.

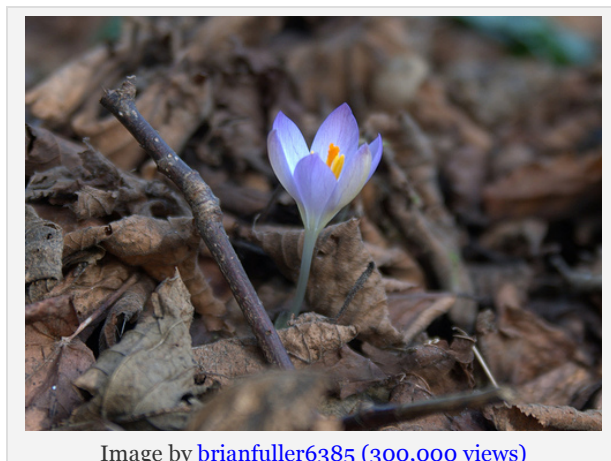


Image by [brianfuller6385](#) (300,000 views)

Also, I have a tremendous connection with nature. I read trees and birds and flowers. I read sunsets and the waves in the ocean. I am a part of mother earth. I connect with spirit – the power of love and healing in this world and other worlds. Can you relate? Do you see yourself in these words? Would you like to?

I recently attended a business conference at a wonderful old hotel, nestled in the valley of a gorgeous mountain in New Hampshire, for my day job. The conference a committee had hired a psychic for the entertainment portion of the meeting. Now, she does see dead people. That's her gift. She went around the room and did a number of readings for people. It was interesting, but what I found fascinating was the reaction of the people gathered. Even though they had no advance notice that there would be a psychic reading presentation, they were open and interested. Sure, a few left. Supernatural energies scare the heck out of many people. But I was pretty impressed with the crowd that remained and their attitude of curiosity. For a typical gathering of business people, they were surprisingly aware, even seeking, information. Of the participants, I noticed some were wearing crystals and overheard a couple discussing spiritual principles. Amazing!

Thankfully, the world and its opinions about energy and spiritual matters is changing for the better. Allowing yourself to relax and become comfortable with your own energetic skill set is the wave of the future.

Here are some ways you can explore and expand your psychic consciousness:

Watch for ways that the universe may be trying to communicate with you. Be open and pay close attention, the communication will be subtle. Look for repeating number sequences. 11:11 on November 11 is considered magical. Perhaps you have seen a pattern like this. You may have your own favorite number sequence that shows up regularly. What is going on at the moment it appears? What were you thinking about at the time? What is spirit trying to tell you? Awareness is key.

Notice if you often see a certain animal in dreams, photos or in real life. When you are out in nature, you may see a hawk, a rabbit, butterflies or hummingbirds. This could be your totem, or spirit animal. Animal totems assist us in understanding our purpose and creating a richer, fuller life. Look your animal up on line and see what it represents in a metaphysical sense.

Develop your intuition with stones and crystals. Go to a crystal shop and breathe in the energy there. Take your time picking out a stone that resonates with you. Then take it home and sit quietly with it. Do this regularly and note your impressions.

Take some classes or read books to expand your knowledge. There are so many options to choose from: Reiki I, II and III, Shamanic Reiki, Violet Flame Reiki, Karuna® Reiki, Kundalini Reiki, Crystal Healing, Communicating with Archangels, among them. If a class is not local to you, consider distance learning. This is different than taking an on line course because it typically includes one on one instruction. Do your research and be comfortable that the instruction is legitimate and reputable.

As always, practice Reiki. Connect to energy daily, whenever you have a few minutes or when spirit moves you. Send loving energy to the earth and its creatures. You will be happier and more comfortable in the world when you become a part of it in this manner.

Add a Touch of Shamanic Reiki to Your Practice

Shamanic Reiki is Reiki with a deep connection to nature, the elements, and spirit. Using a process called **"journeying"** the healer can access helping spirits who answer questions to provide insight into medical, physical or spiritual problems. A journey is meditative practice where the practitioner can visit spirit guides, ancestors and power animals to bring back messages of healing for themselves or others.

As part of a Reiki practice, many practitioners connect to spirit guides, ancestors, or angels to enhance and strengthen their healing. Shamanic Reiki takes this a step further. A journey is mindful meditation done to a drumbeat or while listening to a recorded drum track. The drum is a powerful tool as its vibration and frequency closely matches that of the earth's vibration. In addition to drumming, a healer will often incorporate rattles, whistling, or singing as a way to quiet the mind of chatter and connect to spirit by way of the heart. An invocation to the elements and four directions will help create sacred space for the journey.

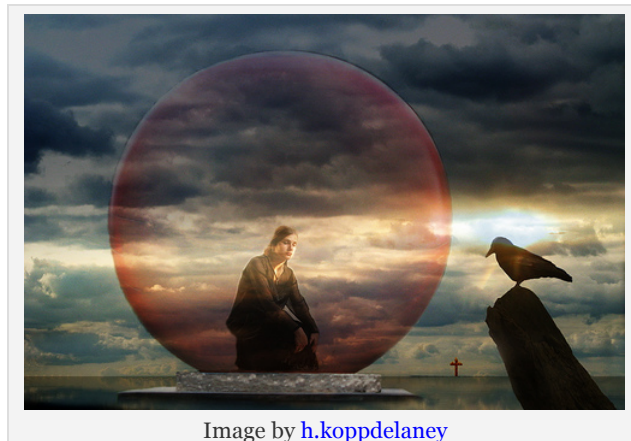


Image by [h.koppdelaney](https://www.flickr.com/photos/hkoppdelaney/)

During a journey, meditation takes the healer to different energetic planes: the Upper, Middle and Lower Worlds. Here the healer can access information for their own use, or on behalf of a friend or client.

