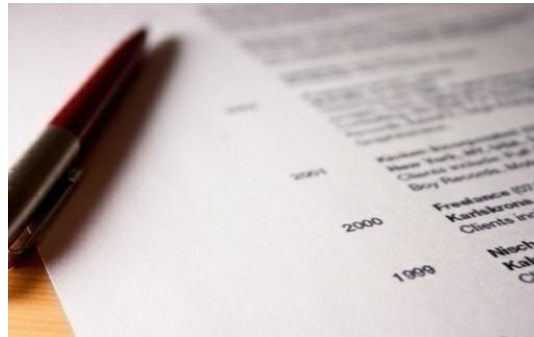


Reiki - What It All Be Like

Home of the 30 Day Reiki Challenge!!!

Reiki Résumé

Duane Flowers · Monday, June 2nd, 2008



In this post I would like to look at the creation of a **Reiki Resume** (pardon the French :lol:), which is basically a **one-page summary of your involvement with Reiki** either for your own personal use, or for sharing with others.

There are basically four main parts I would recommend including in your **Reiki Resume** as well as a few supplemental parts to include should you like. We'll start with an introduction to the four main parts.

Reiki Introduction

This section sets the tone of your **Reiki Resume**. It can be playful or serious (or somewhere in between) depending on what the purpose of your resume is. **I suggest writing a few**, so that you have them ready for various occasions. Here is an example:

I have been a **Reiki Master** since 1990, although I didn't start teaching and using Reiki until 2002. I have been living in Japan since 1996 where I have been teaching English while studying Japanese language and culture (and food) and basically all things

Japanese. I am the owner of *Hana Reiki Academy* and maintain a Reiki Blog at Reiki.WhatItAllBeLike.Com where I am open to discussions about anything related to Reiki. Living in Japan has given me the privilege of studying with some of Japan's greatest Reiki Masters and has given me great insight into traditional Japanese Reiki as well as access to the Japanese Reiki Community.

Reiki Experience

This section includes a summary of the work you've done specifically with Reiki. Some Reiki professionals, like full-time Reiki teachers, nurses or alternative health-care providers (*reflexologists, aromatherapists, massage therapists, acupuncturists, etc.*) who provide Reiki services on a frequent basis will obviously have more to write about. The key is to **include those things that you feel were important in building your personal Reiki practice**. Be sure to include the description of **Blog Contributor** if you frequently post comments here. :smile: Here is an example:

- Reiki Blogger, Reiki.WhatItAllBeLike.Com
January 2008 - Present. *Developing maintaining and promoting a Daily Reiki Blog.*
- Reiki Teacher, *Hana Reiki Academy*
February 2002 - Present. *Teaching all levels of Reiki in Japan and when I travel abroad.*
- Reiki Share Coordinator, **Purple Dolphin Language Academy** February 2002 - Present. *Running a periodic Reiki Share.*
- Reiki Author, [E-Zine Articles.Com](http://E-Zine.Articles.Com) February 2008 - Present. *Writing Reiki articles for Web Publication.*

Reiki Education

This section details your Reiki training. Dates, teachers and styles being the most important. There is quite a bit of overlap between this section and the certificates and qualifications section. I generally include my lineages in the Reiki certification section because I feel it has more to do with Reiki energies than Reiki training. Here is an example:

- Gendai Reiki, 7/2003 - Present. *Attended several 2-Day training sessions with Gendai Reiki Founder, Hiroshi Doi, as well as countless monthly Gendai Reiki Shares conducted by Hiroshi Doi in Ashiya, Japan.*
- Komyo Reiki, 5/2002 - Present. *Attended several 2-Day training sessions with Komyo Reiki Founder, Hyakuten Inamoto, as well as countless monthly Gendai Reiki Shares conducted by Hyakuten Inamoto in Kyoto, Japan.*
- Reiki Blessings Academy, 1/2002 - 2/2002. *One month Reiki Master Training with Reiki Blessings Academy Founder, Allison Dahlhaus as well as several other certification classes with Reiki Blessings Academy.*

