

Reiki - What It All Be Like

Home of the 30 Day Reiki Challenge!!!

Monthly Twitter Reiki Share

Duane Flowers · Friday, May 15th, 2009

Following through with an idea on Twitter for a **Twitter Reiki Share**, I've set up a hub page [here](#) as a base for a **Monthly Twitter Reiki Share**.

The idea is that several thousand people sending Reiki all at once either to the entire planet, or to a specified place or group of people will be a great feat. Doing so on a monthly basis is our way of giving back to this great planet and getting greater and greater amounts of Reiki out and about. The prevailing thought is that **yes... together we can make a difference!!**

If you are not a member of Twitter its fast, free and easy to sign up at <http://twitter.com> and once you do be sure to connect with me at <http://twitter.com/duaneflowers>. You can also read up on Reiki-ing with Twitter (or Twittering with Reiki) at <http://reiki.whatitalbelike.com/2009/04/21/general/twittering-with-reiki-aka-reiki-tweets/>.

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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Reiki and Crystals Revisited

Duane Flowers · Thursday, May 14th, 2009



I've discussed the use of Reiki with crystals in the past ([here](#) for example) and so a recent article in *the Jakarta Post* certainly caught my attention. It was called "**Heal it with Crystals**", appeared in the May 14, 2009 issue and was written by *Dian Kuswandini*. You can read it in its entirety below, but first a few comments.

The thing that initially caught my attention was the comment "**Using reiki, for example, the therapist will transfer his or her positive energy to the patient, and in this case, the crystal acts as a medium to increase the therapist's energy which is channeled to the patient.**" I thought this was articulated very well and I like the idea of the crystal acting as a medium.

Another point that caught my eye was the statement "**Crystal has the ability to synchronize our body's energy with its surroundings, thus it can energize and protect our body and mind.**" It seems that what I usually refer to as balancing (*i.e., Reiki balances disturbances in the energies*) the author refers to as synchronizing. First I thought we meant the same thing, but on second glance I found the synchronizing a bit different, equally valid but from a different viewpoint, which I found quite interesting.

At any rate, give this article a good read... its got several other gems in it as well. ☒

They say gold is ruled by the sun - a masculine energy - while silver is controlled by the moon - a feminine energy. But crystal comes under both forces, so works with both energies, which in turns brings balance to our bodies.

You might not buy into those claims - for you crystals might simply be beautiful stones that are easy to fall in love with. But have you ever gazed into a crystal and felt a strange bliss flowing through your body? Did you suddenly feel its soothing and calming effects within your inner self?

Well, if you have, then it means that the crystal attracted you in ways beyond the aesthetic - it has magnetized you spiritually or metaphysically. And this is what lies behind the popularity of crystal therapy.

An aspect of holistic healing, crystal therapy has at its center the use of various kinds of crystal or gemstone to facilitate healing of both emotional and physical disturbances.

Ancient history has documented widespread use of various kinds of crystals in healing tradition. Jade, for example, is a green-colored stone that is believed to be able to attract love and protect us from misfortune. Or the purple amethyst, which was used by the legendary Cleopatra during her bathing ritual to maintain her beauty. Various ethnic groups have been also known to use malachite as a cure against kidney stones and hematite for aching bones and sore backs.

In brief, crystals have been used across centuries and civilizations for both internal and external purposes. From broken hearts to low self-esteem, migraines to sore throats, muscular pain to cancer, any ailment can benefit from the healing power of crystal. You might wonder: How could that be possible?

First, it should be understood that the tradition of holistic healing believes that all living things, including humans, are surrounded by an electromagnetic field, simply known as an aura or natural energy. According to Ayurvedic therapist Maya Safira Muchtar, this electromagnetic field attracts other energies - both negative and positive - from its environment.

Crystal, on the other hand, she says, has the ability to gather, focus and amplify these energies. It also resonates with the energies in such a way that they

can stimulate our aura, which in turn brings harmony to the body.

"Crystal consists of certain elements like minerals, iron and more, which are composed in a way that can influence our body's electromagnetic field," says Maya, who is the director of L'Ayurveda holistic center in Jakarta.

"Crystal has the ability to synchronize our body's energy with its surroundings, thus it can energize and protect our body and mind."