Just like connecting to energy in Usui Reiki, a journey is initiated by breath and by setting an intention. The intention is straightforward and simple. It expresses where the journey will take place and what the desired question or outcome is. An example would be: ***"I will journey to the Lower World to meet with my power animal to discover what is holding me back from a more spiritual existence."*** A simpler beginner's request would be: ***"I will journey to the Lower World to meet up with my***

power animal." A power animal can be any animal or bird: a crow, a fox, a whale, a raccoon, rat or opossum. Spirit takes many forms and it is best not to judge a power animal by outward appearance. It is the message that the animal brings that is important and all have vital messages to share.

The Lower World resides at earth's core and the journey will take the practitioner down through the layers of grass, dirt, tree roots, rock and finally, into a stream that will carry them to a beautiful garden. The garden is available to visit at any time. It is a place of peace and regeneration: to rest and recharge. In the Lower World, you may meet your power animal or another helping spirit who will offer wisdom and help you grow. You may discover old wounds that affect the choices you make today and by healing them, create a new and better way of life. The Upper World is the sky, the stars, the universe. Here you can seek a teacher or other helping spirit to answer questions you have, or meet a supportive ancestor. Ask how you can deepen your relationship with them. The Middle World is the world we are most familiar with. It is used to travel to places common to us in the world today. You may journey to a favorite spot in nature to commune with the spirit of the land that you live on or communicate with birds, animals and trees. It is even possible to visit a past or future event in the Middle World.

By connecting to teachers and guides in the Upper and Lower Worlds, we can gather information about past wounds obtained during our time here on earth, pain associated with traumatic events. We all have our share of wounds; blockages, limiting beliefs about ourselves, and journeying can assist with healing unreleased pain and removing blockages that hold us back from our true destiny. We may have old ideas that were passed on to us by family, teachers or bad experiences. Using journeying, we are able to identify and release them.

Soul Retrieval is an advanced method of healing through journeying. During times of trauma or pain, we may lose pieces of our essence, our soul, and the healing seeks to reunite the lost soul pieces, located and recorded in our chakras, with our spirit to create wholeness. You must have comprehensive training to perform a Soul Retrieval.

Shamanism and Reiki are, each by themselves, powerful ways to heal. Together, their power multiplies, and healing methods become available that aren't accessible when used separately. This article is only a brief introduction of the world of Shamanic practice. If these ideas resonate with you, there are

many great books available on this subject. You may also visit a practitioner and learn about how they practice, or find a qualified Shamanic teacher.

Fun Things to Try with Reiki

There is a whole myriad of awesomeness to explore when you are in tune with energy. While there is no real need to look further than Reiki for healing methods, sometimes it is just fun to mix things up and try something different. You may find some of the suggestions below are not for you, but then again, you could discover something that brings about powerful change, makes you feel great and enhances your daily practice.

Candle Rituals should always be done with a brand new candle in a sacred space. Burning a white candle can symbolize purity, provide protection and cleanse negative energy. Green can encourage prosperity or fertility; silver can be used to create a lunar connection. Brown is good for grounding and centering. Once your candle is lit, state an intention and visualize your desired situation. You are now manifesting! Candles of different colors are used for moon rituals and to celebrate religious or spiritual days in the calendar year. Burn your candle each day until it is gone to remind you (and the universe) of your intent.

Crystals hold energy and intensify energy work. A crystal grid is a group of stones, set together to create a geometric pattern, in order to harness and direct energy toward a specific goal or situation. Properly aligned and charged, a grid will hum along, generating energy even when you are not actively directing Reiki to it. This is a very powerful tool that can be used for healing and for manifesting. Build a peaceful grid of amethyst under your bed to help you sleep. Add Herkimer diamonds to enhance dream work. For an abundance grid, try orange calcite, citrine, pyrite and clear quartz. Do your research and pick specific crystals for your target goals.

Browse through a book or better yet, visit a store where crystals are sold. Use your intuition to see which ones you are drawn to. Smaller crystals are available in vast varieties at a reasonable price and you're sure to find one that resonates with you. Once you bring it home, remember to clear it and give it a job. Hold the stone between your hands while calling in energy and set an intention for it. *You are cleansed of all prior programming; I program you for light, love and healing.* There are many methods of cleansing and programming. Find the one that works best for you.

Essential oils are important as they provide relaxation, pain and stress relief, can energize or sooth your mood, depending on which scent you use.

Aroma can trigger memory and help solidify a moment in time in your mind. Use a high quality, medicinal quality oil to treat depression, skin and sinus issues, aches and pains, even use in place of an antibiotic.

Lavender oil is lovely in a bath or on your sheets at night. Add Epsom salts to the lavender bath and you have a soothing combination that also provides a full body detox and eases sore muscles. Orange essential oil will supply energy and stress relief and I love peppermint as a wake up scent or to help with an upset stomach. Rosemary will soothe your scalp, promote hair growth and increase memory skills.