Reiki Certificates and Qualifications

Here is where you list your Reiki Certification and links (lineages) to the Reiki Energy. For example, here are a few of my Reiki Certifications:

- 2/9/2002, *Usui Shiki Ryoho Reiki II Certification, Osamu Takemoto (Usui - Hayashi - Takata - Ishikura - Robertson - McCumber - Rand - Miller - Takemoto)*
- 5/5/2002, *International Reiki Master Certification, Ariane McMinn (Usui - Hayashi - Takata - Furumoto - Hoffman - Shaw - Henderson - Way - McMinn)*
- 5/12/2002, *Komyo Reiki Teacher Certification, Hyakuten Inamoto (Usui - Hayashi - Yamaguchi - Inamoto)*
- 8/3/2003, *Gendai Reiki Teacher Certification, Hiroshi Doi (Usui - Taketomi - Koyama -Doi)*

Supplemental Information

In this section you might include referrals, information on healing or energy healing modalities you may have studies that are not specifically considered Reiki (for example, **Chios Energy Healing**, **Magnussa Phoenix Reiki Universal Energies** or some of the other forms of Reiki, like **Karuna**, **Seichim** or the **Templar Degree** or anything else you think the people reading your **Reiki Resume** should know about (*depending on your reason for writing it*).

Here is an example of what the completed **Reiki Resume** might look

like using the above as an example (note - this is only a portion of my real **Reiki Resume**:

Duane Flowers

Introduction

I have been a **Reiki Master** since 1990, although I didn't start teaching and using Reiki until 2002. I have been living in Japan since 1996 where I have been teaching English while studying Japanese language and culture (and food) and basically all things Japanese. I am the owner of **Hana Reiki Academy** and maintain a Reiki Blog at **Reiki.WhatItAllBeLike.Com** where I am open to discussions about anything related to Reiki. Living in Japan has given me the privilege of studying with some of Japan's greatest Reiki Masters and has given me great insight into traditional Japanese Reiki as well as access to the Japanese Reiki Community.

Experience

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January 2008 - Present.
Developing maintaining and promoting a Daily Reiki Blog.
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February 2002 - Present.
Teaching all levels of Reiki in Japan and when I travel abroad.
- Reiki Share Coordinator,
Purple Dolphin Language Academy
February 2002 - Present.
Running a periodic Reiki Share.
- Reiki Author, E-Zine.Articles.Com
February 2008 - Present.
Writing Reiki articles for Web Publication.

Education

- Gendai Reiki, 7/2003 - Present.
Attended several 2-Day training sessions with Gendai Reiki Founder, Hiroshi Doi, as well as countless monthly Gendai Reiki Shares conducted by Hiroshi Doi in Ashiya, Japan.
- Komyo Reiki, 5/2002 - Present.
Attended several 2-Day training sessions with Komyo Reiki Founder, Hyakuten Inamoto, as well as countless monthly Gendai Reiki Shares conducted by Hyakuten Inamoto in Kyoto, Japan.
- Reiki Blessings Academy, 1/2002 - 2/2002.
One month Reiki Master Training with Reiki Blessings Academy Founder, Allison Dahlhaus as well as several other certification classes with Reiki Blessings Academy.

Certificates and Qualifications

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- 5/5/2002,
International Reiki Master Certification, Ariane McMinn (Usui - Hayashi - Takata - Furumoto - Hoffman - Shaw - Henderson - Way - McMinn)
- 5/12/2002,
Komyo Reiki Teacher Certification, Hyakuten Inamoto (Usui - Hayashi - Yamaguchi - Inamoto)
- 8/3/2003,
Gendai Reiki Teacher Certification, Hiroshi Doi (Usui - Taketomi - Koyama -Doi)

Additional Certifications

- 4/15/2002,
Chios Energy Healing Master Teacher Certification, Stephen H. Barrett, founder.
- 6/2/2002,
Threshold Reiki Master Certification, Rick Rivard, founder.

