

A MAGAZINE FOR REIKI PROFESSIONALS

UNIVERSAL LIFE

Magazine

In this issue:

REIKI AND CHIROPRACTIC CARE: A SYNERGETIC APPROACH

Charles Lightwalker shares his research to combine energy enhancement modalities for more profound healing

THE TRANSFORMATIVE POWER OF SOUND

Jaime Claire explores how the solfeggio frequencies can act as powerful agents for change

PLUS REIKI AND END OF LIFE CARE

EXCLUSIVE

Why Reiki is Crucial in Modern Medicine

Raven Keyes shares her mission to bring the practice of Reiki into mainstream medicine

FEATURED

FROM DANCER TO REIKI MASTER

celebrating
100 YEARS
OF USUI REIKI

OUR MEMBERS
SHARE THEIR
FAVOURITE
REIKI
MEMORIES

CONTENTS

THE MAGAZINE FOR REIKI PROFESSIONALS

03 LETTER FROM THE EDITORS

05 100 YEARS OF USUI REIKI

**14 METAMORPHOSIS: THE
PROCESS OF HEALING**

21 EXCLUSIVE! *With Raven Keyes*
**WHY REIKI IS CRUCIAL IN
MODERN MEDICINE**

**32 RELEASING THE MAGIC OF
VISION BOARDS WITH
REIKI**

**42 REIKI AND END OF LIFE CARE
FOR THE ELDERLY**

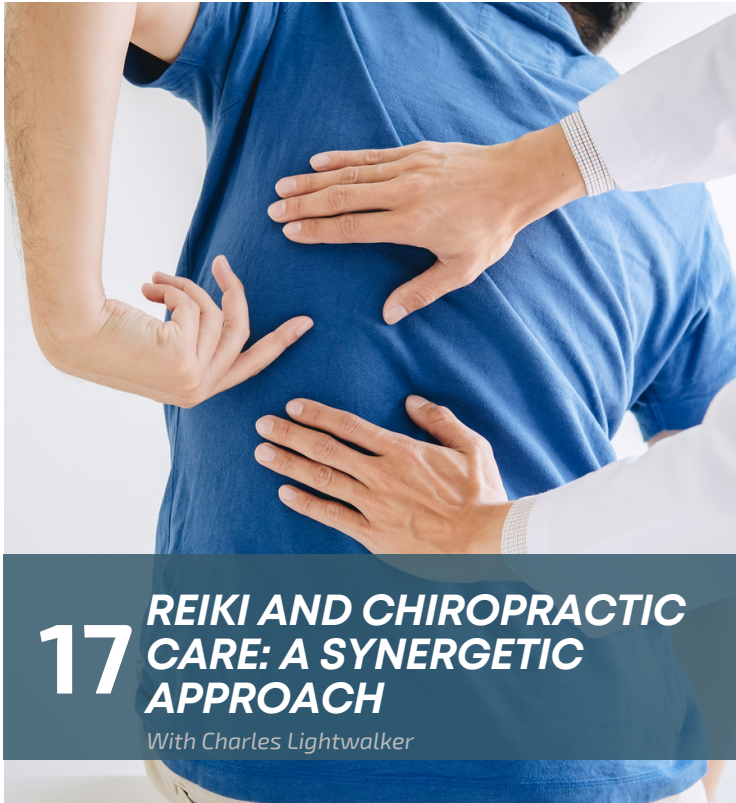
**46 TAPPING INTO CHANGE: EFT
FOR QUICK CHANGE AND
TRANSFORMATION**

**50 HEALING THE HEART
CHAKRA: THE SEAT OF LOVE,
GRIEF & TRANSFORMATION**

**54 HEEDING THE CALL TO
CHANGE**

58 RHA NEWS & UPDATES

59 MEMBER SPOTLIGHT



**17 REIKI AND CHIROPRACTIC
CARE: A SYNERGETIC
APPROACH**

With Charles Lightwalker



**DANCER TO REIKI
MASTER TEACHER**

With Diana Turner-Forte



36

**GOOD
VIBRATIONS: THE
TRANSFORMATIVE
POWER OF SOUND**

With Jaime Claire

Copyright © www.reikihealingassociation.com 2022 | All Rights Reserved. The Reiki Healing Association (RHA) has taken all reasonable steps to ensure the accuracy of the information contained in this magazine, however mistakes or inaccuracies may exist. The reader agrees that under no circumstances will any liability or responsibility or blame be held against the RHA or authors for any reparation, damages or losses due to the information in this or any previous editions of the magazine, either directly or indirectly, nor do they accept any liability or responsibility for any loss, injury, illness arising out of the failure by the reader/individual to seek medical advice from a qualified doctor or medical professional. The opinions, beliefs and viewpoints expressed by the various authors and participants of this magazine do not necessarily reflect the opinions, beliefs and viewpoints of the Reiki Healing Association. No part of this magazine may be copied, resold, reproduced or stored in a retrieval system, or transmitted in any form by any means without prior consent of the RHA. Any offers, pricing, coupons, products or services presented are correct at the time of publication but may be amended or withdrawn at any time. The RHA may receive a commission from sales made as a result of links in this magazine.



Editor's Letter

Hello and welcome to this very special issue of Universal Life Magazine! As we enter the Centenary year of Usui Reiki, we wanted to celebrate the beautiful legacy of Mikao Usui, and the incredible spiritual journey that lead him to the gift of Reiki, by sharing some powerful stories on the theme of change and transformation.

Change is the very essence of life, but it is not always comfortable or easy. As Reiki Practitioners, we are no strangers to change. We are on a life-long journey of self-development and spiritual evolution. As we heal ourselves and others we progress our understanding of our deepest purpose and our connection to everything that is.

As we grow and move through the different phases of life, our goals, motivations, perceptions and needs flux like the natural changing of the seasons. We adapt and we overcome, we become more resilient and wiser. For on the other side of change and transformation are the discoveries, milestones and breakthroughs – large and small.

We have so many beautiful articles to share with you inspired by the idea of growth, evolution, adaptation, metamorphosis and healing including a look at the transformative power of the Solfeggio sound frequencies and

how the Emotional Freedom Technique can be used to rapidly change negative thought patterns and habits.

We explore the healing journey after grief and loss, how you can use Reiki to support and manifest your goals, and the importance of Reiki as a way to bring relief and comfort to patients at the end of life.

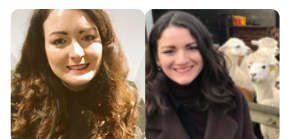
We also share some exciting research on Reiki and chiropractic care as well as an exclusive look at progress to bring the practice of Reiki into mainstream medicine.

As always, we'd like to thank everyone that contributed to Universal Life Magazine, we really appreciate the time you took to share your knowledge with the Reiki community and your fellow RHA members. Namaste.

Love and Light,

Molly & Harriette-Rose

**Molly Malone &
Harriette-Rose Malone**
Editors in Chief



JOIN THE RHA



One of the Largest Global Communities of Heart-Centered Reiki Professionals,
Changing the World One Reiki Session at a Time



CONNECT. NETWORK. GROW.

Become a
member today

Enjoy the Benefits of a Lifetime
Membership. Finally a tribe that
gets you!



**CLICK HERE TO FIND
OUT MORE**





FEATURED STORY

ONE HUNDRED YEARS OF USUI REIKI

As we celebrate this historic anniversary for Usui Reiki, the Founder of the Reiki Healing Association, Garry Malone, reflects on the life, lineage and legacy of the Founder of Reiki, Mikao Usui (1865-1926)

“...AS WE STAND ON THE SHOULDERS OF THE REIKI MASTERS THAT HAVE GONE BEFORE US, WE ACT AS IMPORTANT CUSTODIANS OF USUI REIKI AND MIKAO USUI'S INCREDIBLE LEGACY...”

CELEBRATING THE CENTENARY

The Life & Lineage of Usui

In 2022 we celebrate the Centenary of Usui Reiki. One hundred years of healing, one hundred years of life-changing energy work, and one hundred years of this natural system of wellness and self-development created by the Founder of Usui Reiki, Mikao Usui.

Whilst Reiki energy has flowed through all things since the beginning of time, it is only in the last century that we have reconnected with this source of vitality thanks to Usui-Sensai, as he is respectfully known.

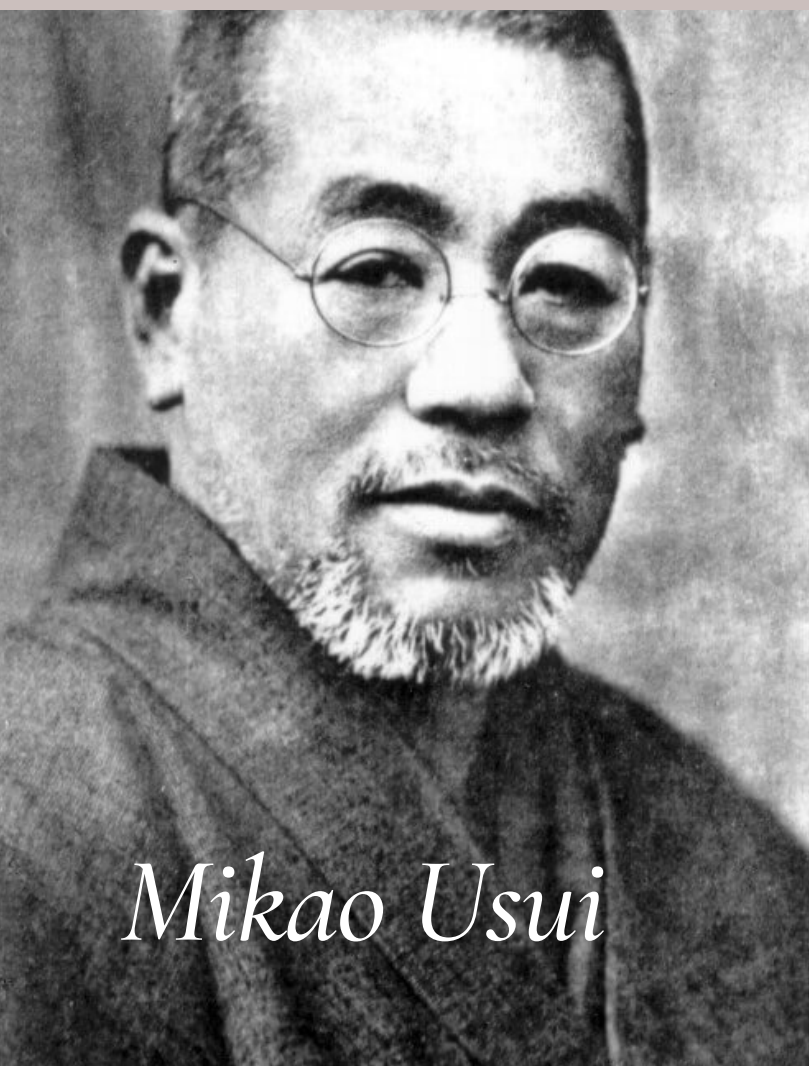
It is said that in April 1922, after fasting, praying and meditating for 21-days, Usui was given the gift of Reiki on Mt. Kurama, a sacred mountain north of Kyoto, Japan. Tradition tells of a great bright light, which came down from the sky and hit his Third Eye Chakra, awakening an understanding of how to work with and harness the Universal Life Force. Usui first practised this healing method on himself and his family and friends, before sharing his insights and teachings with students in Japan, opening his very first Reiki clinic in Harajuku, Aoyama, Tokyo. It wasn't long, however, before he had to move his Training Centre to a much

larger healing space outside of Tokyo, when word of this "miraculous medicine of all diseases" spread. His reputation grew rapidly, and people travelled from far and wide to study with him.

When a devastating earthquake struck Tokyo in 1923 causing firestorms and catastrophic destruction, Usui and his students offered Reiki treatments to the victims of the natural disaster. In order to meet the increasing demand for Reiki, Usui started to teach a simplified form of Reiki to the public in order to help treat the survivors of the quake. He knew he would have to develop a method that could be understood and accepted by any religion or culture, so he fashioned a system without any attachments to a set doctrine, dogma or religious belief. This made Reiki universal. It was accessible to everyone, regardless of background or status, and so easy to learn that it could be taught and passed on simply by word of mouth.

Usui travelled throughout Japan healing the sick and teaching his healing method. He went on to train more than 2,000 students and initiated twenty to the level of Reiki Master/Teacher (Shinpiden) by the time of his death in 1926 at the age of 62. Many of these students began their own clinics and founded Reiki schools and societies, including Dr. Chujiro Hayashi, a medical doctor and retired naval officer who established a clinic in Tokyo after Usui's passing. And so, the Usui Reiki lineage began and the future of the Usui system of healing was preserved.

Hayashi continued to develop his mentor's healing methods, combining both the teachings of Usui with his medical knowledge to expand and formalise the Reiki training he provided his students.



Mikao Usui

He went on to train thirteen teachers prior to his death in 1941, including Hawaiian-born Madame Hawayo Takata.