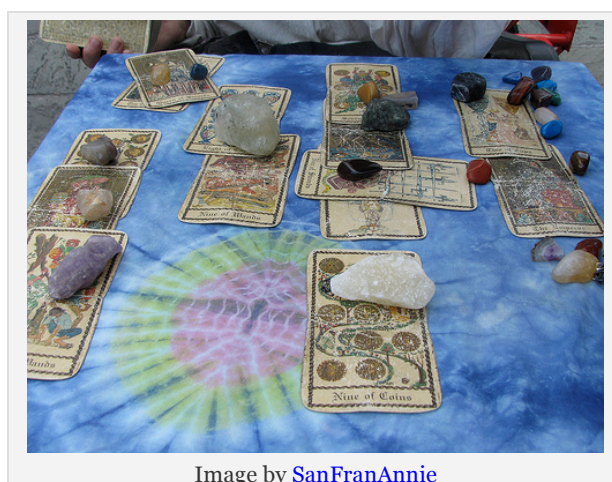


Image by [SanFranAnnie](#)

Tarot cards - Tarot cards are so much fun. While they take a while to master, they offer a different perspective on any situation. There are typically seventy-eight cards in a deck, 22 Major Arcana and 56 Minor Arcana cards across four suits representing the elements, Wands (fire), Pentacles (earth), Swords (air), and Cups (water) To me, tarot is very much in tune with energy. In fact, when you purchase a new deck, it is a good idea to put it in a cloth bag with a cleansing crystal and sleep with it under your pillow for a week or so. Using this method, the deck becomes infused with your energy. This will personalize your readings in tune with your vibration.

It literally takes years to be able to learn to "read" intuitively. The cards can be interpreted many ways and should not be taken too literally. We have all seen old movies where the fortune teller draws the death card and loudly gasps as the heroine bolts from the room. Dramatic, but really, the death card rarely foretells an actual death. More likely, it represents the "death" of a project or a lifestyle and the opening of a door to a new one.

Tarot will work best for you if you choose a deck that you feel drawn to. It then becomes personal to you. Find a mentor who has extensive experience with Tarot and spend time with them. It takes a considerable time commitment to become fluent with Tarot, but it is a very satisfying and highly engaging pastime.

Divination or predicting the future - Tarot aside, there are several other tools for divination.

Pendulums - a pendulum is an object (typically a crystal) suspended on a chain that intuitively swings in one direction or the other in response to yes or no questions. Like crystals themselves, they come in many varieties and you might try several before you get one that you feel connected to. You will hold the end of the chain, called the fob, between your thumb and forefinger, then ask your question. Should I leave my present situation? Will I be able to start my own Reiki business soon? A pendulum allows you to connect with your higher self to get answers that you already know but aren't consciously aware of.

In a Reiki session, pendulums can also be used to check the strength and direction of the chakras as they spin. You can also use a pendulum to assist with finding lost objects such as keys or jewelry. Ask where the object is then use the "warm, warmer...cold" method to see if you are getting closer. Is that handy, or what?

Runes- these are stones, or sometimes glass or wood, that come in a set of twenty-four, each engraved with an ancient letter/symbol of the runic alphabet. Each symbol has a meaning and readings are done by tossing or "casting" a stone, then reading the corresponding translation. Casting three symbols makes for an in depth reading, a single one might just give you information about the day ahead.

I Ching - translated this means The Book of Changes - The I Ching is an ancient book of wisdom, used by kings and emperors for thousands of years. Each inquiry results in a hexagram and sometimes additional line readings that correspond to sections in the book. There are a possibility of 8 trigrams: Ch'ien (Cosmos), Chen (Thunder), K'an (Water), Ken (Mountain), K'un (Earth), Sun (Wind/Wood), Li (Fire), and Tui (Lake). Each trigram has three lines, which is either broken or solid, Yin (negative) and Yang (positive). There are sixty-four different hexagrams, and each hexagram has six changing lines, which may or may not apply to particular reading. All of these are determined

by the coin toss. For each toss, one line is determined; so six throws create a hexagram. Spend an afternoon with the I Ching. Though it seems complicated, it is absolutely fascinating.

These are but a handful of ways to keep your energy work fresh and interesting. Stay curious, learn new things. Connect with other healers and see what they have to share. We all have varied and diverse experience. You never know what you might find.

Choosing Your Reiki Teacher

Becoming attuned to Reiki energy is sure to be a major milestone in your life. For me, there is a very well defined “before and after” moment. Let there be no doubt, Reiki is life changing.

Those of you who are familiar with my story know that I became attuned to comfort my 15-year-old pitbull, Carmen, when it was time for her to pass on. However, her Reiki treatments caused her to bounce back and stay healthy for another 9 months! I went from watching Carmen die, to running and playing with her again. Miraculous!

But that was only the beginning. Reiki not only affected Carmen, but my own outlook on life began to change. I started noticing an increased awareness. I felt connected to nature and more understanding toward my neighbors and coworkers. I was less bothered by things, both large and small. Over time, I felt less worried about the future, more peaceful and confident that things would work out. I began to trust that the Universe would provide for me and my family. These are the gifts that Reiki brings.

I very much enjoyed my first Reiki teacher. She was detailed, thorough and knowledgeable. She was also quite expensive and a couple of hours drive from my home. I chose her because she could get me “trained” the quickest; remember I had a dying dog. My need was urgent.