- 2/17/2003,
Sacred Flames Reiki Master Certification,
Allison Dahlhaus, founder.
- 8/23/03,
Ra~Sheeba Masters Certification,
Merilyn Brethewick, founder.
- 8/30/2003,
Violet Flame Reiki Master Certification,
Ivy Moore, founder.
- 10/10/2003,
**Magnussa Phoenix Reiki Universal
Energies Grandmaster Certification,**
Elisabeth Frauendorfer, founder.

(referrals available upon request)

Parting Words

As with work related resumes, there are no hard and fast rules as to how a **Reiki Resume** should look. I would include anything you've ever done that is related to Reiki. ***It's your resume... make it your own!!***

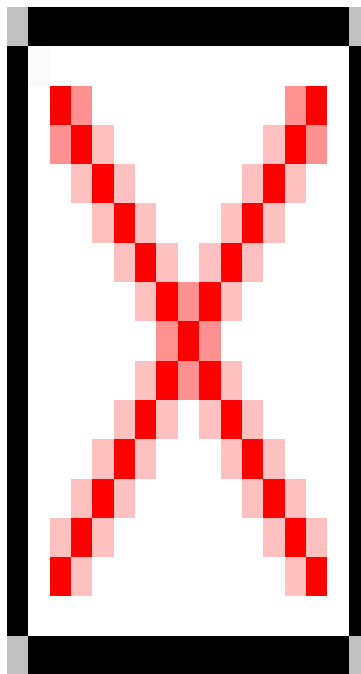
For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



Posted in [General](#), [Reiki Practice](#), [Reiki Training](#) | [No Comments »](#)

Reiki in Japan

Duane Flowers · Monday, March 17th, 2008



The number one question I get when people find out I live in Japan is always for information about what Reiki is like here in Japan... I've touched on this before in a discussion on the [differences between Eastern and Western Reiki](#), but allow me to address it in greater detail here.

Surprisingly, **Reiki is not popular at all in Japan**. In fact **9 out of 10 people have never even heard of it**. Amazing odds from the country from where it all began. Reiki is much more popular in the West where a high percentage of people, if not familiar with Reiki in detail, have at least heard of it. Here in Japan this is not so. Further if you show them the [Kanji](#) (or traditional Japanese writing) for Reiki, they would interpret it as **Ghost Energy** (or something to that effect) and would immediately be turned off by it. This is why, when introducing Reiki to Japanese, I use the English writing system, or one of the other Japanese writing systems if I need to write it down. Let this be a warning to those Reiki practitioners visiting Japan with their cool **"Official Reiki T-Shirts"** with Japanese writing on them... ***you may just be scaring the holy bejesus out of anyone you run into.***

Once you get past the initial shock at the Kanji, and assure them that Reiki is not **Ghost Energy**, so to speak, the Japanese are quite adept at picking it up. The 3rd and 4th Reiki Symbols which present a stumbling block for most non-Japanese are part of their everyday vocabulary and most of the original works on Reiki are quite readable (if not a bit archaic) and so they have no problem in understanding what original Reiki really is all about. They can, in fact, understand it at a depth that it takes most Westerners quite a bit of effort to attain. For example, the ki part of Reiki is part of their daily vocabulary, while in English there is not even a word for it. In India it is called **Prana**, in Hawaii it is called **Mana** and in China it is called **Chi** but there is no English equivalent for this spiritual life force energy.

There is also a split in Japan between **Traditional Japanese Reiki** and more **Westernized Reiki** (for example the Takata Lineage) although people here are much more tolerant of each other's beliefs than they are in the West.