Takata had several serious health complications and conditions, so when she travelled from her home in Hawaii to Japan to inform her parents about the death of her sister and heard about Hayashi's practice, she went to find out more about Reiki. After receiving regular Reiki treatments for her ailments she noticed huge improvements in her health, so she stayed in Japan to begin her own Reiki training with Dr. Hayashi.

In the summer of 1937 Madam Takata returned to Hawaii and set up her own Reiki clinic. Dr Hayashi visited Madam Takata in February 1938 and invited her to become a Reiki Master.

As Hayashi's successor, Takata went on to to simplify many of the techniques and treatments she had learnt to create her own unique teaching style, which drove the popularity of Reiki as a natural healing system.

She passed on the gift of Reiki to 22 trained Reiki Masters, and is credited as introducing Reiki to the West. In fact, most Reiki Practitioners' Reiki lineage begins with Mikao Usui, followed by Chujiro Hayashi, Hawayo Takata, then one of the Masters that Madam Takata initiated.

The Legacy of Mikao Usui

Although the history of Reiki may differ across sources, at the core of Mikao Usui's story is tale of a compassionate soul on a life-long journey

of personal and spiritual development. He was a great seeker of knowledge, and his studies spanned many disciplines and traditions including Martial Arts, Shugendo, Christianity, Tendai Buddhism and Shintoism.

Although Usui gifted us all with a healing system, Usui saw Reiki as a way of life. At the heart of his original teachings was the belief that Reiki was a path to personal development and enlightenment.

Indeed, even though hands-on healing is perhaps the most talked about element of the Usui system of Reiki, it is just one component of the teachings that he passed on to his students. Certainly, it is believed that Usui spent considerable time training his students about the importance of meditation and energy awareness before imparting any healing techniques. Self-healing and spiritual development were always a crucial part of his Reiki practice.

Along with powerful meditations, mantras and symbols, Usui gifted us a simple set of spiritual guidelines to support us on our own personal healing journey - in the form the Five Reiki Principles. "Just for today: Do not worry; Do not be angry; Do your work honestly; Be grateful; Be kind to all living things." Five simple yet profound precepts to live a meaningful, virtuous and graceful life, one day at a time. With regular practice, we can use these principles to add both stillness and substance to our lives in the knowledge that all we need to do is try our very best that day.

Each principle will have its own personal meaning to us, which we can unlock with meditation and quiet introspection. This is perhaps part of the power of Reiki, in that it adapts to the needs of the student. There is no right or wrong way to embrace and work with Reiki. Usui gave us the tools, wisdom and guidance to begin the journey, where we end up and the exact path we follow is up to us individually.

Reiki Today

For a considerable proportion of the last 100 years, Reiki was really only known about and practiced by a small pocket of people. Fast-forward to today, Reiki has become a widespread complementary therapy used across the world with many millions of people practicing this system of healing.

Certainly over the past century, as more people have opened up to the idea of holistic healing, we have seen Reiki grow in both popularity and acceptance. It is used in hospitals and hospices, and has been combined with other healing modalities to take on many different forms and approaches.

Although many other forms of Reiki exist today, Usui Reiki Ryoho remains the most common and widely practiced. As a result, we are all connected to Usui in the most beautiful energetic way. Each time we call upon the Reiki Masters that have gone before us, we are reconnected with his wisdom and guidance. Reiki continues to touch the lives of so many people today, bringing peace, balance and healing and providing light in the darkest of times.

**"JUST AS RIPPLES SPREAD
OUT WHEN A SINGLE
PEBBLE IS DROPPED INTO
WATER, THE ACTIONS OF
INDIVIDUALS CAN HAVE
FAR-REACHING EFFECTS."
— DALAI LAMA**

The Future of Reiki

As we stand on the shoulders of the Reiki Masters that have gone before us, we act as important custodians of Usui Reiki and Mikao Usui's incredible legacy. As such, we have the privilege and responsibility to help continue to spread this incredible healing modality and way of life through our daily Reiki practice.

As we celebrate 100 years of Usui Reiki and look forward to the next hundred, we have an opportunity to help shape a better, more tolerant, peaceful and loving world through Reiki. In an increasingly fast-paced, demanding and complicated modern world, we need Reiki now more than ever.

Usui's legacy is a wonderful example of how one individual can change lives and have a positive impact on the world. Each day, we honour his legacy by continuing to work with and expand our understanding of this healing system. It is an honour to be a part of this Reiki lineage and this Reiki community, changing the world one Reiki session at a time.

AUTHOR BIO



Garry Malone, RMT, CMH, CHyp, MPNLP, Best-selling Author, Speaker, and the Founder of the Reiki Store, Reiki Healing Association and Reiki Business School. Garry's mission is to help Reiki professionals build their dream Reiki practice by turning their passion for Reiki and helping others into a successful, profitable and sustainable business.



[@GARRYMALONECOACH](https://www.instagram.com/GARRYMALONECOACH)



[REIKIHEALINGASSOCIATION.COM](https://www.reikihealingassociation.com)

Our members share their most most memorable Reiki experiences

"My first true experience of sending distance healing came shortly after I received my first symbol. My wife phoned me to say that she was having a migraine attack whilst I was walking home from work. Normally, a migraine would render her incapable of driving and she would need to lie down in the dark for a couple of hours. I had never sent distance healing before but I thought I would try my best based on what I had learnt so far. I spent the next 20 minutes focusing on sending her healing energy. When I got home, she told me that the migraine had been nowhere near as bad as they normally were and it had allowed her to drive home and take her medication. This was a tremendous boost to my confidence in the power of Reiki and encouraged me to go on to train to Master level."

_____ **BRIAN SHUARD**

"My own journey has had many positive twists and turns. I arrived at my local college over 20 years ago to start a night class. For some reason I ended up in the wrong classroom which was Reiki 1st Degree training, when I realised my mistake, I didn't leave I just stayed. I didn't know then why I stayed, but I do now. It just seemed to have happened. I knew nothing about Reiki, but Reiki found me and allowed me to understand its energy from the foundations upwards. After a few years sharing my new found gift of Reiki with friends, family and the public I started my Reiki Master training and now I serve as a Reiki Master and Teacher. Reiki opened my sleeping intuitive gifts all those years ago and I now combine Reiki with my psychic and intuitive nature."

_____ **KIRSTY ALEXANDER**

100 YEARS OF USUI REIKI

"A memory that surely stands out is when I became a Reiki Master, I felt the soles of my feet "ignite" and they have remained that way ever since. I feel the soles of my feet warm and tingly 24/7! It is truly amazing to feel the energy flow every moment I breathe."

AKLEEMA ALI —

"There are so many little breakthroughs that happen with clients during their sessions. But one in particular is always touching. I have a young lady who lost her sister to illness. She comes really to connect with her and when she needs assurance. Her sister always comes through and gently becomes part of the healing. Guiding my hands. It's a truly beautiful experience."

SANDRA SPENCER

"I'd been a Reiki Practitioner at Level 1 for a few years, since the 1990's, when I felt nudged by spirit to take my practice a step further. I was curious to see for myself how distance Reiki might work. So before signing up for the Level 2 class I had a Reiki Master send me distance Reiki so I could experience it for myself. We decided the 30 minute session would start at 8 pm. So as it got closer to 8 pm I prepared following her suggestions. I'd let my family know not to disturb me and I put on some soft music, lit some incense, turned down the lights, and laid down on my bed. I had a million things on my mind when all of a sudden it felt like a light switch had been flipped on! I immediately felt heat at my solar plexus, and this warmth continued to different areas of my physical body - my lower back, hips, legs and feet, which had all been sore. I felt energy pulsing around the crown of my head and and I then felt a deep peace and calming come over me. I stayed in this zone for a while when all of a sudden I felt as if the light switch had been flipped off. Since this was my first experience with distance Reiki, I wondered if I was imagining the session was over or not. After a minute or two of just laying there I decided I'd get up to check the clock. It was 8:32 pm so I had not imagined the feeling of the light switch being flipped off. My back, hips and legs felt great! This experience was very validating for me."

JACQUIE FREEMAN



"I was asked to do a Reiki treatment on an ill German Shepherd Service Dog. During the session the dog suddenly put its paw on my hand, looked at me and licked my face. He lived for another two years. Gratitude works both ways."

—— NORMAN WILSON



COMMENTS

"I have so many, but the one that got me on my Reiki journey must be the most significant. My daughter who had complex, uncontrollable epilepsy went from having seizures every 10 minutes, to being almost seizure free for a year after just 4 sessions of Reiki, I can't thank the universal healing energy enough for that wonderful gift."

—— SAMANTHA WALKER

"The most significant healing was with my sister-in-law, she had a huge breakthrough when a name popped into her head during the session, she was able to release negative thoughts and energy that she had not even remembered being upset with. She had a profound moment and was able to begin to heal."

—— MARIA EMETERIO



"My niece had PTSD from a car accident where she was driving and her friend died. The accident wasn't her fault. She went through 3 years of therapy to deal with the anxiety etc. She said the emotional release during a session of Reiki with me made her feel like she did after 3 years of therapy."

—— CONNIE MILLER GABBARD

***Join the conversation
over on the Reiki Healing
Association Member's
Group >***

GET INVOLVED



ENROLLMENT IS OPENING SOON

Reiki Business Club 

*Turn Your
Passion For Reiki
& Helping Others
Into Your Own
Successful,
Profitable &
Sustainable Reiki
Business*



FIND OUT MORE

Reiki Business Club 

Metamorphosis

THE PROCESS OF HEALING

BY DEBORAH LYNN STRAFUSS



*Reiki Master Teacher, CSLC, CDP,
Usui Reiki Ryoho*



CRYSTALREIKIENERGY.COM



[DEBORAHSCRYSTALREIKI](https://www.facebook.com/DEBORAHSCRYSTALREIKI)



[DIRECTORY LISTING](#)

In the holistic care industry, we talk of transforming and transmutation. Transformation is defined as a dramatic change in form or appearance, one we experience and recognize as transformational. A moment, an aha, a death, a birth. Sudden and dramatic, it imprints upon our emotional memory and produces an immediate change of some kind.

Transmutation is the process of changing into a different form. This can be fast or slow. Metamorphosis is the slow change of growth and learning – almost a natural, innate process – that takes us from one state to another over time.

Biologically, metamorphosis is the process by which a living creature physically develops after birth and matures from infant to adult. Geologically, it is the process of changing the nature of something from one thing into another, usually through pressure and heat over time. Spiritually, metamorphosis is transformation that takes place slowly, unfolding often unconsciously over time. The results may be dramatic, but we are often not aware of them until we look back.

In today's culture of immediacy, even our spiritual work is speeded up by the notion of transforming and transmuting quickly. We want it as fast as we can; we are spiritually ambitious! This sense of immediacy is found both in those seeking and offering healing. We search for the dramatic, the instantly transformative, often as a way of alleviating our pain or to be reassured of the value of our spiritual search and its results. These healings can be very wonderful and very needed in a client's life, helping prepare them for the deeper, longer-term work of spiritual growth and health. Initiating a slow process

of inner healing and teaching a client to work with that is a powerful and productive form of healing work that is often shunned as not producing enough glam to attract clientele. This is metamorphosis, a process the client will accomplish over time. Much like teaching someone how to make a pole to fish for themselves, the metamorphosing practitioner does not need to see big results. They are thrilled with increased skill and capacity that allows a client to move out on their own. Even in the gentle, non-process-oriented offering of Reiki we can teach our clients tools for grounding, clearing, and managing their energy. They are hungry for the spiritual skills we have learned and use every day!

The natural unfolding of our human nature toward the light of conscious awakening that fuels steady growth, which we call healing, is most often a process over time. We may have seasons of transformation or trauma, but these are not what produce steady growth. It is the after-effects of integrating them into our lives that produces overall growth and health. A tree is not the year of drought or fire in its age rings. Nor the year of abundance. It is the culmination of the many layers of rings and how the tree adapted to the differing seasons and years that produces a strong healthy tree.



“Much like teaching someone how to make a pole to fish for themselves, the metamorphosing practitioner does not need to see big results. They are thrilled with increased skill and capacity that allows a client to move out on their own.”

The continued steady metamorphosis of a soul engaged in and focused on healing as it moves from one place to another along the path of life leads to a strong healthy life. Metamorphosis and change are not the startling moments of transformation and transfiguration, but the days and years of integration, learning and evolving toward the light that create the becoming we are seeking. This is the truth of healing we can light up for our clients every time they come to us.



DISCOVER THE POWER OF THE 7 CHAKRAS

Take your knowledge,
skill and understanding of
Energy Healing to a
completely new level of
Mastery...