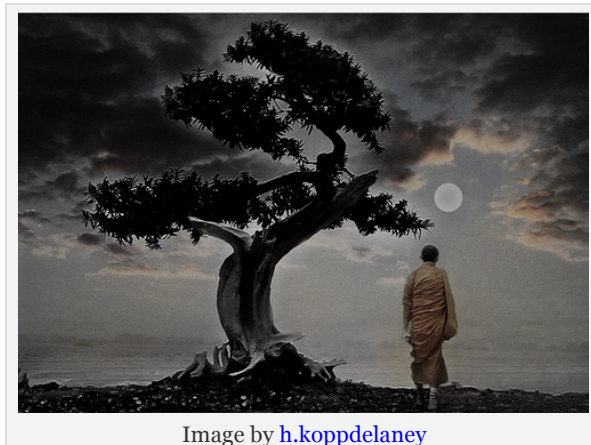


Image by [h.koppdelaney](https://www.flickr.com/photos/hkoppdelaney/)

Once I was attuned, I was utterly fascinated with the energy flow in my hands. Never had I experienced anything like it, except it did feel a bit like “coming home” - like I had found something that had been missing for a long time. Something once known, but since forgotten.

Becoming attuned takes only a few minutes, but it starts a healing process within the student. Sometimes this includes a healing detox of the body and this was the case with me. I went through several days of flu like symptoms as the toxins left my system. After that I just felt better and better. There is nothing like a Reiki cleanse!

Choosing my Reiki II teacher was easy. I needed someone affordable and close by. I also wanted someone who could teach me the second level in a day, as opposed to the 2-4 day sessions offered by my first teacher.

Websites and social media can provide a wealth of information about practitioners. You can look up offerings and prices by googling Reiki in your area. Search Facebook and Twitter to see if you find someone whose comments and posts you are attracted to.

Using the Internet, I found a great teacher with reasonable rates. And I loved the space she taught in. It was mystical and pretty, filled with whimsical artwork, lots of crystals, and Reiki literature. It felt safe and comfortable. Peggy had a lovely warm energy about her. Upon completing my Reiki II, I went on to complete my Reiki Master Teacher training with her.

If you prefer a more personal approach, attending a healing circle is a great way to meet local Reiki practitioners. Connecting with the Reiki community is always an eye opening experience. It's generally inexpensive, often free, and you get to experience healing first hand. I have used healing circles to meet those who teach different flavors of Reiki. There are many offerings and I have taken advantage of several - Violet and Purple Flame Reiki, Kundalini Reiki, Reiki and Crystal Healing among them. Becoming attuned to different styles for Reiki has enhanced and broadened my practice.

Don't forget to use your intuition when picking a teacher. Whether you have a lot of practice and are very comfortable relying on inner guidance, or even if you are new at connecting to intuition, this is an invaluable tool. Ask the universe, spirit, God, or your angels to assist with your search and then pay attention. Your answers may come in surprising and unexpected ways.

Do your research and trust that you have been led to the correct place. Keep your mind and your heart open. Every teacher has something to give us. It may not be what you were anticipating, but it could be just what you need!

Planning a Distance Reiki Treatment

Becoming attuned to Reiki II will strengthen your connection to energy many times over. It also provides powerful new tools that will help you grow both physically, mentally and spiritually. Reiki II will allow you to use your healing at a professional level and offer treatment to people other than just family and friends.

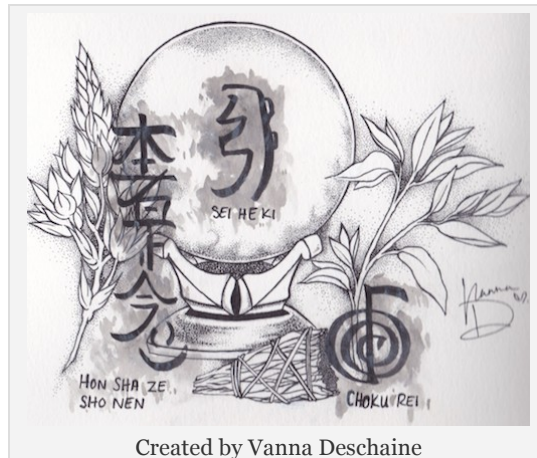
After advancing to Reiki level II, distance Reiki is available to you using the symbol Hon Sha Ze Sho Nen. This means you can send healing universal energy across space and time. You can send Reiki to events in the future and in the past, or to people or animals anywhere in the world!

A distance healing treatment need not be a complicated matter, any more than a normal "hands on" session would be. All you really need is a quiet place to connect to energy and a little information to help you provide the best experience possible.

The distance treatment will follow the exact format you would use at a "live" session. If you typically incorporate crystals into your session and balance and clear chakras, you would do the same in your distance session. If you sage and bless the room using the symbols before a physical treatment, practice this same ritual for your distance session.

To appropriately deliver a great experience to a person who is a virtual stranger, it is helpful for you, as a practitioner, to have some understanding of the issues being dealt with. A phone conversation can help give you a good overview without delving too deeply. For example, you don't need to know medical statistics like cholesterol or blood pressure numbers. A broad description is fine. Remember, Reiki energy will flow to where it will do the most good.

Did the request come in an email? Make some notes on what you already know. Is your client male or female? Do you already have their full name and physical location? Before you start the session, make a phone connection with your client.



Created by Vanna Deschaine

You will want to review the following:

- What is your primary health concern? Is it physical? Emotional? Spiritual?
- Have you had medical treatment for your issue? What type and for how long? Include a reminder in your conversation that Reiki is not a replacement for traditional treatment.
- Have you had experience with Reiki before?
- What goals do you hope to attain using Reiki treatments?

The last two items on the list are important ones. For a satisfactory experience, set expectations about what the session will feel like and what can be accomplished in a thirty or sixty minute session. Obviously, you are not going to promise a one hundred percent mending of a broken ankle or miraculous recovery from a long depression. Make sure your client knows what Reiki is and how it can help. Depending on the symptoms, I typically recommend a thirty minute initial session. With a satisfactory result, I do two or three sessions as a follow up over the next six weeks or so. After that, monthly is fine depending on the condition and how things are progressing. If they are interested, I almost always encourage my clients to become Reiki I and II attuned. That in itself is such a healing process. It is not to be missed!