This actually can be explained from the crystal's structures. Scientists have found that elements in crystal such as silicon and oxygen molecules are arranged with geometric precision and in a rigid formation, meaning it can generate great force. Scientist Marcel Vogel, for example, who spent years researching crystals, shaped a quartz crystal into a double terminator, which he found resonates at the same frequency as water, the main ingredient of the human body.

And Vogel's research isn't alone. Maya reveals that several studies on the use of crystal on plants or electronic devices have proved that the healing power of crystal really exists.

In the case of a dying plant, for example, "it grows back after a crystal is buried underneath it," she says.

Or what about quartz watches? According to Maya, they are so called simply because they use crystal quartz. And guess what? "Crystal quartz is used because it can prolong the battery's power and helps the clock's hands move accordingly."

Even television, Maya reveals further, benefits from crystal.

"There are these small crystals attached in the diodes used in television," she says. "These crystals work to create a clearer and brighter view of television."

So thanks to these scientific advances, more and more people are interested in crystal therapy today. They incorporate this therapy by simply carrying or wearing crystal, or placing a crystal in a location where they can feel its healing vibrations. People also come to crystal therapists to enhance the healing progress.

"Some people come to my place just to deal with self-esteem problems," Maya says, adding, "while others come to battle stress and even to treat cancer."

According to Maya, crystal therapists first diagnose the patient's problems to find out the right type of crystal for him or her. This is because each type of crystal has its own unique ability because of the different proportion of elements that form it.

"The colors, shapes and textures of crystals have special meanings that can focus on particular forms of healing energy, which is used to overcome specific complaints," she says.

A crystal therapy session with Maya usually takes 45 minutes and costs Rp 175,000, and the total number of sessions required depends on the individual situation.

"In the case of cancer patients, for example, they have to have one session every day. But other disturbances could need once a week or so," she explains. Generally speaking, Maya adds, patients usually have a total of seven sessions, although that depends on the illness.

"And after completing [the required number of sessions], it's also important to maintain progress," she adds. "That's because our body's energy is actually like a battery. It needs to be recharged at least twice a month."

Maya says further that because crystal therapy is part of holistic healing, practitioners like her often combine it with other healing procedures such as reiki, breathing techniques and color therapy.

"Using reiki, for example, the therapist will transfer his or her positive energy to the patient," she says. "And in this case, the crystal acts as a medium to increase the therapist's energy which is channeled to the patient."

Color therapy, on the other hand, has to do with treating specific problems associated with the seven energy points (or chakra).

"Our body has seven chakras, each of which deals with specific problems and has a different color to the others," Maya says. "Crystals are sometimes placed on the chakras that correspond to the colors of the

crystals. This is to cleanse and energize the chakras and thereby bring greater health and sense of well-being."

The first or base chakra, for example, which comes under the color red, corresponds with tiger's eye and black obsidian. The fourth chakra, also known as heart chakra, is green and suits rose quartz. The violet-colored seventh chakra, or the crown chakra, will find good vibrations with the amethyst.

The use of color therapy to complement crystal therapy is later combined with certain breathing techniques that work as a kind of catharsis to purge emotional tension. This is because, Maya says, our physical aspect isn't the only thing that needs to be healed.

"We also have to manage our emotional and psychological [aspects] in order to be balanced," she says. "And purging our emotional tensions can really influence our body's electromagnetic field, which later can bring this balance."

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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Combining Reiki With Other Healing Modalities

Duane Flowers · Wednesday, May 13th, 2009



While I believe that combining Reiki with other healing modalities, there are a few things to keep in mind when doing so, so I thought I'd take a moment here to discuss a few of these.

In the past I have discussed using Reiki in these posts, et.al.:

- [Reiki and Acupuncture/Acupressure](#)
- [Reiki and Aromatherapy](#)
- [Reiki and Feng Shui](#)
- [Reiki and Hypnosis](#)
- [Reiki and Massage](#)
- [Reiki and Meditation](#)
- [Reiki and Qi Gong](#)
- [Reiki and Quantum-Touch Healing](#)
- [Reiki and Reflexology](#)
- [Reiki and Shamanism](#)
- [Reiki and Yoga](#)

These, and many others, are wonderful extensions of Reiki (**and vice versa**) and I highly recommend doing so. However, one thing I don't recommend is studying these combinations with the same teacher. For example, Reiki people and Aromatherapy People are different... the philosophies, frames of mind, applications, etc are quite different and while someone may be an expert in both, I believe they are only a master of one. If they don't have a proclivity towards one or the other, they are not really a master of either.