BECOME A CERTIFIED CHAKRA HEALING MASTER

...in as little as 4 weeks

**GET
30% OFF
WITH COUPON
CODE:
RHA30**

**Packed
Full of
Bonuses**



7 Chakra Workbooks + Your Own
Chakra Checker Questionnaire

FIND OUT MORE

REIKI AND CHIROPRACTIC CARE

A Synergetic Approach

BY CHARLES LIGHTWALKER

RHA [DIRECTORY/CHARLES-LIGHTWALKER-REIKI/](https://www.reikihealingassociation.com/directory/charles-lightwalker-reiki/)



Reiki Master Teacher, Co-Author of Quantum Healing: The Synergy of Chiropractic and Reiki

As a Reiki Master since 2001, I have used Reiki in many healing situations over the years. My greatest experience in using Reiki came when I had the opportunity to do a research project with local chiropractor Dr. Pat Dougherty. Our chief aim was to document the affects Reiki had on patients, in conjunction with their chiropractic care.

Dr. Dougherty and I selected three patients as test subjects. All the subjects presented with physical complaints, and all were familiar with both Reiki and chiropractic treatments. Each patient underwent a series of three combined chiropractic and Reiki sessions that were completed in a time frame of between 8 and 15 days. The order of the sessions was different for each patient.

The patients shared their level of wellness before their appointment by filling out a Quality of Life Questionnaire, in addition to filling out a pain diagram and writing a brief synopsis summarizing their feelings about each visit.

QUALITY OF LIFE QUESTIONNAIRE

Participants were asked to score their level of wellness in each of the following categories.

- DEALING WITH ANXIETY AND STRESS
- ENERGY LEVEL
- POSITIVE ATTITUDE
- MENTAL CLARITY
- SLEEP QUALITY
- OPTIMISM
- STAMINA
- EXERCISE TOLERANCE
- JOINT FLEXIBILITY
- MUSCLE TONE
- HEALTHY DIGESTION
- FREEDOM FROM CAFFEINE
- HEALTHY EATING
- WEIGHT LOSS MANAGEMENT SUCCESS
- GENERAL FEELINGS OF WELLNESS

The subjects were not allowed to see what scores they put down on the previous visit so as not to bias their answers.

Interestingly, each subject put down a higher score on the third visit in every category than they did on the first visit.

The input we received revealed that patients receiving Reiki treatments prior to their chiropractic care felt more attuned to

their bodies. They were better able to express where they felt off balance, and where aches and pains resided in their bodies. They also noted they experienced calmness after the combination treatments. They expressed the belief that the Reiki/chiropractic sessions made their day brighter, more enjoyable, and worry free. This peace of mind sometimes lasted several days following a treatment.

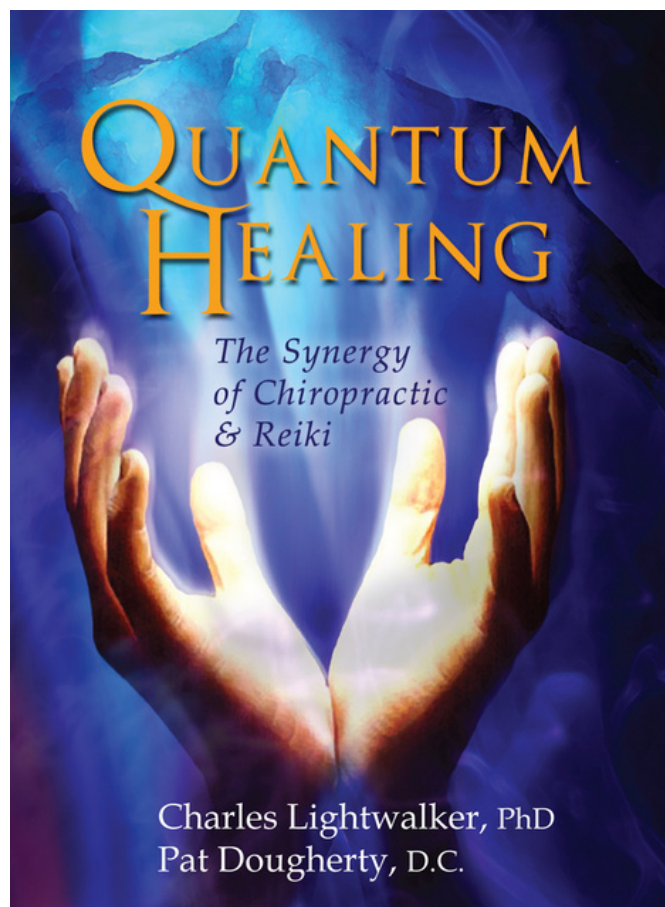
We cannot be sure that these results are solely attributable to the treatments we provided to the subjects. We can be certain from these results that all three of the subjects were more satisfied overall, and in distinct categories of life, than they were before they began treatment.

“Patients receiving Reiki treatments prior to their chiropractic care felt more attuned to their bodies.”



Dr. Dougherty also observed that it was easier to adjust the patients following a Reiki treatment. It also appeared that patients could communicate more directly their health concerns post Reiki treatment.

It is our belief that combining energy enhancement modalities created a synergy of healing that provided a deeper, more profound sense of well-being. As a result of this experiment, it's obvious that combining energy treatments can enhance the quality of life for all who receive this care. With this awareness, it is my hope that more Reiki practitioners and chiropractors form partnerships to increase the effectiveness of their energy work.



Charles Lightwalker co-wrote the book *Quantum Healing: The Synergy of Chiropractic and Reiki*, with Holistic Chiropractor Dr. Pat Dougherty, D.C. Find out more at Spokane-Chiropractic.com.

Reiki and Chiropractic: Similarities & Differences



Although Reiki and chiropractic may seem like very unique practices, there are many similarities between these modalities which we can harness to provide deeper healing sessions.

Similarities between Reiki and chiropractic:

- Just as Reiki is energy medicine, so is chiropractic.
- Each is a method of introducing energy into a person's body that will reorient and amplify the subject's energy.
- Each is a healing modality.
- Each can transcend the conscious mind in order to access the subconscious where change happens more quickly.
- Each modality seeks to address the areas of greatest tension or pain.
- Each can be performed on a one-to-one basis.

There are a couple of major differences between the two modalities:

- Reiki typically involves no touching, whereas chiropractic is usually quite a hands on experience.
- Reiki transmits energy through the auric field, while chiropractic uses the nervous system as a vehicle for transmission.

As both Reiki and chiropractic care involve moving energy that is stuck or not flowing properly in a person, combining these healing modalities can provide deep healing on both physical and emotional levels. This synergetic approach allows us to go beyond the physical and address the emotional root of tension in the body.

NEW!

The Ultimate Done-For-You Reiki Certificate Templates Bundle



Was ~~\$162~~
Now Just
\$27

Elevate Your Reiki
Workshops with these
Professionally Designed
Reiki Certificates

[SHOP NOW](#)

Why Reiki is Crucial in Modern Medicine

BY RAVEN KEYES



*Reiki Master Teacher, CMRMT,
Founder of Raven Keyes Medical
Reiki International (RKMRI™)*

 [RAVENKEYESMEDICALREIKI.COM](https://www.ravenkeyesmedicalreiki.com)

WE ARE LIVING IN A TIME of so much sickness in the world, and a time in which modern medicine can perform miraculous, life-saving treatments that can be very traumatic to those who receive them. I have often-times been told by individuals I have met along the way in my career that without Reiki during their medical treatments, the reality of feeling shattered, and even invaded by the energy of the doctors performing medical interventions, is very pronounced after invasive treatments, like heart surgeries and transplants. I've found Reiki's power prevents all these traumatic things from happening.

Since the year 2000, through no effort on my part, and even against anything I ever wished to do as a Reiki Master, I have found myself in operating rooms, delivering Reiki to people during life-saving operations performed by surgeons in New York City – surgeons who have the hearts of

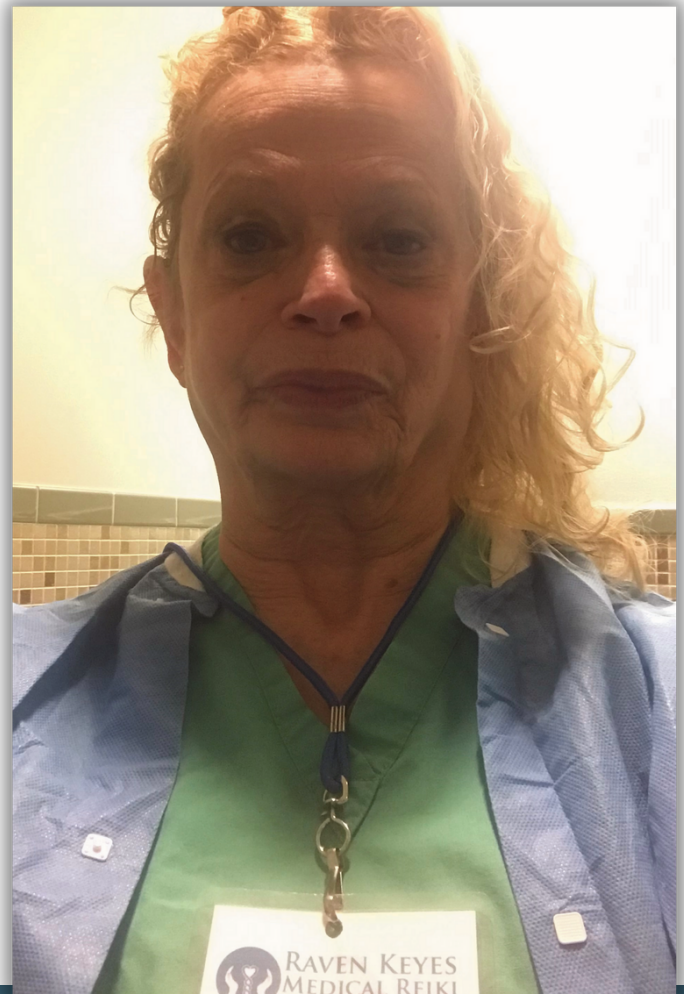
scientists, wishing to see what Reiki could do for their patients. It has been very difficult to bring Reiki forward into modern medicine; yet because the surgeons I have worked with are world-renowned specialists - assets to their hospitals, meaning patients come for surgeries based on the reputation of these surgeons, I have been allowed to lay the groundwork for an evolution in patient care. This evolution has been hard-fought by me on many levels over the years. Just because the lead surgeons have invited me into their operating rooms, doesn't mean that everyone present has been happy to see me. Explaining why I am there is a constant task, even to this day.

Yet, when a patient receives Reiki during their treatment(s), the outcomes are incredibly different, and so positive that the results cannot be denied.

In a time when opioid addiction often starts because of medical events and the pain following invasive surgeries, I have noticed that when one receives Reiki during their medical circumstance, no matter how serious the surgery, they do not need lots of pain medication, and usually don't even need anything beyond an aspirin two days after their surgery. Not only that, but they also heal so much faster! Surgeons and doctors are stunned by this fact.

Yet the culture in which medicine is delivered is one of high education and specialties that are credentialed. Originally tasked by the angels with teaching other Reiki Masters everything I know about

bringing Reiki into an operating room, into other medical venues including chemotherapy, and to share the protocols I originally created for myself to be safe and to work as part of a surgical team, it has now become obvious that Reiki cannot enter mainstream medicine without there being a credential with a name that includes terminology that medicine can accept.



Raven after a surgery At Columbia Presbyterian Hospital following a breast cancer surgery: "One can look wiped out - it's really intense to be in the operating theater with the cold temperatures, the bright lights, and the responsibility of holding on to someone's life while their body is undergoing unavoidable assault."

“...WHEN A PATIENT RECEIVES REIKI DURING THEIR TREATMENT(S), THE OUTCOMES ARE INCREDIBLY DIFFERENT, AND SO POSITIVE THAT THE RESULTS CANNOT BE DENIED...”

What is now known as Medical Reiki™ came into existence from the collaboration between myself and Dr. Sheldon Marc Feldman - the only globally revered surgeon in the world who fully supports Reiki and who has sent his patients to me from the moment of their diagnosis to the end of their treatment. Medical Reiki is considered by him and a team of researchers from Montefiore Medical Center and Albert Einstein School of Medicine, to be so important that we are about to begin a research project into the efficacy of using Medical Reiki in conjunction with conventional medicine for breast cancer surgery.

Dr. Feldman and I started a not-for-profit company called Medical Reiki Works which has a presence as a group on Facebook, and almost every dollar to pay for this

special research that will advance Reiki into the mainstream, has come from Reiki Practitioners from around the world. Research is expensive! Since the donations ranged from \$10 USD, \$25, \$50, \$100 – whatever the Reiki Practitioners could afford – it took time to raise the funds; yet we, as the Reiki community, were able to do it!


The research was about to begin, and then COVID struck hard in the City of New York.

The Medical Reiki team was not allowed into the hospital, so everything came to a screeching halt for more than two years. Now we are finally getting close to beginning, if COVID is kept at bay.

Meanwhile, preparing for a future in which so many practitioners will be needed to step into hospitals to care for the patients of surgeons and doctors, I am creating a world-wide team of credentialed practitioners who are listed on a Registry by location, ready to be sent out to medical patients and doctors upon request.