If you haven't done so already, schedule a time for the treatment and instruct the recipient to find a comfortable position in a quiet room where they will not be interrupted. I like to tell my clients to set their intent to receive healing. I tell them to take some cleansing breaths to relax and to close their eyes. Make sure they know exactly what time the session will start and what time it will end. Then be sure to begin and end on time. Follow up with a phone call to see how they are feeling when the session is complete.

Sometimes the recipient is an animal - someone's beloved pet who is experiencing physical or behavioral issues. A history of when the issues started and notes of any changes in the household (like new pets, absence of a family member, a relocation to a new home) can be very helpful.

If it is a medical issue, make sure to stress the importance of veterinary care and don't treat an animal that you feel requires immediate attention. Again, stress that Reiki is not a substitute for proper medical treatment, but it will assist with and make recovery more comfortable. It is wonderful for easing discomfort in an aging pet.

Having a photo of the animal is great, but not essential. Connecting to an animal at a distance is not usually difficult. As with any distance session, you must be relaxed and open to the connection. I also like to check in with the animal's owner to see if there is improvement after a session. As per Reiki etiquette, request the animal's permission when you connect, then let Reiki flow. It's their choice as to how much Reiki they will receive or even whether to accept the treatment or not. Don't worry, most animals are very open and will welcome your invitation!

Here is another question: how will you get paid? Obviously there will be no money changing hands physically, so you need to have an idea of how the exchange will work. Paypal offers a service that connects to your bank account and that allows you to send invoices. The recipient can choose to use their own Paypal account to pay, or to simply use a credit or debit card. There may be other services similar to this out there, but Paypal is one I have used successfully. You are providing an important service. Make sure you are fairly compensated.

A properly conducted distance Reiki session will lead to repeat business and referrals. You will not want to miss this opportunity to be of service as a Reiki II practitioner.

8 Ways to Keep Your Reiki Practice Fresh

If you are attuned to Reiki, but find yourself drifting out of practice, now is the time to take charge and bring your energy work back into focus. We all know the importance of self-healing, but how many of us remember to make this a priority every day? It is easy to get distracted by the demands of the work we do to pay bills, the needs of our family and friends, and the multitude of other tasks that we are told must get done in a day. Of course it is important to make a living, keep a clean space and tend to our families. Still, if we want to stay energetically healthy, reserving a small portion of "me time" is absolutely essential. It's not possible to take care of others if we are not in fit spiritual shape ourselves. Here are some ideas that you will stay focused on your practice and keep your life in balance.

Gather together with like-minded people

Healing power is multiplied many times by the power of collective gatherings and having face to face relationships with other healers is soothing and emotionally strengthening. Nurture friendships to support your daily efforts. The buddy system works in so many areas, why not energy healing? If you are unable to find someone locally, introduce Reiki to someone new or cultivate a distance friendship. Even if there is not another healer available to you today, there could be one soon. More and more of us are awakening to Reiki every day!

Join or host a Reiki share

A Reiki share means many hands sending pure universal energy into one body, clearing blockages and relieving stress in a big way! Send your Reiki to your neighbors and be sure to take your turn on the table. This is a great way to promote healing, meet new friends and enjoy fellowship.

Heal your local town

Send energy to troubling situations or communities that are struggling in your area or anywhere in the world. When this is done in a group setting, the healing vibrations are raised even higher and will absolutely have a positive effect. Do you doubt this will work? Look at the chaotic energy generated from a huge sporting event or a riot. A group coming together to send healing energy has that same powerful impact, but in a positive, healing way.

Connect with nature

A walk in the woods or along a beach or river can change your perspective immensely and immediately. Practice listening to see if the trees have wisdom to impart. What animals or birds do you come across and what are they doing? Use your intuition to see if they have message for you. For example, if you continually see hawks circling, they may have a special connection to you. Open your heart chakra to the animals. Do you have a spirit or totem animal? Do some research on this subject and open a new path to connecting to spirit. Much can be learned by connecting to the natural world in this manner.



Image by [iandeth](#)

Full your lungs and let energy flow

Breathing exercises and meditation will assist you with connecting to spirit whether it is out in nature or on your couch. Practice taking full complete breaths down to your belly, then release slowly and ground your feet to Mother Earth. Smokey quartz, jasper, hematite or black tourmaline are great grounding stones. Use them when you are feeling scattered or unsettled.

Dance or practice yoga

Nothing raises your vibration like getting your body moving. Do something good for your physical side while releasing that, which no longer serves you. Rhythm and movement has been used for centuries to move spirit. No matter what your age or physical ability, you can appreciate the ability of your body to transfer energy into movement.

Sing

Your voice is also a powerful tool for releasing stuck energy. It will expand your lungs to full capacity and elevate your mood. Just listening to music can

calm and take your to a care free place. There are many great music and meditation video options on the Internet. Listen at bedtime to help you fall asleep.

Share your thoughts and feelings in writing

It will help keep you from being stuck inside your own head and help others to benefit from your energy experience. Use your own handwriting as opposed to typing. Your written word is personal to you and therefore is very powerful.