Another difference I've noticed is the willingness to wait until they have mastered Reiki (to some extent) before attempting to become a Reiki Master. In the West many more people want to jump to the head of the line, so to speak, by becoming Reiki Masters long before they are ready... which is a shame, because as is true with many things in life, **the pleasure lies in the seeking... not the attaining** and so those rushing things are only missing out on **the exploration and discovery that is part of the wonder of Reiki.**

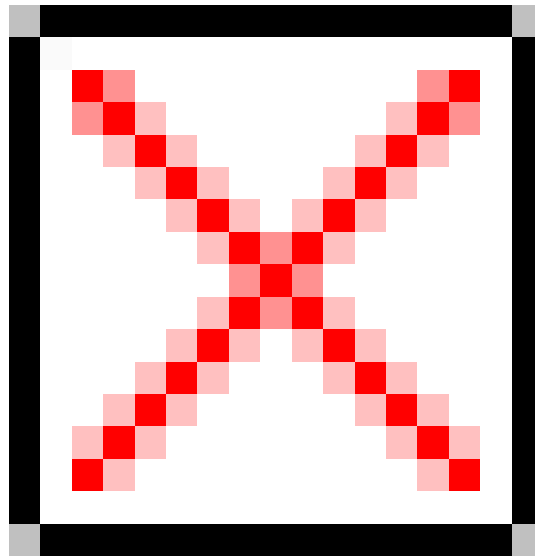
For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



Posted in [Different Styles](#), [General](#) | [One Comment](#) »

Reiki and Green Tea

Duane Flowers · Wednesday, February 27th, 2008



I may be stretching a bit here in search of a connection, but I do believe the question has to be asked... **what is the relationship between Reiki and Green Tea?** And before you ask, the answer is **NO!!!**... I'm not trying to write one of those sensationalized National Enquirer type stories like **"Boy Eats Own Head"**, or **"Preacher Explodes On Pulpit"**. :-)

Recently there has been an explosion in the popularity of Green Tea, especially **Japanese Green Tea**. Health benefits notwithstanding the

new **Green Tea Diet** Sensation (thanks in no small part to the mighty gospel according to St. Oprah) is proving to be a winner. Unfortunately the diet does not work here in Japan because for millennia, **Japanese people have always tended to habitually maintain Green Tea as part of their daily regimen.** There is a reason for this and I believe it goes beyond the health benefits. Green Tea has a very soothing and relaxing yet at the same time energizing quality that I find a bit familiar.

Now you may be wondering what all this has to do with Reiki... and I was just coming to that, because I believe that **the essence of Green Tea** (in the Green Tea **extract** sense) much like the essence of the flowers and plants used in Aromatherapy (see [this post](#) for more on that) has something in common with the Reiki energy. There is a striking resemblance between the soothing quality of the Reiki energies and that of Green Tea. I'm fairly sensitive to distinguishing between various subtle energies (like those of the Reiki symbols (more on that [here](#)) and so I'm sure its not my imagination that I am sensing a very similar energetic quality here. Perhaps that is why one of my Reiki teacher's (Hyakuten -> [link to the right ->](#)) favorite responses to virtually any situation is **"have a cup of tea". :-)**

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



Posted in [General](#) | [5 Comments](#) »

Reiki and Enlightenment

Duane Flowers · Monday, February 25th, 2008



First and foremost, Reiki was designed as a path to spiritual enlightenment, however, it seems to have changed over the years to being just another healing modality (although a very potent one). I believe this to be because the healing aspect of Reiki is extremely easy to master while the spiritual aspects are quite difficult... especially without a teacher who actually **walks the walk.** If you learned from a teacher who is only interested in the healing aspects you will no doubt wholeheartedly believe that is all there is to it... in which case... you would be wrong. :-) For many people this is enough though... and there is nothing wrong with that... **Reiki will eventually open your channels to the deeper aspects only when you are spiritually ready to receive them.** This post may ruffle some feathers, but it needs to be made clear and is basically meant for those who really want to dig a little deeper.

What exactly is **Spiritual Enlightenment**? In a nutshell it is **the complete realization and understanding that you are part of a bigger whole...** that you are connected to the universe and everything in it just as if it were one big spider's web. That's really all there is to it and while the basic idea of enlightenment is so easy, it is so difficult to fully understand because of its fleeting and illogical nature. And of course, at heart, we are all logical and practical beings... just look at the state of the world (okay I won't go there).