Dr. Feldman's greatest desire is for this spiritual practice that protects and heals to go forward so that patients all over the world have access to Medical Reiki as part of their medical treatments. Directed by the angels, and supported by Dr. Feldman, this team of credentialed practitioners is made up of Reiki Masters from around the world who have been trained to work in medicine.

Dr. Feldman has been invited to speak in Japan on behalf of the medical community at the 100-year celebration of Usui Reiki Ryoho regarding the use of Medical Reiki in medicine.



“...DR. FELDMAN'S
GREATEST DESIRE IS FOR
THIS SPIRITUAL PRACTICE
THAT PROTECTS AND HEALS
TO GO FORWARD SO THAT
PATIENTS ALL OVER THE
WORLD HAVE ACCESS TO
MEDICAL REIKI AS PART OF
THEIR MEDICAL
TREATMENTS....”

AUTHOR BIO

Raven Keyes, CMRM, RMT, author of *Medical Reiki, A Groundbreaking Approach to Using Energy Medicine for Challenging Treatments*. Beginning in heart surgery with Dr. Mehmet Oz in November 2000, Raven presently works with breast cancer surgeon Dr. Sheldon Marc Feldman, Chief of Breast Surgery & Breast Surgical Oncology and Director of Breast Cancer Services and Professor of Surgery at Albert Einstein College of Medicine, not just with his surgery patients, but also on the scientific research of Reiki. Raven also trains and certifies Reiki Masters from around the world to work safely in surgery and in other medical venues where patients are at risk of trauma. She is also the author of the award-winning *The Healing Power of Reiki* and *The Healing Light of Angels*.



WWW.MEDICALREIKIWORKS.ORG



DIRECTORY/RAVEN-KEYES-MEDICAL-REIKI-INTERNATIONAL/



[@RAVENKEYESISMEDICALREIKI](https://www.instagram.com/RAVENKEYESISMEDICALREIKI)



FACEBOOK.COM/RAVEN.KEYES.79

Get Certified **ANIMAL REIKI**



Help Animals & Lead Your Own Animal Reiki Workshops



Practice and Teach Animal Reiki



"This course answered all of the questions I've had since I first heard of Reiki. Other courses pale in comparison. I highly recommend this course to others. You have answered my prayers & changed my life! Namaste."
- Belina Ricco, ARMT



"Just after finishing the Animal Reiki course and wanted to let you know it was the most enjoyable course I've ever done. Thank you so much, I have learned so much."
- Jane Doyle, ARMT

**GET 30% OFF
WITH COUPON
CODE: RHA30**

[FIND OUT MORE](#)

T&CS APPLY. CODE VALID UNTIL 30/9/22.
SEE WWW.REIKIHEALINGASSOCIATION.COM.

DANCER TO REIKI MASTER

BY DIANA TURNER-FORTE, RMT,
HHP, MA DANCE

**"TOUCH IS THE ULTIMATE
TRAINING TOOL FOR
DANCERS...I ALREADY HAD A
SENSE OF THE POWER OF SUBTLE
TOUCH AND INTENTION...THIS
EXPERIENTIAL WISDOM WOULD
ONLY INCREASE OVER THE
YEARS UNTIL I ACKNOWLEDGED
THAT I WAS ALSO DESTINED TO
BECOME A REIKI MASTER."**

FEATURES

As a child, from the moment I stepped into the dance studio entering into the spaciousness, classical music, and rigorous training—I knew I had met my soul's purpose. The words of Ruth St. Denis best describe my dancing experiences: "My whole body has filled with light. I pour forth my spirit into Joy!" So, you can imagine my heartbreak when at the peak of my professional performing career, like a bolt of lightning, a sports medicine doctor proclaimed "you won't be dancing anymore, you have 13 stress fractures on your shins."

The diagnosis came after I had taken a brief hiatus to recover from physical dependency on Motrin to alleviate the swelling from the welts that formed and the excruciating pain shooting

up my shins after 6 hours of intensive rehearsals. The doctor gave me a couple of options: casts would immobilize me and cause the calf muscles to atrophy making recovery nearly impossible or I could stop all physical activity and rest with legs elevated for 8 weeks. He emphasized no activity with an extended litany of "don'ts" to make the point—no standing, marking steps during rehearsals, or walking. I chose the latter option.

To escape slipping into further despair I initiated an interior dialogue with my higher essence. Following the prescription of no activity I spent long intervals listening to classical music, gently wrapping my hands over my shins with the intention to heal my legs, and being attentive to whatever else was burdening my soul at the time, while my mind replayed the words of Martha Graham: "The body never lies."

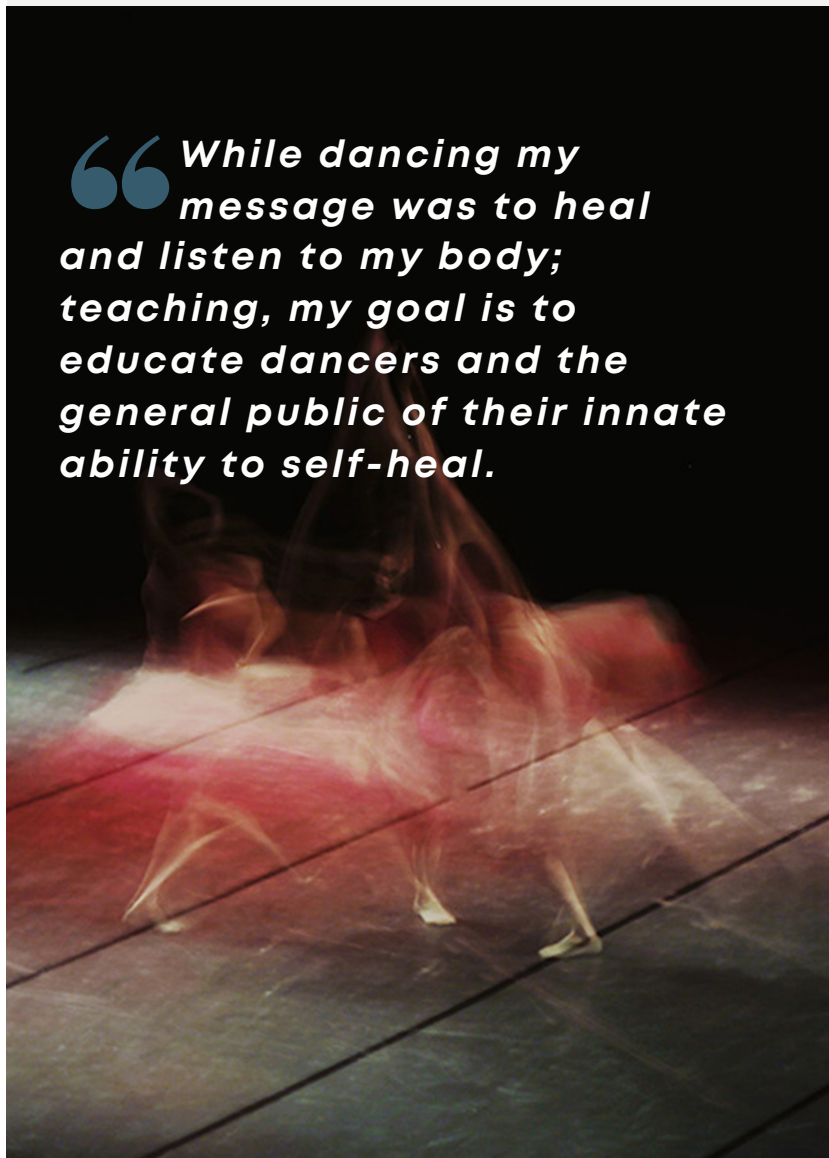
On my follow-up visit, with x-rays held under one arm, the doctor asked what I had been doing, "resting" I said. Then I proudly showed him my hands to shins routine. With a look of disbelief, he showed me the x-rays. If they hadn't been side-by-side, even I may have doubted what I saw. There was no sign of stress fractures. Shaking his head, he released me from his care with the admonition, "Be Careful!"

I returned to dance with a driving desire to better understand my body and become more aware of the cues that it was sending to me. Thus my quest into holistic healing unfolded with studies in Pilates Mat Work (focus on the core muscles and mind/body

integration), Alexander Technique (an alternative approach to re-learn proper alignment and to move freely and effortlessly), Reflexology (alternative methodology focused on applying pressure to points on the hands or feet that correspond to physical organs to aid in healing); with supplemental studies in nutrition and kinesiology.

The common thread connecting my explorations was the benefits of sensory-tactile activities for cultivating change. Touch is the ultimate training tool for dancers with attention given to the finest

***“While dancing my message was to heal and listen to my body; teaching, my goal is to educate dancers and the general public of their innate ability to self-heal.*”**



details down to the fingertips. Instructors assist students in finding balance, inner alignment, and proper stance through touch. I already had a sense of the power of subtle touch and intention both from my training and in restoring my shins to wholeness. This experiential wisdom would only increase over the years until I acknowledged that I was also destined to become a Reiki Master.

While dancing my message was to heal and listen to my body; teaching, my goal is to educate dancers and the general public of their innate ability to self-heal. Keeping young students injury-free, empowering adult dancers and clients to re-claim more mobility required condensing my sensory-tactile encyclopaedic knowledge into smaller pieces to emphasize the relevance of incorporating touch and intention into one's daily routine. As a tool for injury prevention and physical durability touch is essential.

With every dance session I now run, I incorporate 4 key energy exercises to enhance the healing benefits for the students. When participants experiment with these self-healing tools they stay injury-free, healthy, and take responsibility for their well-being.

These four postures draw upon the Reiki hand-positions and chakra points, as well as the power of breathwork and visualization.

The main healing facilitator in these exercises is the hands, as the student uses gentle touch and intention to listen to the body during each posture.

4 KEY ENERGY EXERCISES

1. Tune-in to your mental vision:

Place cupped hands over closed eyes until there is blackness. This is one of the Reiki self-healing positions. Hold for 2 minutes.

2. Enjoy your forward-backward mobility

Place a hand at your forehead and the other hand at the base of the skull acknowledging the vitality of the vagus nerve — sometimes called the “soul nerve” — meandering through the body. Hold for 2 minutes.

3. Bless your feet

Sitting on the floor, place the flat palm (fingers together) of your hands (one top the other bottom) on one foot and hold like a glove. Notice the feeling of warmth and aliveness. Hold for 2 minutes per foot.

4. Listen and Breathe

Lay on your back (knees bent feet flat on the floor, hip width apart or with legs extended in a neutral spine) one open hand over the heart and the other resting below the navel. Imagine the breath flowing in an orb-like shape from the bottom of the feet around the body over the top the head. This is very relaxing, so stay awake for 2 minutes.

“...BECOMING A REIKI MASTER HAS HEIGHTENED MY AWARENESS OF THE NATURAL SELF-HEALING CONSCIOUSNESS WITHIN THE BODY.....”

As a pre class warm-up 2 minutes in each posture is sufficient, but at home I encourage both students and clients to engage in the practice for 5 minutes per exercise several times a week if not daily. And then get up and dance to your favorite rhythmic percussive CD or a selection from Mozart Effect® collection, music specifically designed to reduce stress and heal body, mind, and soul.

In practice, we are engaging in the art of tuning-in, enjoying the moment, blessing the feet, and listening to our bodies through breath which affirms wholeness of spirit, love, and respect for the human form.

Becoming a Reiki Master has heightened my awareness of the natural self-healing consciousness within the body. Our bodies are of the earth, air, light, and spirit.

Combined with a clear intention our hands nurture the current of wholeness for transformation, health, and well-being.

Reiki is the sacred gift that allows me to keep giving in unimaginable ways.



AUTHOR BIO

Diana Turner-Forte is a Teaching Artist in Dance/Movement, Reiki Master, and Holistic Health Professional who integrates the healing power of touch and intention in all aspects of her life and shares that information with her students and clients.



WWW.DIANATURNERFORTE.COM



FACEBOOK.COM/DIANA.TURNERFORTE/



[DIRECTORY LISTING](#)



ARE YOU READY TO BECOME A CERTIFIED USUI REIKI MASTER TEACHER NOW?

[FIND OUT MORE](#)



- ✓ IN DEPTH VIDEO TRAINING TO ALL 3 LEVELS OF USUI REIKI + BONUSES
- ✓ 3 STUDENT WORKBOOKS PACKED WITH LEARNING EXERCISES
- ✓ ACCREDITED CERTIFICATION
- ✓ ATTUNEMENT TO ALL 3 LEVELS OF REIKI
- ✓ FULL UNRESTRICTED LIFETIME ACCESS
- ✓ X4 RMT TUTORS WITH 3 DECADES OF EXPERIENCE WORKING WITH REIKI

**GET 30% OFF
WITH COUPON
CODE: RHA30**

[FIND OUT MORE](#)

"I've studied Reiki 1 and took Reiki 2 twice. Your RMT class gave me more knowledge than my 3 previous Reiki classes combined. I really feel enlightened...I really loved this course." - Lori Austen, RMT

T&CS APPLY. CODE VALID UNTIL 30/9/22.
SEE WWW.REIKIHEALINGASSOCIATION.COM.