If your Reiki Master isn't devoted to Reiki, and only Reiki I would find another Reiki Master. First of all the Reiki they teach is going to be polluted, their loyalties will be split and their personal blend isn't really Reiki. Its quite alright (**and actually preferable**) that they enjoy, study, and use other modalities, but if they teach them as well I would take that as an indication that they are not the Reiki Master you are looking for.

There may be exceptions to this, and I'm sure I've ruffled a few feathers by suggesting it (**what else is new**), but in my many years of experience I've yet to find someone I would consider a true master of 2 or more modalities... and personally I don't believe its possible. My Yoga teacher is a Yoga Master. She is also a Reiki Master (**I attuned her myself**) but she doesn't teach it. Her heart lies with Yoga and **she is on a Yoga Path... not a Reiki Path...** and were she to flip-flop between them they would both be diluted.

While I'm ruffling feathers I may as well ruffle a few more... with a few notable exceptions I don't believe that its possible to attune people to different types of Reiki unless you've reached an advanced enough level that you can actually distinguish between the two distinct energies. People selling a hundred different Reiki styles may be attuned to a hundred different styles of Reiki, but they are sending you a mix of that hundred styles... they don't have the ability to separate them. Again, there are some exceptions and some people can

distinguish between them... but most cannot.

I guess it all depends on what you are looking for. I suppose that theoretically a Yoga teacher could teach level 1 or level 2 Reiki without much problem, yet the master level contains a spiritual aspect **(which I believe should be present at all levels)** that is markedly different from Yoga's 7 Limb Spiritual aspect. Call me a Reiki Purist if you will, but I think that if you are changing it in any way... than it really isn't Reiki... it becomes your own healing modality **(and there is nothing wrong with that... it's just not Reiki).**

Personally, when I study a new modality I want to study with someone who has no Reiki training at all. I want to study with someone who loves that modality above all else, and is strictly on that unique path... you may feel differently... I just thought I'd share... now I'm going to get out of the way of the missiles that will no doubt be launched at me as a result of this post... **bring it!!!** ☒

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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Reiki? A Little Something For Everyone

Duane Flowers · Tuesday, May 12th, 2009



Recently I've seen a surge in Reiki interest... and I know I'm not the cause ☒ so either someone out there is doing a really good job spreading the word, or its just time. ☒

With that surge in interest there has also been a surge in visitors to these pages (***for which I thank you all***) and I thought I'd dedicate a post to the beginners, or curious, those just looking to get some idea of what Reiki is all about, since my posts generally tend to be more advanced.

One of the greatest things about Reiki is that there really is something for everyone... except perhaps for the skeptical among us. For those who will allow for the existence of things that are not dissectible in a lab, then Reiki indeed is a treasure, both for the senses and for the imagination.

Being able to hold your hands over someone's injury and have the pain from that injury dissolve right before their eyes is certainly cause for jubilation. Whether parents, significant others, caregivers, sports coaches, etc. there are so many situations that this type of hand healing are needed that it would be impossible to list them all. But Reiki is not limited to this type of physical healing (***for yourself or others***), which is what most people use it for.

Of course, for most people this physical healing is enough, but for many, there are other aspects that are just as valuable if not more so. The ability to heal emotional, mental and spiritual ***injuries*** in exactly

the same way is taught in the second level, and as such it is usually the second area of Reiki that people take advantage of. For parents, teachers, coaches, counselors, etc. this ability is priceless, and again, the applications are far too numerous to list.