Kundalini Reiki

For those who are seeking, many flavors of energy healing abound, and as an avid student, I am unable to resist exploring the fascinating varieties. In sampling the many offerings, I have accumulated certificates in all sorts of modalities, including Violet Flame, Lavender Flame, Crystal Healing, Munay Ki, Kundalini Reiki, even Shiatsu massage. My personal library is a wealth of information, encompassing everything from Karuna® Reiki, essential oils and herbal remedies to The Divine Matrix and the I Ching. My energy education has been interesting and so much fun!

In 2012, I was fortunate to attend a Kundalini Reiki class with a local master and became attuned to all three levels. Kundalini Reiki is similar to Usui Reiki, but it is a specific strand of energy, channeled by connecting to earth's energy.

In Sanskrit, Kundalini translates to "coiled up, coils, the coiled power" and is often represented in drawings as a snake or serpent that rests coiled around the base of the spine, at the root chakra. This energy remains dormant unless awakened (known as Kundalini Awakening). Kundalini Awakening can happen through the attunement process or simply through meditation and/or prayer. Sometimes it comes suddenly and spontaneously, such as by a near death experience.

Kundalini is the force of the divine, intelligent, life-force (Prana) that resides in all of us. Like a serpent, Kundalini awakens from its sleep at the base of the spine and slowly rises. Once awakened, Kundalini energy opens and strengthens the root chakra and spirals up. In its snake-like form, it circles and clears the all chakras, releasing blocks and allowing the energy to flow smoothly. It is a very hot, powerful energy and can assist with spiritual awakening and divine communication.

Though you channel Kundalini with your intent, usually spoken aloud, there are no symbols involved, so it is a very simple energy to work with. Often referred to as Kundalini Fire, it is a very grounding and intense form of healing. It uses include working to bring resolution to such things as situation and relationship issues, past life and birth trauma. Because it is such a potent energy, it should be used with care. Too much too soon can be overwhelming and may create a healing crisis.



Image by [Olof S](#)

Kundalini energy works extremely well with meditation. Lighting a candle and calling in Kundalini fire energy daily will strengthen your connection and flow. Consciously decide to let go of all that no longer serves you and imagine the fire consuming reducing those things to ash and smoke. Feel the tension leave your body as you release negative thoughts, past trauma and memories. Breathe in, relax.

Mediation is key to improving the flow of Kundalini energy. With regular practice, you will find it easier to get quiet and call in the energy. You may find it helpful to use bloodstone or serpentine crystals in your meditation. When Kundalini energy has opened and cleansed all the chakras up to the crown, it is said that the practitioner has achieved enlightenment.

Kundalini Reiki is the gift of the Ascended Master Kuthumi brought to earth by Ole Gabrielsen. Master Kuthumi can assist with seeking higher wisdom and to use that knowledge for the highest good of all.

The Moon and Reiki

Does the moon affect your mood? Have you taken the time to pay attention and gauge your mood in regards to the moon's phase? If you notice and note it on your calendar, it can provide valuable insight to help understand and prepare for each phase. This is important for us, as healers, so we can be in balance and connected to spirit. In turn, it allows us to help others who come to us for advice and assistance.

The phases of the moon are listed below

New or Dark Moon is not visible

Waxing Crescent

First Quarter Half Moon

Waxing Gibbous

Full Moon

Waning Gibbous

Third Quarter Half Moon - illuminated side opposite of the First Quarter

Waning Crescent

New - the cycle begins again.



Image by [davejdoe](#)

The moon's cycle can affect emotions and stress levels. Just ask anyone who deals with the general public. How often have you heard the comment "*Wow, people are crazy today, is it a full moon?*" During the full or new moon cycle it is common to see dramatic changes in mood and, occasionally, erratic behavior. Being sensitive and aware is especially important for healers offering Reiki treatments. You may notice changes in client's auras if you know them well. Maybe they just seem off balance or more vulnerable than usual. Take into account the moon's phase when meeting or treating people you don't know too.

Having an understanding of nature's moon cycles can be a powerful tool. Once you become familiar with the cycles and their affects, you can use that information to help yourself and others. With proper planning, you can schedule projects for optimum times and use the cycles of the moon to assist with personal growth.

A new or dark moon is a great time to prepare and make plans. If you have a Reiki business, it is the optimal time to take stock and plan for future growth. Put your ideas on paper and visualize them happening. The new moon is a perfect time to manifest your desires!

The very first sliver of a new crescent moon is a time of new beginnings: a good time to plant or start a new project.

When the light of the moon grows larger and brighter each day, it is called "**waxing**". During this time you should notice increased energy and find it easier to focus.

At the half moon, you may notice a change or shift in your project or plans. Be flexible and see how things play out. This may be a change for the better.

During a full moon, people often become anxious and more sensitive to details. In a stressful world and with work, family, financial responsibilities and frustrations, we can find ourselves overly concerned with "*self*" and paying less attention to others' needs. Sometimes, just knowing there is an outside cause that may be affecting our mood can help us take a step back and view our feelings with a fresh perspective.

The full moon has a good side too. It's a great time to throw a party, increase sales and use your intuition and creativity. These will be higher now at this point than at any other time in the cycle.

After the moon is full, it will begin to grow smaller again. This is known as "**waning**". You will find it easier to complete your projects at this time. Wrap things up, throw things out, try a detox or fast. All of these tasks flow easier during the waning moon.

Whether you love the full moon or not, the cycles of the moon are as dependable as the rising of the sun each day. The full moon will pass and a new cycle begins. The new moon brings with it the sense of calmness. Moods

and emotions get back to normal, and there will be more physical energy and acceptance of others.