RELEASING THE MAGIC OF VISION BOARDS WITH REIKI

WHAT IS A VISION BOARD?

A vision board, or a dream board, is essentially a physical manifestation of your goals. It is putting all the future ideas and mental imagery about the version of your best self, on paper or in digital format. The physical design of a vision board encourages and reminds a person as to what their goals are, where they would like to be and what would bring them closer to their dreams.

As Reiki Practitioners we have the advantage of being able to use Reiki to focus energy to our goals, and remove any blocks and barriers to our greatest visions. Let's work through what you need to get started with your own Reiki Vision Board.



AKLEEMA ALI SHARES HER TIPS ON DESIGNING A VISION BOARD TO MANIFEST THE GOALS AND CHANGE YOU WANT TO SEE, AND HOW TO INFUSE YOUR VISION BOARD WITH REIKI ENERGY

CREATING A VISION BOARD - THE TRADITIONAL WAY

SELECT THE THEMES AND BE SPECIFIC!

The more specific you can be with your goals the better. Choose a few key ideas that you are most eager to achieve and focus your energy there. For example my most recent vision board had themes such as "Personal Sanctuary", "Animals and Reiki," "Gardening" and "Health & Fitness." Sometimes if we try to explore too many themes we can dilute our focus, so stick to goals that inspire you the most, and then break them down into the tangible results you want to see manifest. For example, for the theme of "Gardening," I can set a goal to create an edible garden.

SCANNING YOUR RESOURCES


It's time to get creative with the resources you have around your home. Use scrapbooks, colour pencils, markers, paints, old newspapers and magazines to cut pictures that inspire you. If you have a printer, do a bit of research and print images from the internet that you want to work into your vision board. For example, if you want to travel and experience more freedom, cut out pictures of your dream destinations and include words that are related to that subject such as 'travel' 'adventure' and 'live free.' I personally love to sit in a quiet spot at home with all my resources in front of me, then I get centered, and get lost in designing, drawing on bristol board and in scrap books to release my flow of thoughts.



THERE IS SOMETHING VERY POWERFUL ABOUT WRITING ON A PHYSICAL PIECE OF PAPER!

ADD AFFIRMATIONS

As well as images and pictures, include powerful affirmations that resonate with your spirit. Choose a few affirmations to place on your board that align with the goals you are envisioning. This is also a great way to learn affirmations and send out your frequency into the Universe daily. Past affirmations I have used include the following “My time is now. No more waiting for the right moment” and “I am ready for this chapter. I am ready for this shift that is about to take place.” Just the act of writing this on my vision board, I could feel the Reiki energy flow and begin empowering my board.



I am exactly
where I need to be

POWER WORDS AND FEELINGS

As you start to add your pictures and draw, write, and paint those affirmative phrases, and goal statements, make sure you use words that embody what it would feel like to have achieved your visions. Use phrases and images of success, and try to put yourself into the mindset of already having accomplished your deepest dreams. Think success, feel success and let inspiration guide you as you bring your vision board to life.

SET YOUR TIMELINE

A goal without a plan is just a dream, as they say. So think about when you want to see your goals manifested. Again this is a helpful way to let the Universe know what you want. Perhaps you want to work to a timeline of the next month or quarter or year. Find a timeline that seems comfortable for you and add this to your board. Setting a timeline, is one way to commit to your goals.

LOCATION OF YOUR VISION BOARD

A general rule for a vision board is to place it in a space or area where you can view it easily each day and think and feel your goals coming alive and getting accomplished. For me, this means sticking up my vision board on the corridor or bedroom wall. Every time I see the vision board, I have a visual reminder of what I want to achieve and can remind myself of the feelings I want to manifest.

INFUSING YOUR VISION BOARD WITH REIKI

When your vision board is ready, it's time to add some Reiki! This practice personally took me some trial and error, before I found techniques that truly resonated with me. I started first by sitting or standing in front of the vision board and beaming Reiki to it. You can alternatively sit in meditation with your goals in front of you, or draw the Reiki symbols on the board, or the back of the board and ask that Reiki manifest for the highest good of all. The practice that was most profound for me was sitting next to my vision board and inviting Reiki to imbue my hands with Reiki. I then I placed my left hand on my vision board and my right hand on my heart chakra. I visualized Reiki passing from my heart chakra to my board.

VISION BOARDS IN THE DIGITAL AGE

Creating a physical vision board is of course just one format you can use when setting your goals. You can create a digital vision board using digital design tools to collage images and words together, or add inspiration to Pinterest or your own blog or social media accounts. The great thing about digital vision boards is that you can keep them on your phone or laptop and view them regularly. I was recently challenged to design a digital vision board and found great excitement in looking for stickers and images to place on my digital canvas. Some like to use a hybrid approach, and design a physical vision board which they can display in their home, and then take a picture on their phone so they can also have it saved digitally!



MANIFESTING SUCCESS

It is really important to make sure that as well as creating your vision board, you accompany your goal-setting with physical steps and action towards achieving your dreams. Use your vision board as a practical guide to living a life aligned with your highest self and greatest ambitions.

Sometimes success will look a little different to what we had envisioned initially, but that doesn't mean the goals weren't achieved! Sometimes on the path to our goals, we are redirected to something better and we need to shift our plans. Just because we

MANIFEST



did not manifest all of what was written on our vision board within a specified time frame does not mean that the other items were not meant to be. Remember everything is granted within Divine Timing. The key thing is to set positive intentions and let Reiki lead the process towards your highest good.

Once something resonates with me and I can feel the love for something, I keep putting it on my vision board and intention list. In fact, when I look back at my past boards, I can see how long something took to manifest into my life, how Reiki has inspired me in the past and how it continues to guide me on my life journey. I hope everyone has fun making and experimenting with their vision boards.

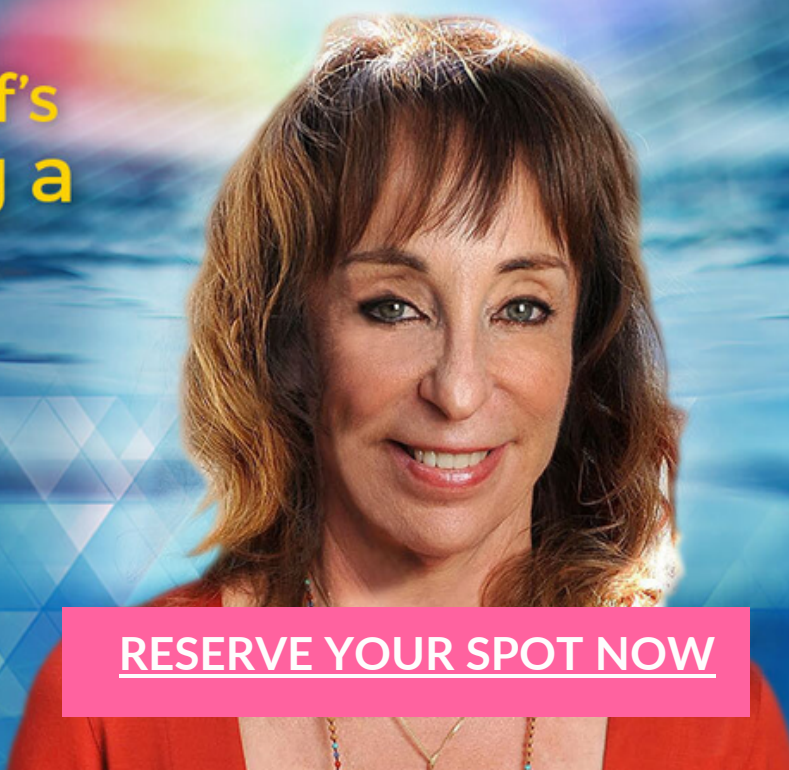
AUTHOR BIO

Akleema Ali, RMT, finds joy and excitement in her life journey by educating and increasing awareness about Reiki in Trinidad & Tobago.  [@THEREIKILIGHTHOUSE11](https://www.instagram.com/THEREIKILIGHTHOUSE11)

Dr. Judith Orloff's Keys to Being a Healthy Empath

Sign Up >

RESERVE YOUR SPOT NOW



Good Vibrations

THE TRANSFORMATIVE POWER OF SOUND

BY JAIME CLAIRE

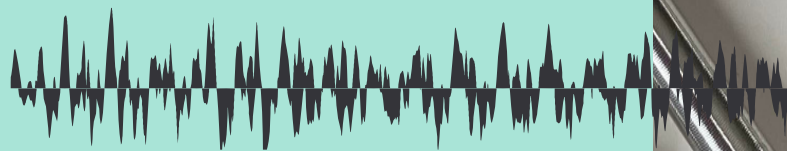
RHA DIRECTORY LISTING

There's a lot of science behind the power of sound. And here's the easiest way to understand it: everything is a vibration. Your cells and organs are a vibration that makes up your aura. Even your thoughts, words and emotions are vibrations, all oscillating at different frequencies. Although the power of sound is only now starting to become a major focus in the world of holistic healing, this modality is ancient to say the least (even the pyramids vibrate in harmony with the earth's fundamental frequency).

Among the myriad range of sound frequencies available to the human ear (a range of about 20-20,000hz), there is a harmonic scale representing the tones most powerful for healing, called the Solfeggio scale. There are 9 total, 7 of which correspond to the chakras:

THE SOLFEGGIO SCALE

174hz - Pain Relief
285hz - Heal Tissues and Organs
396hz - Liberating Guilt and Fear
417hz - Undoing Situations and Facilitating Change
528hz - Love and Miracles
639hz - Connecting and Balancing Relationships
741hz - Solving Problems and Awakening Intuition
852hz - Returning to Spiritual Order
963hz - Awaken Original State



“The power of 417hz is incredibly powerful in facilitating change and transformation. It facilitates new beginnings and reverses negative outcomes.



The solfeggio frequencies are powerful change agents as they help to release the subconscious blocks within the chakra system that create a vibrational incongruency to that which you desire. The 417hz frequency is particularly powerful in facilitating change and transformation. It facilitates new beginnings and reverses negative outcomes. To create transformation, there must be an energy exchange. Ask yourself, in what areas am I willing to release what no longer serves me, in exchange for what does? Deeply rooted in the chakra system are the answers you seek.

Layering 417hz with respective frequencies for each chakra will increase the power of change and transformation with focused attention and intention. The following is a sound healing meditative practice that you can incorporate into not only your own healing, but into the healing you provide your clients as well.

You can listen to the frequencies using sound healing instruments or listen to frequencies created from apps or from music streaming sites. If you are new to sound healing, YouTube is a great place to start. You can create a playlist and listen using two browser windows on your computer to layer the sounds. If you are a sound healer, or just becoming curious about the transformative power of sound, you can purchase a set of tuning forks for relatively low cost. Using a mallet or tapping the two forks together, you can place the forks near a chakra or keep them at your ears. The resonance will move you into a state of positive change.

The key concept is to intentionally focus on each chakra, placing attention on releasing what no longer serves and inviting in the energy of change, transformation, renewal and joy.



Solar Plexus Chakra (417, 528)

The solar chakra is our personal willpower house. How much fear do you hold around trying something new? Do you fear the future? Are you holding a limited view of self? Seek to release negative thought forms, inviting in the energy of courage and transformation.



Heart Chakra (417, 639)

The heart chakra represents love for self and others. Is your internal emotional climate able to weather change and transformation? Are you acting out of love and compassion, or are you operating from a place of envy and fear? Do you need the attention and approval of others to feel good? Evaluate what you radiate, seeking to release contraction, and inviting in expansion.



Root Chakra (417, 396)

The root chakra holds our belief systems. Look to illuminate any outmoded beliefs that no longer resonate that have caused guilt and fear of change. This could look take the form of familial, cultural, socio-economic, or religious belief systems. Focus on releasing these and inviting in what belief systems DO resonate.



Sacral Chakra (417, 174)

The sacral chakra governs our relationships with others. Are your relationships with others in tune or out of tune? Have you ever felt guilt or shame around outgrowing your relationships? Or have you suppressed yourself to conform to other's ideals? Focus on aligning your relationships to resonate in harmony with positive change.



Throat Chakra (417, 741)

The throat chakra is tied to expression and human will. Do you fear having no power of choice? Are you speaking loving words with integrity into existence? Is your spiritual life and physical life in harmony? Release the need to know why things happen and surrender to the infinite wisdom of a grander spiritual design.



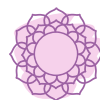
Third Eye Chakra (417, 852)

The third eye governs intuition. Are you able to separate truth from illusion? Are you able to detach from subjective perceptions to illuminate your personal truth? How willing are you to accept personal truth? How willing are

“The key most important concept is to intentionally focus on each chakra, placing attention on releasing what no longer serves and inviting in the energy of change, transformation, renewal and joy.



you to accept closure to facilitate a new beginning? Do you resist change or embrace change? Is what you think and what you feel in vibrational alignment? Do you have faith that your inner guidance is authentic? Focus on releasing feelings of self-doubt, and on opening your connection to your Higher Self.