The Buddha defined enlightenment as **not suffering** because he believed that it is the failure to notice that we are part of the web that is actually the root of all suffering. It is very interesting to note the Buddha's negative definition... **Enlightenment is not suffering**, he does not tell us what enlightenment is, but rather what it is not. This is extremely interesting and important because it removes enlightenment as a final goal and it removes the the ability to strive for something... that is to say that **you cannot strive for something that is NOT**, you can only be guided by it. Notice how Dr. Usui did the same thing with the Reiki principles... he tells us what **NOT** to do rather than what to do, i.e., don't be angry, don't worry, etc. Again, this removes them as goals and things to strive for. There are actually some Reiki practitioners who have tried to turn these negatives into positives in order to make them easier to achieve... this would be a mistake and would actually move the practitioner further and further away from enlightenment rather than towards it.

I have only scratched the surface here and I hope I haven't ruffled too many feathers while doing so. Many wonderful books have been written on attaining spiritual enlightenment and there are many great courses available by such enlightened masters as Eckhart Tolle, Gangaji and Adyashanti. Also more dated works by some of India's sages such as Ramana Maharshi, Nisargadatta Maharaj, J. Krishnamurti and Patanjali all contain the secrets to success.

Each of these

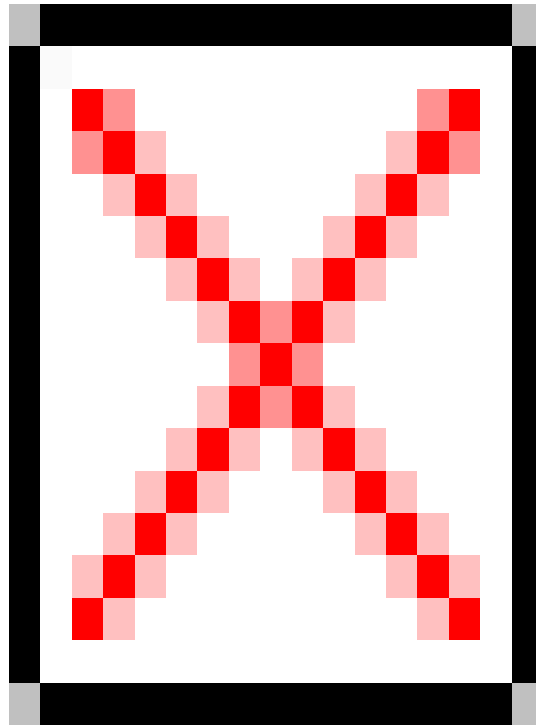
teachings is different so it is up to each of us individually to find one that resonates with us... they are not all the same for a reason... just as all Reiki masters are not the same... it is up to us to find the one that suits us individually. So please don't settle for any old Reiki teacher just because it is convenient. Unfortunately, there are many Reiki charlatans out there... you'll know when you've found one that is able to give you what you need... whether you're seeking the healing aspects or the spiritual ones... find a teacher that's right for you!!!

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



Reiki and Education

Duane Flowers · Sunday, February 24th, 2008



This is an area quite near and dear to my heart in that my day job is that of a language teacher. So I could probably write a book about **Reiki & Education** (or **Reiki in the Classroom...** and someday I just may) but for now I promise to keep it short.

Reiki Level 2 is where all the fun begins in regard to using Reiki in the classroom. This is where the issue of ***dissolving mental and emotional blocks*** is dealt with. These are the 2 areas that education is primarily concerned with anyhow, and since this is what Level 2 is all about I do believe we have a match.

In regard to mental blocks, students have to deal with this on a continual basis. No matter what we're learning, there comes a time when the information just doesn't seem to penetrate our thick skulls (as my Mom used to put it). This seems to be increasingly so in the current education system where children are required to know more and more just to achieve some type of competitive advantage for the future, no matter what our aspirations are. Also, the older we get, the less absorbent our once sponge-like memories seem to get (***or is it just me?***) :-) Bearing this in mind, it is most helpful to continuously be sending Reiki to our students using the mental and distance symbols as we do so.