The third step going up the rungs of the Reiki ladder is generally distance healing. Being able to do all of the above, but from great distances is one of the areas of Reiki that I had the hardest time wrapping my head around. As mentioned above, just because the science isn't replicatable in a laboratory doesn't make it any less valid and by now I've seen far too many cases where distance healing has been successfully performed that I have absolutely no doubts of the power involved. I may not completely understand it... but I don't really understand how an airplane gets off the ground either... yet I have no problem flying back to the States whenever I need a refill of Americana. ☒

The final rung is not really a rung at all but rather a diving board into a bottomless pit... and that is the spiritual side of Reiki. Meditation, enlightenment, spiritual discovery, etc. are all available right within the confines of one's Reiki practice and its a one size fits all religions sort of deal (***no matter what certain Catholic Bishops would have you believe***). Many Reiki never avail themselves of the spiritual aspects of Reiki but for those that are ready it is a most fascinating endeavor.

All in all there are many facets to Reiki and the thing that makes it classic is that you can be interested in one area and lose interest in it and there is another one that relights the spark and is ready to take its place... ***a little something for everyone!!***

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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Reiki Meets iPhone

Duane Flowers · Monday, May 11th, 2009



I remember reading a blogpost a couple of years back written by some guy who really loved his iPhone... he was going on and on about its many features and how it was the greatest thing since sliced bread. I remember wanting to throw up and thought the guy was completely off his rocker. Well, I've had my iPhone for a few months now and I really hope no one wants to throw up after reading this post, because **I REALLY LOVE MY IPHONE!!!**

Rather than extol its virtues, however, I am just going to talk about my favorite iPhone Applications as far as Reiki is concerned. There are two of them in particular, and they both come packaged with the iPhone... so you don't have to track them down, and they are also available on other cell phones and computers, so these Reiki techniques will work even if you don't have an iPhone.

My first favorite Reiki application is the **Contact List**. All of the most important people in my life are on that contact list, and it requires no effort at all to scroll down the list of people and send Reiki to whoever I choose. They each have a photo and enough information that Reiki will have no trouble in tracking **them** down. I don't know how many times a day I open my iPhone and chose someone from the list, or just scroll down at random and give Reiki wherever it stops scrolling. Once the name is up I just draw the distance symbol (and whichever other Reiki Symbols are necessary) and blast away.

My second favorite Reiki application is the **Calender**. This provides multiple ways in which to send distance Reiki. First I can pull up a month and send Reiki to the entire month. If I want to be more targeted I can pull up a day (**past or future**) and send Reiki to that entire day. Drilling down a little more, I can pull up any event on a particular day and send Reiki directly to that event. If I have a meeting planned that I know will be stressful, I can have Reiki waiting for me when I get there. If I am going to a Reiki Share or conducting a Reiki Class, I can send Reiki ahead to make sure everything happens as its supposed to happen. The possibilities are endless.

My third favorite Reiki application is the **Camera Roll (a.k.a. the photo library)**. I keep pictures of my favorite people and events in there, and the same as with the Contact List I can send Reiki to those

pictures with very little effort no matter where I am. There is even a picture of myself for those self-Reiki healings where its more appropriate to be seen with a cell phone in my hand rather than a picture of myself... like on a plane, train or roller coaster.

My fourth favorite Reiki application is called **Google Earth**, and its one I had to download (**although its free**) and with it I can zoom in anywhere on the planet with amazing detail. I can send Reiki to the entire Earth, a continent, country, state, city, street or house. I found the hospital I was born in and sent Reiki back to the day I was born. **The Alamo** might be next...

My fifth and final favorite Reiki application is **YouTube** and its another free on that comes with the iPhone. Any time at all I can play my favorite Reiki Video.

Having only been a member of the **I LOVE MY IPHONE CLUB** for a short while I'm sure there are many other applications that I will find that will fit right seamlessly into my Reiki practice. **How about you?**

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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Prayer and Reiki Healing

Duane Flowers · Sunday, May 10th, 2009



Last month's altercation between Reiki & the Catholic Church got me to thinking a great deal about the role that prayer plays in Reiki. Prayer and healing have long had somewhat of a symbiotic relationship and I believe that if used together, prayer and Reiki can make a formidable team.

Prayers are found in virtually all religions in one form or another and generally involves opening one's heart to an unseen force that can hear them (***and sometimes answer them***). If the words come from your heart, there is no way to do it wrong and hence the format varies immensely. Whether used to ask for something or to simply give thanks, the power of prayer, both spiritually and psychologically, is incredibly powerful.