Crown Chakra (417, 963)

The crown is our connection to the universe beyond ourselves. Are you willing to let a previous phase of your life die in order to effect change? Do you feel guilt around some of the choices you've made for yourself? Are you afraid of surrendering to a higher power because of the changes that it might trigger in your life? Release the need to control the outcome and surrender to a higher order.

As with anything you do, the results are determined by your intention and attention. The trick is to fully feel into these frequencies and their meanings. Effecting change and transformation requires a synchronized oscillation of mind and body and soul, so your vibration is the key.

AUTHOR BIO



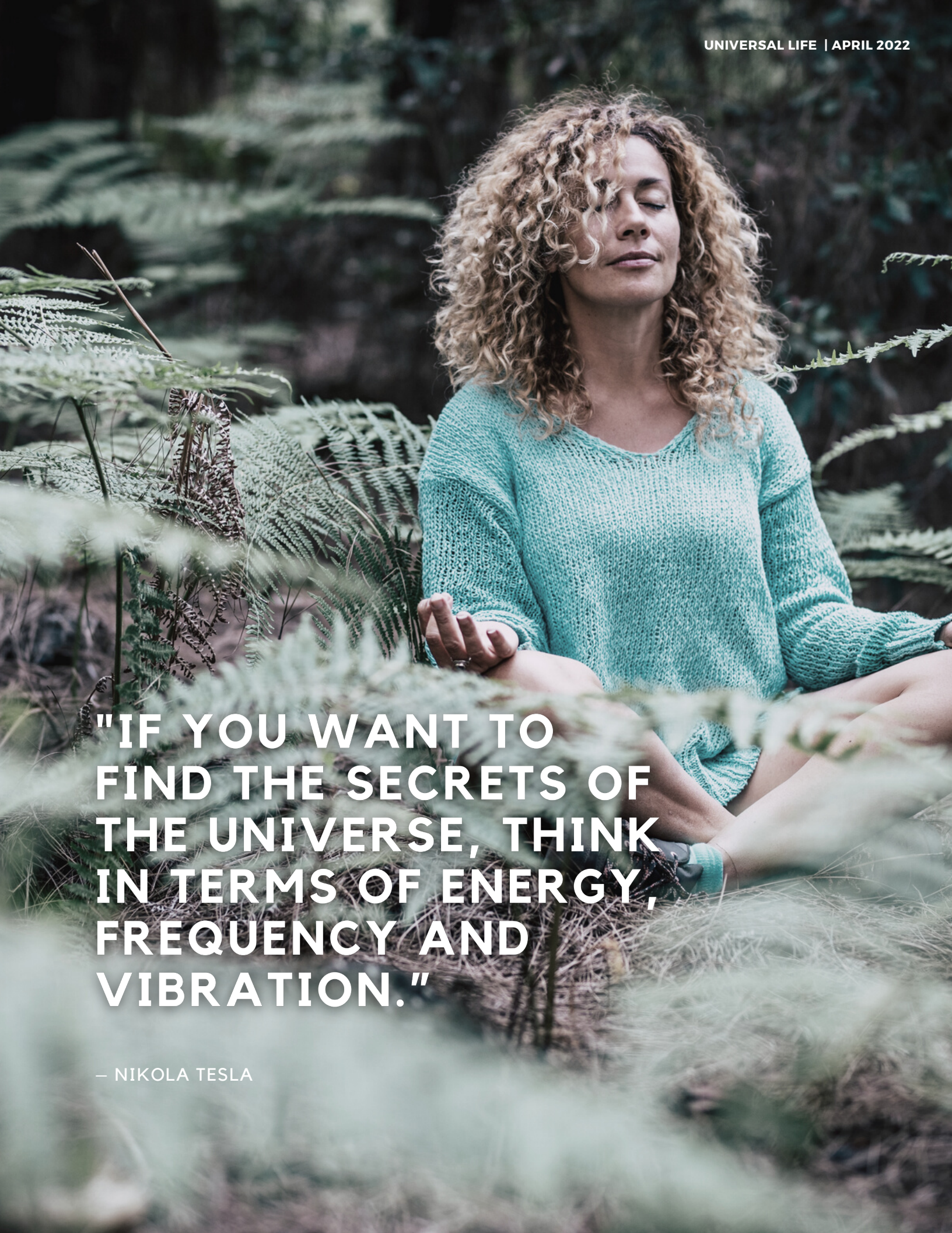
Jaime Claire is a Reiki Master Teacher, Meditation Instructor, Sound Healer and Ordained Minister and the owner of The Iris Center for Holistic Wellness. She is living proof of that the power of sound can effect change and transformation in your life and guides her clients on their own healing journey and conscious evolution.



WWW.IRISWHOLEWELL.COM



@IAMJAIMECLAIRE

A woman with curly hair is sitting in a meditative pose in a lush forest. She is wearing a teal-colored sweater. Her eyes are closed, and she has a peaceful expression. The background is filled with green ferns and other foliage, creating a serene and natural setting.

**"IF YOU WANT TO
FIND THE SECRETS OF
THE UNIVERSE, THINK
IN TERMS OF ENERGY,
FREQUENCY AND
VIBRATION."**

— NIKOLA TESLA



T&CS APPLY SEE REIKIHEALINGASSOCIATION.COM

NEW MINI
WORKSHOP



Reiki Business Club 

How to Create Your own
Authentic Reiki Manuals in
Just 7 Days

SPECIAL OFFER - FIND OUT MORE





**REV. DR. TRACY COX,
EXPLORES HOW REIKI CAN
HELP TO BRING RELIEF AND
COMFORT TO PATIENTS
WHO ARE COMPLETING
THEIR EARTH JOURNEYS**



[DIRECTORY/REV-DR-TRACY-COX-DD/](#)

Reiki and End of Life Care for the Elderly

One of life's most challenging experiences is to become a caregiver for the elderly. There are many momentous life transitions that the elderly must go through as they reach the end of their life journey and transition back into pure spirit, and most of these situations are emotionally confronting on fundamental levels.

Facing one's mortality is scary stuff, at least for a time as the person processes the experience. When you add in the confused thinking that those suffering from dementia endure, it makes sense that our caregiving work will be challenging on all levels. The most intense part of this work is when the elderly person that we are looking after begins their "end of life transition," which is

FEATURES

a much more comforting term to use than “dying” for most people. Luckily, we have the miracle of Reiki to assist us in our caregiving journey.

We are living in very exciting times for Reiki. Discussions about spirituality are becoming commonplace, and this openness has led to the crucial conversation on how to help the dying transition into spirit in the most kind, compassionate and practical way. Reiki practitioners are regularly volunteering at hospices to bring relief and comfort to patients who are completing their earth journeys. This important yet challenging field of end of life care is a wonderful way to share the beautiful healing energy of Reiki with mankind.

As an ordained minister and Reiki Master Teacher, I am sometimes called upon to minister those who are close to death, to comfort them, and to perform last rites. I have found that the use of Reiki can ease the transition into spirit for the dying. Using Reiki can also help support the living, who are often left having to answer many stressful questions that go along with the funeral and estate. Emotions and grief run very high at this time, and I have found that the use of Reiki can help calm everyone involved, as well as helping them to get in touch with their feelings in a constructive manner.

As we lift each challenging and sometimes devastating portion of the grief journey up to the light of Reiki, wonderful miracles of healing and comfort are allowed to shine through and illuminate the new reality of death and the afterlife.

Here are a few simple ways to integrate your Reiki practice into working with the dying in this important new field.

1. REGULAR SELF-REIKI IS KEY

Make sure to do your self Reiki every day. The emotional toll of end of life care cannot be overstated. If we take some time every morning to do our self Reiki, the rewards will be immense. Doing self Reiki in bed before you even step out of it is an incredibly effective way to make sure that you are fully balanced and protected before you begin your day. In this way we can help the dying without absorbing the fearful energy that sometimes comes up during the death process. Make sure to protect yourself first.



REIKI CAN EASE THE TRANSITION INTO SPIRIT FOR THE DYING

“...AS WE UPLIFT HOSPICE PATIENTS IN THIS HEALING LIGHT, THEIR SPIRITS WILL BE SUPPORTED AND HELPED INTO THE AFTERLIFE BY THE MIRACLE OF REIKI..”

2. BEAM REIKI DISTANTLY

Use distance Reiki to send the healing energy to support your patient who is transitioning into spirit. Any time you think of this person, send them the beautiful healing energy of Reiki. Close your eyes, place prayer hands over your heart and ask Reiki to heal this person in body, mind and spirit, for the highest good, and then beam the Reiki symbols to them. (Of course, you should obtain their permission, or the permission of their loved ones to do so.) As you do this, fully release this person to the highest good of all concerned.

It is important to remember that we cannot force nature to do what is not natural, and the death process is a natural function of life. One day we will all die and transition into spirit, and the use of Reiki can help us do so in a calm, peaceful and beautiful manner.

3. BE GENTLE & RESPECTFUL

When doing one-on-one Reiki with the dying, make sure that you do not bring discomfort by placing your hands on them physically, unless it is obvious that they are enjoying your touch. Sometimes the dying are in great pain, and any touch can be agonizing, so let your hands hover over the dying as you perform your Reiki session and you will find that they may be much more comfortable and receptive to the beautiful spiritual energy of Reiki.

Try using a few of these ideas in your Reiki practice, and you will find that Reiki is an indispensable way to share beautiful healing energy with the dying. As we uplift hospice patients in this healing light, their spirits will be supported and helped into the afterlife by the miracle of Reiki.

AUTHOR BIO

Rev. Dr. Tracy Cox, DD is a Reiki Master Teacher, Spiritual Mentor and Coach. She works with clients and students worldwide by phone or webcam. She has an active spiritual ministry and is an Ordained Minister who has been awarded her Doctor of Divinity degree. Her doctoral dissertation was focused on scientific research proving the power of prayer. She uses the information from her research to help her clients heal and overcome their challenges in all areas.



WWW.REVDRTRACYCOX.COM



[/REVDRTRACYCOX](https://www.facebook.com/REVDRTRACYCOX)

Get Featured!

ARE YOU A MEMBER OF
THE RHA AND HAVE A TIP
OR A STORY YOU'D LIKE
TO SHARE?

LOGIN IN TO YOUR
MEMBER'S AREA TO
SUBMIT YOUR IDEAS!

[LOG IN NOW](#)

[Not a Members? Join Now](#)



Tapping into Change

EFT FOR QUICK CHANGE AND TRANSFORMATION

BY LOUISE KANE BUCKLEY

Change and transformation are loaded words, we all would love to be able to live by them, but often they feel like they can only be achieved through hard work and determination. However, change can be achieved quickly and very simply with EFT. Sounds too good to be true? Ask some of the millions of people who have used EFT to make profound changes in their blocking thought patterns, unwanted behaviour cycles and even in beliefs about their body, abilities, and the world around them. There is nothing that EFT can't help you with!

What is EFT?

EFT is the Emotion Freedom Technique, also known as "Tapping." It involves gentle touch on acupressure points in the hands, face and body, alongside mindful and vocal focus on the negative thoughts and feelings we are struggling with. We tap our fingertips on to the acupuncture points whilst talking through the problems, as a

way of releasing the emotional charge around the problem. EFT is designed to help make some changes to the emotional intensity levels in your mind and body and transform blocking reaction patterns. Core beliefs can drive our mind and body in a direction that either supports and motivates us or blocks us from achieving our desires. These core beliefs are built through experience and repetition. They may have helped us in the past but may not be needed anymore as we change direction

How to do EFT

Simply tap on different acupressure points on the body

You talk and tap in the negative in EFT.

and purpose. These core beliefs can be conscious or even subconscious, driven by our upbringing, culture, media or peers. They can be very hard to get to the heart of, notice and change. Also, physical and emotional trauma (little T's can be as important to address as big T's) play a role in how we see the world and react in it. This is where EFT can help. EFT is a way to help forgive your past and use visualisation to go back into memories and resolve freeze responses or any trauma that may be still affecting your present.

The Benefits of EFT

Most of the research into how effective EFT can be has been conducted on military veterans with PTSD. In as little as 5 sessions, most people showed that they felt free of the trauma that was previously running their life.

I first heard about EFT whilst working in clinic as a Naturopath and Nutritional Therapist. As a working parent with young kids, I was noticing some reaction patterns and levels of anger and frustration that I was not comfortable with. I could hear

“Core beliefs can drive our mind and body in a direction that either supports and motivates us or blocks us from achieving our desires. These core beliefs are built through experience and repetition.”

generations of parenting coming out of my mouth and it was not the way that I chose for myself. It was hard to know how to break the pattern as it seemed so inbuilt. After attending an EFT for parenting talk, I knew I was open to trying the technique not only for me but for the many clients I have who are also struggling with their own desires to make changes in their lives.