Aligning your energy with moon cycles is a great way to get in touch with nature and her rhythms. Get outside and bask in some moonbeams. Do a meditation and invite the moon to share her energy with you. And don't forget to put your crystals out to clear and recharge them in the moon's gentle light.

Reiki and Addiction

How can Reiki help with recovery from debilitating addictions such as overeating, smoking, alcohol, and drug abuse?

Reiki should not be considered a “cure” for alcoholism or addiction, nor replace traditional treatment, but it can assist with recovery and make it immensely more tolerable. In the same way that Reiki is used as a complementary treatment for disease, such as cancer, heart, respiratory and other disorders, it is a welcome addition to regular treatment and provides vital support to recovery efforts.

Alcoholism and addiction, whether to chemicals, food, nicotine, sex or people sets in motion a continual daily assault on the individual that is physical, mental and spiritual. Chemical dependency of any kind places a great deal of stress on body, emotion and spirit. Sufferers rarely eat or sleep well and are often too busy trying to “keep it together” to bother making even minimal efforts toward health and wellness. Maintaining a normal lifestyle in today’s busy fast paced world, managing a home, a job, kids, is stressful enough for all of us. Substance abuse or addiction multiplies the stress of day to day living many times over. Addicts have spent years, often decades, doing damage to their physical and emotional selves. Add to that the shame and embarrassment that accompanies addiction and the result is out of control emotional pain, serious depression, and devastating loss of self-esteem.



Image by [ThruTheseLines](#)

Physical: Withdrawal symptoms can be unsettling or downright uncomfortable. Headaches, insomnia, muscle aches and pain, tremors, nausea, general anxiety and depression - all of these can be managed and reduced with the use of the gentle, noninvasive healing of Reiki.

Mental: Addiction is a downward spiral. Over time, those suffering with addiction will have convinced themselves that they are mentally weak, have no will power and are somehow inferior to other “normal” people. Negative self-talk is a daily habit and toxic dialog will often run constantly in the mind. “You are such a loser, what is wrong with you? You can’t even manage to get through one day without....” Negative thoughts “play” continually like a bad soundtrack and hinder the recovery progress. It is vital to replace this with a constructive healthy alternative. Positive Reiki energy provides a very real sense of moving forward and taking important steps to recovery. With practice, negative self-talk can be immediately caught and replaced with pure healing energy.

Spiritual: Addiction of any kind isolates and takes sufferers to a very dark, lonely place. Getting clean and sober is like coming back to the light. Finding new interests like Reiki or learning about crystals sparks our creative side and opens us up to experiences we never knew existed. Reiki will help release negative emotions, encourage self-forgiveness and allow positive energy to flow and light to come in. Connecting to universal energy brings comfort and serves as a reminder that you are not alone.

A healing attunement or a Reiki I attunement can be especially helpful as it allows the recipient to practice self-healing on a daily basis. The importance of this cannot be emphasized enough. Self-healing will assist with treating the symptoms at the root cause. These are the issues that caused the abuse initially. It is fear, anxiety, hopelessness that drive an individual to pick up a substance to ease discomfort. Well meaning physicians prescribe medication to treat the symptoms such as sleeplessness or anxiety and further compound the problem. Finding an alternate method to self-medicating is essential. Use the power symbol, Cho Ku Rei to intensify Reiki energy and clear blocked energy that has occurred in the body over time. Sei He Kei, the emotional healing symbol, can be a powerful ally in releasing past trauma and healing the dis-ease that accompanies it.

Using crystals in combination with Reiki can enhance healing sessions. A stone carried in a pocket can be very comforting during stressful moments. Amethyst, citrine, carnelian and garnet are calming and support addiction. Smokey quartz is grounding and protects against negative energy. There are myriad of crystals to choose from. Finding the ones that work best for you is fun and interesting.

Reiki healing can and will assist in your journey to restore health and balance. Above all, if you are recovering from an addiction remember that you are a child of the universe and that you have a right to be here. Forgive yourself and move forward. There are so many blessings that await.

Reiki Away Your Lower Back Pain

There are many causes of back pain, and lower back pain specifically. Sprains, pulled muscles, over exercising, over doing in general, bad posture, hip and congenital issues, all of these lead to pain and muscle spasm.

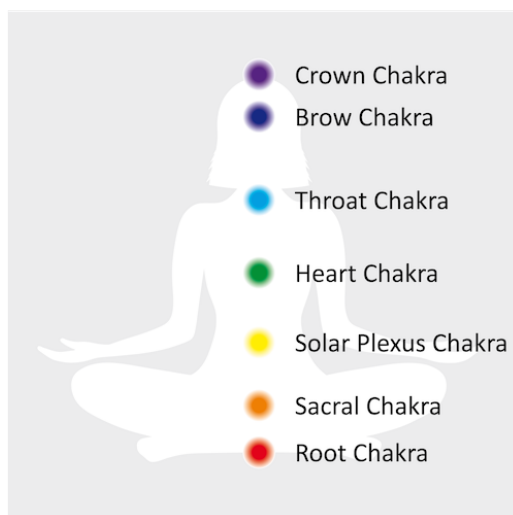
Think of your skeleton from the feet up. Every bone is meant to be aligned, from heels to ankles, to knees to hips. The spine with its energy centers holds everything upright, even, balanced symmetrical. Hips should be squared, shoulders even, head held high as if from a single thread. Those of you who do yoga may recognize the components of this alignment. In my own yoga practice, I strive for exactly this balance in my poses.