In regard to emotional blocks, Reiki is very useful in dissolving issues related to belief or competency, such as "I can't" or "It's too hard" or "I don't don't like it" or "I must just be stupid", etc. At test time and when students are giving presentations or performing in some capacity, emotions are running rampant and ***Reiki is extremely beneficial is restoring a sense of calm so that students can focus on the task at hand.***

In conclusion (see... I told you I'd keep it short :-)) the uses of Reiki in Education abound and as teachers your imagination should know no limits in applying Reiki for the success of your students. Also, don't neglect to use it on yourself whenever possible, because next to that of an air-traffic controller I don't know of a more stressful occupation.

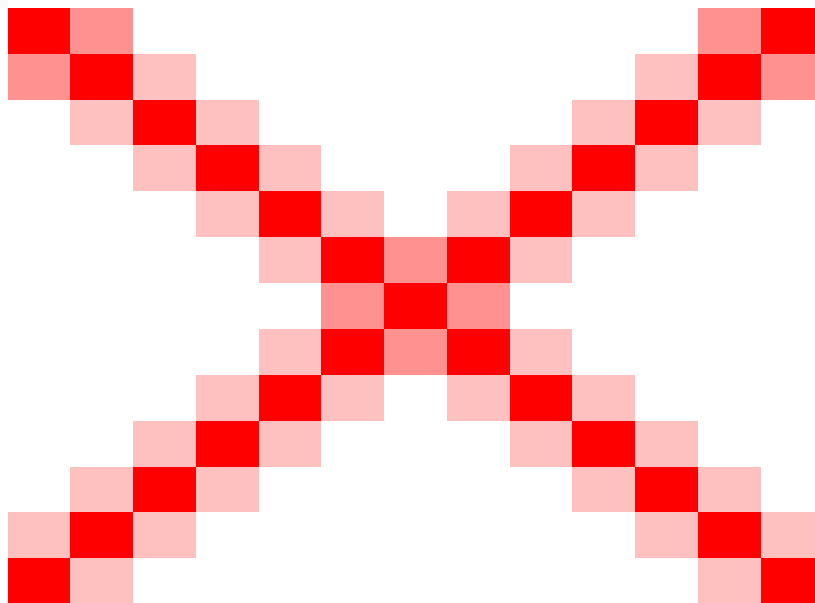
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Posted in [General](#), [Reiki Practice](#) | [No Comments](#) »

Reiki and Massage

Duane Flowers · Saturday, February 23rd, 2008



As touched upon in the posts on [Reiki & Aromatherapy](#) & [Reiki & Reflexology](#) and to some extent in the post on [Reiki & Acupressure](#), Reiki & Massage complement each other extremely well and since

either of these therapies work well on their own, the combination makes for an extremely powerful session. The main idea is that the Reiki practitioner channel the Reiki energies prior to beginning the massage and just allows the Reiki energies to flow as the massage continues. There is no need for any further consideration... ***just let it flow.***

Another favorite practice of mine is to ***give Reiki to the massage oil*** that I will be using for 5-10 minutes prior to the treatment. A more advanced practice, for the Reiki Masters out there who wish to take advantage of it, is to actually ***give a Reiki attunement to the oil*** that you will be using. This is especially potent if the oil contains any essential oils, as they hold the Reiki energies extremely well.

One word of caution... in some places Massage is illegal without a license whereas non-contact Reiki is fully legal. One should always be aware of the laws governing the place where you are practicing Reiki... especially if it includes some sort of massage. **If you are traveling be sure to learn about the laws of the place you are visiting, as they may differ from your home laws.**

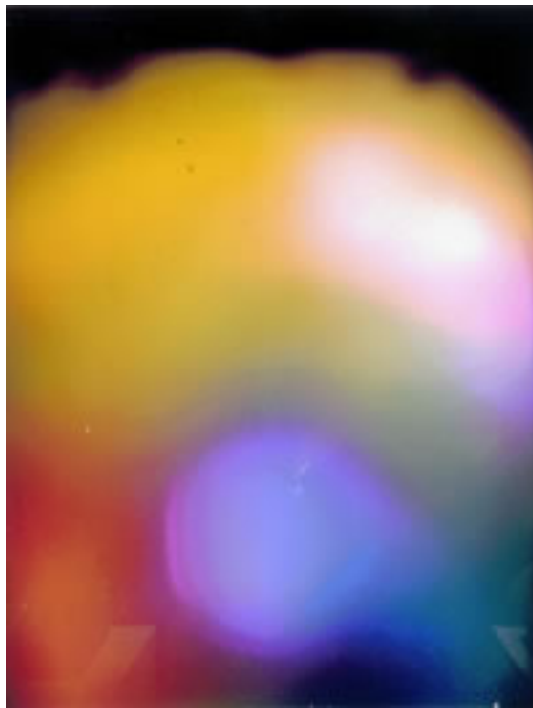
For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