Images of Catholic Nuns reciting ***the Lord's Prayer*** while giving a Reiki treatment, or a Buddhist Monk chanting ***the Heart Sutra*** while giving a Reiki treatment, or a Hindu Yogi singing ***the Gayatri Mantra*** while giving a Reiki treatment, or an Islamic Imam performing ***the Salaat*** while giving a Reiki treatment, Shamans or Medicine Men, Orthodox Rabbis, Shinto Kennushi, etc. all use the power of prayer and its effects can't be denied. Imagine the power those prayers could add to Reiki... ***or vice versa.*** ☒

Prayers offered by holy men (and women) are considered much more powerful than those proffered by us mere mortals. That doesn't render them ineffective, quite the contrary, if that were so billions of prayers wouldn't be tossed to the throes of the universe every day (and even more at bedtime). Reiki Practitioners adding prayer to the mix, just as I've stated with the combination of Reiki & Aromatherapy, Reflexology, Massage, Acupuncture & Acupressure, Feng Shui, Yoga, Hypnosis, Meditation, NLP and EFT, doesn't only double the power of Reiki, but amplifies it geometrically. These therapies can all stand on their own but putting two (***or more***) of them together can create an amazing force... ***and adding prayer to the mix is simply staggering!*** ☒

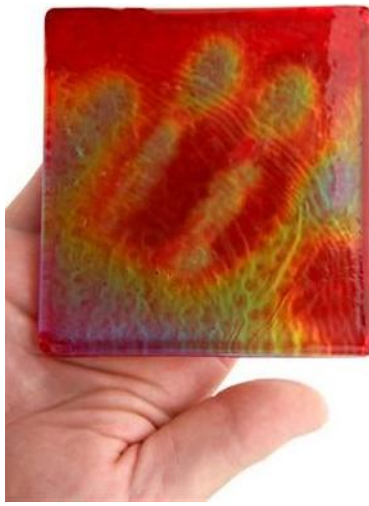
For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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Reiki Sensitivity

Duane Flowers · Saturday, May 9th, 2009



As you grow in your Reiki practice you will, no doubt, one day start to wonder if there isn't something more... a higher level than the Reiki Master level, a greater energetic awareness, a deeper understanding of this incredible gift to mankind, a higher use of Reiki's awesomeness... and the answer to all this lies in Reiki Sensitivity... whether directed towards the physical, mental, emotional or spiritual aspects of Reiki, all advances lie in the ability to perceive the ever more subtle nuances that lie at the heart of Reiki. Just as you received a calling to understand Reiki to the degree you are at now, someday you will inevitably receive a calling to go further. The ability to do so lies in **Reiki Sensitivity**.

Reiki Sensitivity on the **physical** level involves the ability to sense subtler and subtler hibiki while performing byosen scanning. It also involves the ability to determine between different 'flavors', if you will, of subtlety. Reiki Sensitivity on the **emotional and mental** levels involves the ability to sense subtler and subtler variations in voice tone, inflection, verbiage, metaphorical analogy, innuendo consistency **(or lack thereof)** at which Reiki energies can be directed to perform those types of healings. Reiki Sensitivity on the **spiritual** level involves the ability to sense subtler and subtler states of consciousness, frames of being, depth in meditation, etc. and the accompanying ability to progress on whichever spiritual path you have chosen.

Reiki sensitivity in all of these areas can be grown, through effort, exercise, persistence and dedication towards doing so. Few Reiki Masters have progressed far enough on the Reiki path to be able to guide you, so your greatest guide lives within. This is not difficult, and actually makes Reiki all the more fascinating. All you have to do is set your mind to do so and allow yourself to start noticing the things you've been neglecting to notice. Later this year there will be another **30 Day Reiki Challenge** in which we will be devoting some attention specifically towards this. In the meantime, challenge yourself to see what you've been missing... you'll be surprised as you start to uncover some really neat stuff **<technical term>**. ☒

Dr. Usui proclaimed himself to be about a 4 on a scale of 1 to 10 as far as his Reiki ability was concerned... its a pity so many Reiki Masters have settled on that as the bar. Dr. Usui opened the door for us and it is up to us, individually to see what's on the other side.