Problem is, we are not all perfect and we get out of balance, physically, mentally and spiritually. We pay chiropractors and other medical professionals to fix our aches and pains. We put our hard earned cash on the counter for prescription drugs, but is there a simpler, better way? Certainly powerful pain meds have their place, but chronic use can lead to addiction. And while you should always seek medical attention for serious injuries, Reiki healing can be a wonderful alternative or complement to traditional medicine.

I personally have a lot of experience with lower back pain. A fused vertebrae in my spine makes one side of my back muscles pull harder to make up for the lack of movement on my left side. Because of this, my hips go cock-eyed - the left side pulls forward, the right back, making it absurdly easy for me to strain those muscles. Over the years, I have visited several chiropractors. Sometimes this helped and sometimes it didn't. I had better experience with therapeutic massage, which I love but the expense demands that I be practical about frequency. So recently I have tried practicing more focused Reiki self-healing.

Now, I self heal a lot. Daily. Not for long periods of time, but certainly every night before falling asleep, I call in Reiki energy as I meditate and review my day. And I always call in the energy as I start my day connecting to spirit. But I don't necessarily direct the energy anywhere in particular, my hands just land where they may, typically on my belly. Reiki energy always goes to exactly where it is needed anyway, right?



This week, after driving 17 hours from Maine to my new home in North Carolina, I had more than the usual amount of back strain. It got so bad I could hardly move the entire weekend.

So I got out some crystals that assist with pain: a clear crystal wand, a healer's gold stone, some blue kyanite, a red jasper to ground. Then I set out to clear my chakras. I did it exactly as I would for someone who comes to me for healing. I used the symbols to call in Reiki energy and the wand to sense the spinning movement of the chakras, starting with the root chakra. Working my way up through all seven chakras to the crown - I cleared the blockages, then sent in balanced Reiki energy.

Naturally, I felt better immediately. Even though I had massage with Reiki last week and have regular sessions via healing circles, I still had some blockages that caused me trouble. With those blockages removed, I noticed more ease of movement and much less pain. In addition, Reiki energy's warmth is very soothing to aches and pains. With some Reiki and a couple of days rest, I was back to feeling well enough to get on my yoga mat again.

In Gratitude for Energy Healing, My Path to Reiki

As a child, I found the world to be a harsh, negative place. Fearful and alone, I struggled to find peace in my faith. Lacking the tools and experience to unlock my spirituality, I eventually began to self medicate to ease my discomfort. This was a temporary solution, that as you probably can guess, did not provide any real healing or create a positive lifestyle. Eventually it stopped working altogether and I slowly began the process of rebuilding what I had spent years tearing down. I married, built a successful career and raised some awesome kids.

Through it all, having animals in my life was a constant for me. I don't know if I could have done it without their quiet love and support. One animal that made an enormous difference for me was a big brindle pitbull named Carmen. She belonged to my oldest son, Matt, and she had to stay with me for a while due to housing issues. At the time, I was afraid of pitbulls, having fallen victim to media sensationalism. On the day Matt dropped her at my home, I was nervous, but Carmen jumped up on my bed, snuggled next to me and with a big sigh dropped her head on my shoulder. At that moment, everything I had ever heard about pitbulls simply fell away. I had a friend for life.



My relationship with Carmen was like no other I have ever experienced. She was remarkably intelligent and loving. We connected on such a deep level. Suffice it to say, I adored her.

Carmen lived to be 15 years old. When she developed lymphoma I was desperate to help her. Before my eyes, she grew weak and withdrawn. Soon she was so gravely ill that her beautiful strong body became skeletal and

I knew she had days to live. In an attempt to find some comfort for her and assist with her transition, I scoured the web for a holistic solution. Here I found Reiki. I called a local practitioner and had her visit the house. It was clearly apparent that Carmen was interested in the treatment and for the first time in weeks, she perked up a bit. I was encouraged! Because I could not afford to treat her several times a week, I immediately found a class and became attuned to Reiki I so I could treat her at home. To my amazement, Carmen went into remission! Within a couple of weeks, she was running around my back yard like a six year old. Miraculously she grew happy, healthy and strong again. It was like the lymphoma had never happened. She remained the picture of health for nine more months and I got to spend precious time with her that I would have been lost to me otherwise.

Her transformation was all I needed to see. I began my Reiki journey in earnest. I obtained my Reiki II and then my Reiki Master Teacher. I practiced daily and read every book I could find about energy healing. I took Violet and Purple Flame Reiki, DNA Activation healing, and Kundalini Reiki. I became acquainted with the Arch Angels and learned crystal healing. My connection to the universe grew stronger with each attunement. As I practiced self-healing on a daily basis, I felt released from negativity - protected and blessed with my connection to spirit. Reiki completely transformed my life. Fear fell away. I am able to influence my world in a positive way and assist others as never before. I learned amazing things about the world I live in and other worlds that exist also. I tapped into wisdom and knowledge that I never dreamed existed, learning about how energy travels over space and time. I am able to join with other light workers worldwide to send healing to the earth.

During the past two years I have experienced amazing spiritual growth. My understanding grows on a daily basis. I am so grateful to Carmen for sharing her inspirational healing journey with me and opening my eyes to this beautiful practice of energy healing. Though she is gone from this world physically, she is always with me in my heart, my dear friend, my teacher.



Patti Deschaine is a traditionally trained Usui Reiki Master and owner of Maja Energy Works and Reiki Healing. She resides and practices in Wilmington, NC. She enjoys all types of Reiki and particularly loves using Reiki on animals. Patti can be found at <http://majaenergyworksandreikihealing.com> and <https://www.facebook.com/MajaEnergyWorks>.