During the certification course that followed, I noticed anxiety levels that I was holding in my body that were triggering my reactions. Totally unaware of them, I never even realised that this was something I could change as I had always just felt and been that way. I was someone who was very conscious about getting things right, I was always worried about what people thought about me and had a tendency to people please. This held anxiety was negatively blocking my life and behaviour towards myself and others, mainly my children.

Feeling frustrated and terrified had led me to impatience and anger. It was affecting my digestion, my hormone balance and even my skin.

Benefits of EFT

Reduce intensity of stress and anxiety

Reduce cravings and addictions

Improve your relationship to your mind and body

Change how you see yourself and your life

Effective tool to get to sleep and stay asleep

Reduce acute and chronic pain

Easy to use and learn



However, after a few tapping sessions I felt lighter and free. I was able to notice my feelings and to choose my reactions in a way I never had access to before. It transformed my life, my relationships, and my practice.

Fast forward 10 years and it is integrated into most of my client sessions and works beautifully with Bach Flower Remedies and Reiki. Used for addictions and phobias, to support changes to diet and lifestyle, for pain management, self-confidence, public speaking, reduce PTSD symptoms, freeze responses and to promote a positive movement forward in life. Everyone, at every age can benefit. Integrating Matrix re-imprinting (which is another EFT technique) with Reiki can produce some powerful healing of the past together with assisting manifesting for the future. The technique is so simple, it can be done with babies, children, adults and even pets. In-person or online, it gets results fast and those results stick and become the new normal.

I still use it myself to help me with my mindset, to promote a kind internal dialogue and positive thoughts about the past, present and future. We are all constantly evolving and transforming as we age and as the world indeed equally changes around us. To have another tool in the tool-box is always a bonus to our health and happiness. Have you tried EFT?

The EFT Process Simplified

EFT Tapping has two components: Tapping and making a statement as we tap.

1. Notice something that is bothering you. Rate the feeling on a scale of 0-10 — with zero being the lowest level of anxiety/fear and ten being the highest.
2. Tap on the outside edge of the hand and repeat: "Even though I have this 'stress,' I deeply and completely accept myself." For example "Even though I am deeply fearful of change, I deeply and completely accept myself." Repeat three time aloud.
3. Tap 5-7 times each on the remaining eight points in the sequence below. As you tap on each point, repeat a simple reminder phrase, such as "fearful of change."
4. After tapping, take a deep breath.
5. Focus on your problem again. How intense is the anxiety/fear now? Give it a rating on the same 0-10 scale. If your anxiety is still higher than "2," repeat another round of tapping until the fear is dissipated.



AUTHOR BIO

Louise Kane Buckley is a Naturopath, Nutritional Therapist and Reiki Master with a diverse tool-box of techniques to support clients on their healing journey. She treats every client as an individual and believes true health relies in the balance of mind, body and energetic connections. She lives and works in Cork, Ireland but sees clients online around the world.




WWW.LOULANATURAL.COM



[@LOULANATURAL](https://www.instagram.com/LOULANATURAL)



[DIRECTORY LISTING](#)



**"PROGRESS IS
IMPOSSIBLE
WITHOUT
CHANGE, AND
THOSE WHO
CANNOT CHANGE
THEIR MINDS
CANNOT CHANGE
ANYTHING."**

— GEORGE BERNARD SHAW



HEALING THE HEART CHAKRA

THE SEAT OF LOVE, GRIEF & TRANSFORMATION

I always thought I was a loving person, always giving what I could and helping others at every chance I could. That was until I had my first grandchild, Jax, and he opened a part of my heart that I never thought possible.

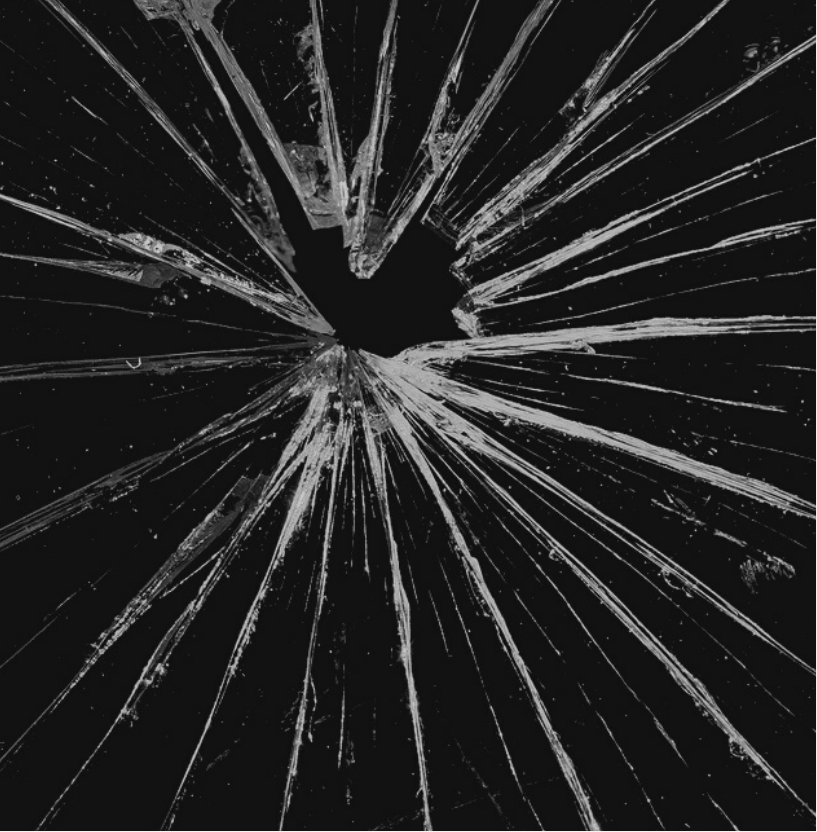


BY MARIA EMETERIO
*Certified Chakra Master
Healer and Advanced Reiki
Master Teacher*

 [DIRECTORY/BE-BLISSFULLY-BALANCED/](#)

Then four months and 11 days later, Jax passed away from Sudden Infant Death Syndrome (S.I.D.S), and my heart shattered.

The loss was so painful; watching my son, lose his son was something so unbearable. The tears and heartbreak — I never thought I would recover. How could I have so much love brought into my life, and then suddenly such devastation. My life would never be the same.



TURNING TO REIKI

At this time in my life, I was already aware about Reiki and energy healing, in fact several of my lifelong friends were Reiki Masters. One day they asked if they could perform Reiki on my heart. I reluctantly agreed, fighting off the Reiki because I thought it would erase the memory of my Grandson.

When I began learning more about Reiki myself, I realised that you must be open to Reiki to experience its most profound benefits and allow the healing to take place. After taking multiple courses and now becoming an advanced Reiki Master Teacher I know that you can't receive or give Reiki unless the person is open to it.

I also realised that healing myself was the KEY to being able to go on and truly help others, and I began to work on my healing journey one chakra at a time. The Reiki principles acted as

my guides. I wake each morning grateful for another day, and another opportunity to help heal myself and others. I sometimes fail by allowing worry or anger to enter my day, but then I immediately remind myself to LIVE those principles.

THE ANAHATA

If there was one thing I would tell anyone who wants to heal their past, present and future, it is that Reiki and Chakra balancing is the key.

The Heart Chakra is still my biggest challenge. It is the heart that feels the pain of grief and loss physically, energetically and emotionally.

I practice chakra clearing every evening, and carry my heart-shaped crystals with me daily. When I need a little boost of healing I reach into my pocket and remember that I am love and joy, and I have so much to offer the world.

Reiki has allowed me to express my emotions and let my vulnerability shine through unapologetically. I think this has in turn helped me to create a safe space for others to heal from similar pain and grief. Because when we are truly honest with ourselves and the process of healing, it allows others to see that they are not alone in their feelings or apprehensions, helping them to feel safe to go forward in their own healing journey.

The Heart Chakra is a place where both beauty and grief can coexist as we heal and raise our vibration and let love and light heal us once again. I am human, and I may fall short, but I ALWAYS get back up and learn and get stronger with each day. I love connecting with the Universe and my guides to ask them to

help me to be the conduit to provide the healing for their highest greatest good, and in return I receive the benefits of the Reiki healing within myself.

HEALING HEART CHAKRA CRYSTALS

Crystals are a great tool for clearing and healing the Chakras. There is no limit to the healing you can get from crystals, and they have been a very important part of my healing journey. I am that person who has crystals in my car, all over my home, on the windowsill, in my pockets, at my desk at work... I have even started carrying little tumblers of crystals around to give to people when the need arises.

Every day I grab a crystal and I ask them to help guide me through my day. About 95% of my crystals are heart shaped. I have been collecting heart shaped items for about 20 years from, rocks, seashells, to sea glass and NOW crystals.

In my Reiki healing and Chakra balancing sessions, I use HEART Shaped crystals, it gives me a reminder to be open, and remember that the healing I'm about to provide is for my client's highest good. It also signifies to me to take a deep breath and trust in the process.



The crystals I most use for healing the Heart Chakra include these eight stones:

RHODONITE

This is a stone of passion and an emotional balancer that helps clear away emotional wounds and scars from your past, it also nurtures love and wards away negativity. Honestly, it just makes your heart happy.



GREEN AGATE CALCITE

This stone encourages forgiveness of oneself and others and brings a softness to the heart, stimulating compassion.



GREEN AVENTURINE

This is a feel-good stone it helps promote the healthy functioning of the thymus gland which helps support the nervous system. It's a remarkable harmonizer, uniting the intellectual, emotional and physical, bringing back a natural rhythm to your life.



JADE

This is a highly intuitive stone when it comes to healing mental and emotion wellbeing. It gives you courage and love, to help you raise your vibration.

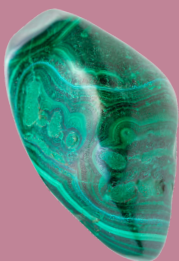


LEPIDOLITE

I love, love, love this stone, I wear this when I want to activate my Third Eye and Heart Chakra. This crystal helps to provide clarity, and enhance concentration.



MALACHITE



This beautiful stone opens the Heart Chakra and absorbs negative, toxic and pollutant energies as well. It fills your Auric field with positivity and also helps to balance mood swings.

PINK TOURMALINE



This stone helps to calm your emotions in times of distress, and is perfect for those with anxiety. It brings love, compassion, emotional healing and self love.

ROSE QUARTZ



This a very well-known crystal for linking your heart to the Earth and cosmos. This beautiful crystal brings love and compassion into your aura and when placed in the middle of your home brings love and abundance throughout your living space.

You will of course find your own crystals that you feel drawn to come with you on your own healing journey, these are just some of my suggestions. There are so many crystals to choose from and discover! And if you are new to crystal healing, you can start out by using a few well-known stones recommended for Reiki and Chakra healings, and then gradually find your own way forward.



AUTHOR BIO

Maria Emeterio is an Advanced Reiki Master Teacher, who specializes in Chakra Healings. Maria ALWAYS offers FREE Reiki to any parents who have suffered the loss of a child, as a way to give back to my community and honor my GRANDSON JAX who passed from S.I.D.S.



[@BE BLISSFULLY BALANCED](https://www.instagram.com/beblissfullybalanced)



[FACEBOOK.COM/BEBLISSFULLYBALANCED](https://www.facebook.com/beblissfullybalanced)

subscribe



Subscribe for More News & Reiki Inspiration

Subscribe to get access to more Reiki news, insights and offers straight to your inbox. You'll be the first to access the latest issue of Universal Life Magazine.

[SUBSCRIBE NOW](#)

PLUS: AS A LITTLE BONUS FOR JOINING OUR COMMUNITY, YOU'LL GET INSTANT ACCESS TO FREE REIKI HEALING MEDITATIONS – INCLUDING A SPECIAL GUIDED REIKI SELF-TREATMENT MEDITATION.

HEEDING THE CALL TO CHANGE

PERSPECTIVES



By Rod Bravo



WWW.BRAVOHEALING.COM



[DIRECTORY/BRAVO-HEALTH-WELLNESS/](https://www.bravohealing.com/directory/bravo-health-wellness/)

The call to change and transform took hold of me in ways that I thought had irreparably damaged my career and life path back in November of 2021. In the few months that have elapsed since then, the flow of the intuitive process - a process very much supported by Reiki - has led me down a path that feels brighter and more fulfilled than ever before.

Most often when the topic of transformation arises, we often like to ascribe to it an attitude of forward movement, progress, and things changing for the better. What is less often talked about, critically, is the pain, tumultuous introspection, and shattering of the identity that can accompany progress. I have noticed that the biggest breakthroughs my clients have achieved on their own paths to self-mastery have almost always involved some combination of these elements, thus they could almost be thought of as the subtle and perhaps even essential elements stoking the fire inside the engine of transformation.



“...MY EGO HOWLED FROM THE PERCEPTION OF FAILURE AND LOSS: “FROM HARVARD NEUROSCIENTIST TO MEDICAL SCHOOL DROPOUT?...”