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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Reiki Beauty Tips

Duane Flowers · Friday, May 8th, 2009



Just thought I'd share a quick Reiki technique that falls under the beauty tips and secrets domain. To the best of my knowledge you're reading about it here first... so enjoy and be sure to tell all your Reiki friends and colleagues about it!

This technique is designed to use Reiki to remove wrinkles and blemishes from damaged or aged skin. First a disclaimer... results won't be seen overnight, **this takes time**, but with regular practice you should be seeing results in anywhere from 1-3 months, depending on how much time you put into it.

Here are the steps for taking advantage of the amazing power of Reiki to eliminate skin disorders:

- Connect to the Reiki energy in whatever way you normally do.
- Point the tips of your two index fingers towards each other so they are lightly touching.
- Feel the Reiki flow from one fingertip to the other.

- Move your fingers about one inch apart.
- If you have a dark background you should be able to see the energy stream (if not, is okay).
- Notice the direction the Reiki is flowing in.
- If the Reiki is flowing out of your right finger, point your right finger to the problem area.
- Focus the Reiki energy like a laser beam and concentrate on increasing its power.
- For added effect visualize clear healthy skin and/or use ***pre-Reiki aromatherapy products.***

Skin problems are the result of energetic imbalances on a micro level and left too long these wrinkles, spots, blemishes, discolorations, moles, etc. become hardwired into the RNA and the longer they are left untreated the longer it will take to be rid of them. So be patient and soon enough you will be able to enjoy the results. ***Skin rejuvenation is entirely possible with Reiki, but again, it will take time.***

Enjoy!!!

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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Reiki at the Rex Center

Duane Flowers · Wednesday, May 6th, 2009



Just a quick round of applause for **The Rex Center**, a new aquatic fitness facility for dogs which opened in April in Pacifica, California. Per a blurb in **[X]press Magazine**

, the Reiki Center is

"a canine sanctuary for massages, acupressure, aromatherapy, dog training, warm water swimming, nutrition consultation, and Reiki, a Japanese energy healing technique--some drool-worthy services, even for humans."

Of course I find any application of Reiki a cause for celebration, but this one really caught my eye. Whether for physical rehabilitation, exercise or just plain fun, this place has just what the doggy doctor ordered. ☒

While [their website](#) isn't really that appealing the services surely are and I really think its not only a wonderful idea for dogs... but for Reiki as well! Good job, Rex Center!!! ☒

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!

☒

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Reiki Body Postures

Duane Flowers · Tuesday, May 5th, 2009



This post could have been called Reiki and ***Ecstatic Body Postures*** as those are the types of postures I am referring to. I've been playing around with them recently, although my interest in them goes back several years. Alone they are quite fascinating... when combined with Reiki they become simply amazing.

Ecstatic Body Postures largely stem from the work of anthropologist Felicitas D. Goodman who noticed that in several "caveman" drawings or the most ancient cave drawings, the figures were in similar physical positions. Certain modern day shamans make use of similar positions for entering certain trance states. Each position tunes into a different state much like different antenna positions tune in to different channels (***for those of you who are old enough to remember antennas... i.e., pre-cable days***).

An entire field of study has developed around these positions and many similarities have been discovered between seemingly unrelated groups of people and the states that certain positions are linked to. More than can be called mere coincidence and a large subset of these positions deal with healing... as in the bear position pictured above. This is the part that initially caught my eye.

Two books I recommend if you are interested in learning more about this awesome field are ***Ecstatic Body Postures: An Alternate Reality Workbook***



by Belinda Gore and ***Where the Spirits Ride the Wind: Trance Journeys and Other Ecstatic Experiences***



by Felicitas D. Goodman. The first step is in reading one of these books and becoming familiar with at least one of the positions studied and the second is to apply Reiki while in that position and noticing the added benefit(s).

It has been my own experience that Reiki enhances the body position to deliver more of whatever state is intended. Reiki has also helped me to reach the meditational level necessary to activate the positions in the first place. Furthermore, a study of Reiki can increase subtle awarenesses and help you to notice subtle energy changes and variations which is quite helpful in studying these positions.

Simply get in position, apply Reiki and enjoy the journey!

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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