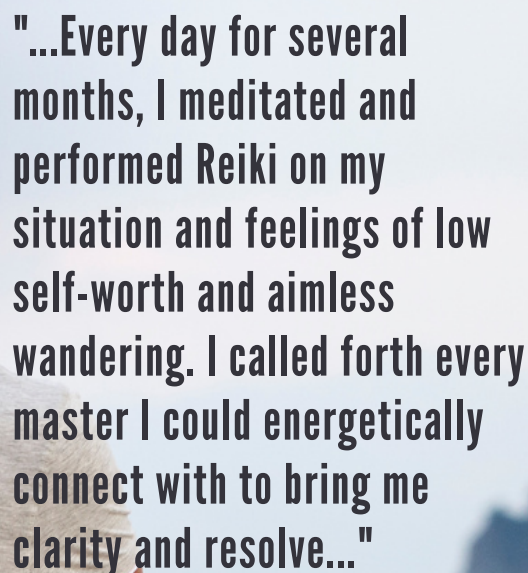


Last summer, I started medical school and I thought that the next 4-7 years of my life were set, more or less. Part of me rejoiced that my living structure was predetermined and all I had to do was bear my head down and “tough it out,” as they say. The start of my medical career was no joke and after a few weeks, I was intrigued and horrified at the plight of the mental health status of many of my colleagues, physician mentors, and myself.

The academic and social status I had worked to achieve since I was seven years old quickly morphed into a daily battle of wills between my need to maintain a stable, fulfilled mind and an institutionalized curriculum that felt designed to rip humans apart from their intuition and in many cases, their basic needs. Make no mistake, the knowledge gained is imperative to succeeding as a practitioner of the allopathic faith, but the velocity and abruptness required to thrive in such an environment can border on harmful if you're an empath and intuitive healer like me.

To make matters more interesting, I began to share my medical backstory with colleagues, physicians, and researchers and they had little ways of reconciling where I was coming from with the paradigm I was learning. This is a much longer tale to share another time, but the gist of it is that for most of my life since I was a boy, I endured a number of rare and severe illnesses that were not resolvable by western means. I grew up in hospitals and for about 20 years, I was an internal medicine doctor's worst nightmare.

It was not until I began to resolve the emotional traumas of my past lives & incarnations that every single one of my autoimmune, idiopathic (cause-unknown) conditions permanently healed. This was largely thanks to the revelation, instruction, and wisdom of my teacher, Dr. Brian Weiss, a Yale and Columbia University educated physician who has pioneered this work in clinical practice. You can imagine that I, as a medical student and Ivy-League educated



"...Every day for several months, I meditated and performed Reiki on my situation and feelings of low self-worth and aimless wandering. I called forth every master I could energetically connect with to bring me clarity and resolve..."

scientist living this as my reality, often felt pulled in opposite directions professionally and personally. I live this tale as my day-to-day experience of life, and yet what I know to be a fundamental truth about how healing works in the human body is simply not what medical school was cramming down my throat. I paused my studies and my identity rapidly crumbled.

My ego howled from the perception of failure and loss: "From Harvard neuroscientist to medical school dropout? Pathetic."

This was the best decision I ever made for myself.

Every day for several months, I meditated and performed Reiki on my situation and feelings of low self-worth and aimless wandering. I called forth every master I could energetically connect with to bring me clarity and resolve. The energy of desperation and fear of failure was at an all-time high.

Looking back, I recognize this was my ego levelling up, disentangling itself from an absolutist view on how I needed to go about being a healer. I just needed to follow the intuitive process and take the leap.

Through my Reiki meditations, I felt encouraged to share my story on a larger scale, reopen my own energy healing & health coaching practice, and I manifested a slew of acceptances to institutions that resonate with my mission of creating a new type of medical clinic - one for patients who are ready for the next era of medicine. I may go back to MD, I may not. Who knows (and who cares, frankly) — I never needed the degree to carry on my work. I will let my meditative introspections and Reiki guide me.

Like I said, transformation can be incredibly messy. At the same time, it can be equally rewarding.

So as we enter another Spring season, I encourage all who read this to embrace change and transformation, however it might present itself for you.

AUTHOR BIO



@RODBRAVOCADO

Rod Bravo is a Reiki Master, energy healer, past life regression facilitator, personal enlightenment coach, Harvard-educated neuroscientist, and MD, MPH in training who shows others how to approach self-healing, self-mastery, self-love, and life fulfillment. Rod's training in healing and psychic education draws from 11 years of meditation and study, performing Reiki at Harvard Medical School's teaching hospital, Qi Gong, Mind-Body Medicine, the Silva Method, and a lifetime of healing experiences as a former patient.



**"THE SECRET TO
CHANGE IS TO
FOCUS NOT ON
FIGHTING THE
OLD, BUT ON
BUILDING THE
NEW."**

- Socrates

RHA News & Updates



The RHA Lifetime Membership Area moved to a new Training Portal last month, which is mobile-friendly and much easier to access and use. We've had some great feedback about the new portal, and hope you enjoy the new home of your member benefits.

We are always looking for ways to increase the authority of our members, which is why we've added new Featured Writers Logos to your Member's area for all our contributing Magazine Writers and bloggers to add to their sites and promotional material!



We've been continuing to share your RHA profiles on our socials in our Member of the Week feature driving awareness about your amazing businesses! Make sure your RHA Directory profile is up-to-date with your latest information for the chance to be featured! Find out more in your Member's area.

[LOG IN NOW](#)

MEMBER SPOTLIGHT

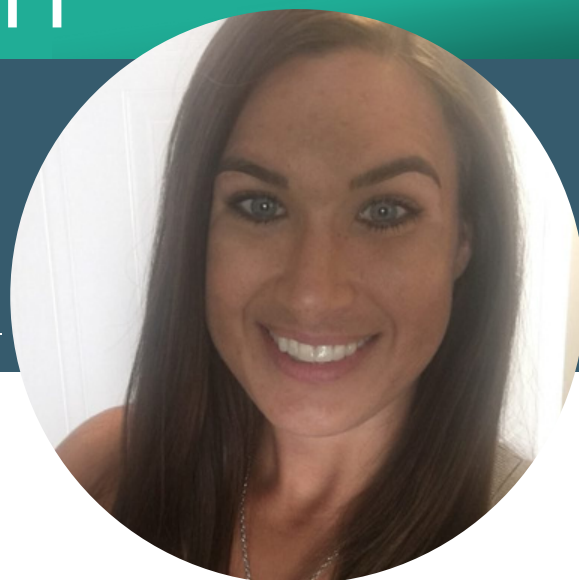
Getting to know: Constance Walker



@REIKI_WITH_CONNIE



[DIRECTORY/DIRECTORY/REIKI-WITH-CONNIE/](https://www.reikihealingassociation.com/directory/directory/reiki-with-connie/)



How did you find your way to Reiki?

Reiki has always been a personal interest of mine. I would spend my spare time learning as much about it as I could and received several treatments. When I lost my job at the end of 2020 and after 10+ years in the construction industry, my heart knew it was time to follow my intuition and explore other career opportunities. One morning I woke up and knew that becoming a Reiki Practitioner was my calling. I now have established my business, Reiki With Connie, offering in-person and distance healing. I am excited for this next chapter in my life and integrating with the amazing Reiki community!

What was your most amazing or memorable Reiki experience to date?

I had the most profound experience during my Reiki Level 1 Attunement. As soon as my Reiki Teacher placed her hands I felt a deep feeling of joy and gratitude fill my body. It was so profound, I could feel it start at my head and down to my feet. It is difficult to articulate but it is an experience I won't forget.

What are some of the ways in which you enjoy bringing the Reiki Principles into your daily life?

When I feel worry or stress, I take a pause to recite the principles. I find by doing this, I can take a step back in life and see that whatever I am worried or stressed about; there is a bigger meaning to life and there is no need to worry.

How do you describe Reiki to people who are new to Reiki or may not have experienced or heard about it?

Reiki is energy healing. The universe and everything in it, including ourselves are made of energy. As a practitioner, I have been attuned to channel this energy to help heal any energy imbalances one may experience. I then usually explain some benefits, depending on the individual.

Can you tell us a little bit about your Reiki Business?

My business is called Reiki With Connie. I live in Kitchener, Ontario, Canada. I welcome people from all over the world to experience in-person and Distance Healing Reiki, Tarot Reading, Crystal Reiki and/or Chakra Balancing.

What do you find most rewarding about being a professional Reiki Practitioner?

I find it extremely satisfying owning my own business and following my intuition. It was a big leap of faith to leave my secure 6-figure career to become a Reiki Practitioner but I haven't felt this fulfilled in a very long time.

What has been your greatest achievement in your Reiki Business to date?

Taking the plunge to fully commit to opening Reiki With Connie is my greatest achievement, so far.

What is your favourite quote, motto or words of wisdom that inspires you in your personal and professional life?

"Everything is Energy." – Albert Einstein

If you could give just one piece of advice to a new Reiki Practitioner, what would it be?

Join the RHA. The information and resources available are incredible. I feel supported and like I am not alone in starting this journey as a Reiki Practitioner.

MEMBER SPOTLIGHT

MEET SOME OF OUR RECENT MEMBERS OF THE WEEK



► El from Enchanted Salts

 [@enchantedsalts](#)

"When I started my training I just wanted to help others but over time I started to realise just how much it changed my life. I went through many different challenges while discovering my abilities, learning and also practising Reiki working with myself. I then started to look at other modalities that would complement Reiki and so I studied Aromatherapy. This led to me start making bath salts and body products that I charge with Reiki."

► Thea from ViTerra Healing

 [@viterrahealing](#)

"There are many ways in which we can heal the past, embrace the present and step into the future with hope and grace. At ViTerra Healing our aim is to support you energetically on all levels towards clearing, balancing and healing body, mind and spirit. "



► Pat Ulacco

 [@pattywrites](#)

"Exploring the depths of the soul through creativity and mindfulness. Empowering art to help PEOPLE heal. Sharing treasures to help the PLANET heal."

► Rochele from The Reiki Warrior

 [@thereikiwarrior](#)

"Rochele's approach to healing is based on the intersection where neuroscience, philosophy, and linguistics meet consciousness, spirituality, and energy medicine. This unique combination of several healing modalities enables her to provide a comprehensive vibration-raising and universal restorative experience."



MEET OUR MEMBERS

MEMBER SPOTLIGHT

MEET SOME OF OUR RECENT MEMBERS OF THE WEEK



► Sue from Calm In Kent

 [@calminkent](https://www.instagram.com/calminkent)

"I've learnt first hand what amazing benefits holistic therapies have. My aim is to provide a caring, nurturing environment where you are listened to with empathy and are not rushed, to enable you to feel calm and relaxed. With all of the challenges in life at present, Reiki is needed more than ever."

► Amanda Cox

 [@amandacoxreiki](https://www.instagram.com/amandacoxreiki)

"I am passionate about raising awareness of the gentle, powerful Reiki Energies, I fully intend to bring peace and wellbeing to as many people as I can – and the only thing you need is to be open to accepting the energies, and have a willingness to heal."



► LaShaunda Williams

 [@wholistic_remedies](https://www.instagram.com/wholistic_remedies)

"House of Wholistic Remedies, takes a total health conscious approach in healing from the inside out. We are your path to wellness. We care about helping get to an optimal state of health, so that you can continue to live your best life. We understand that each client is a unique system, in that you get personal programs tailored to your specific needs and desires. "



We love promoting your Reiki Businesses! Keep up the great work everyone. Visit your member's area to find all the ways you can get your business featured on our global platforms.

[LOG IN NOW](#)

“



EACH OF US
HAS A
UNIQUE PART
TO PLAY IN
THE HEALING
OF THE
WORLD.

MARIANNE
WILLIAMSON

”

A MAGAZINE FOR REIKI PROFESSIONALS

UNIVERSAL LIFE

Magazine

EDITOR IN CHIEF Harriette-Rose Malone

CO-EDITOR IN CHIEF Molly Malone

CONTRIBUTORS

Garry Malone, Deborah Lynn Strafuss, Charles Lightwalker, Raven Keyes, Diana Turner-Forte, Akleema Ali, Rev. Dr. Tracy Cox, Louise Kane Buckley, Jaime Claire, Maria Emeterio, Rod Bravo

COMMENTS PROVIDED BY

Brian Shuard, Kirsty Alexander, Akleema Ali, Sandra Spencer, Jacquie Freeman, Norman Wilson, Samantha Walker, Connie Miller Gabbard, Maria Emeterio

A MAGAZINE BY THE REIKI HEALING ASSOCIATION

Stay Connected with the RHA



WWW.REIKIHEALINGASSOCIATION.COM



[@REIKIHEALINGASSOCIATION](https://www.instagram.com/REIKIHEALINGASSOCIATION)



[FACEBOOK.COM/REIKIHEALINGASSOCIATION](https://www.facebook.com/REIKIHEALINGASSOCIATION)