Posted in [Reiki Practice](#), [Reiki Training](#) | [One Comment](#) »

Reiki and Auras

Duane Flowers · Friday, February 22nd, 2008



Aura viewing is an integral part of my own approach to Reiki teaching as it is very easy to teach and much easier to perceive than the more subtle Reiki energies. [Wikipedia](#) defines an aura as a **"subtle field of luminous multicolored radiation surrounding a person or object as a cocoon or halo. An aura may be held to represent or be composed of soul vibrations or chakras, and may reflect the moods or thoughts of the person it surrounds"** and from my own perceptions I find this to be a very highly accurate and enlightening summary. :-)

The Reiki energies are a bit difficult for many people to sense, yet advanced techniques such as Byosen (Reiki Scanning) depend heavily on it. Going through the entire Reiki series of hand placements is sometimes not an option due to time constraints, and so those able to immediately sense energy blocks, or energy surges, or any other type of energy disruptions and apply Reiki energy directly to those blocks will find it much more advantageous. The problem, again, lies in the ability to detect these subtle energies. My own solution is to first teach aura viewing, which can be accomplished in about 10 minutes, and then using that new found ability to help in sensing other subtle energies... like Reiki.

The approach I use to teach Aura viewing, although strange at first has met with 100% success. I have never had a student fail to see auras (although I find it much easier after they've received their first attunement). The approach I use (although I'm sure there are many) comes from this little book:

The book includes a pair of **Aura Glasses** which allow my students so see just the faintest trace of an aura... and with practice that trace will blossom into full fledged aura viewing. The wonderful part comes after they can easily see the auras and realize that they have been there all along... they just never seemed to notice. Such is true with the Reiki energy... its been there all along... most people have just never noticed.

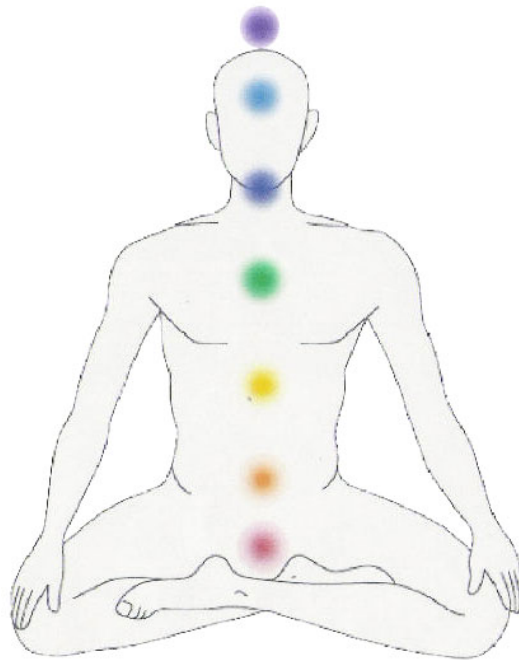
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Posted in [Reiki Practice](#), [Reiki Theory](#), [Reiki Training](#) | [2 Comments](#) »

Reiki and Chakras

Duane Flowers · Thursday, February 21st, 2008



As opposed to the ability to see Auras (discussed [here](#)), the ability to see chakras is much more difficult, but you don't have to be able to see them to take advantage of their existence. One excellent description of chakras found at [Wikipedia](#) defines them as such:

A chakra is a center of activity that receives, assimilates, and expresses life force energy. The word chakra literally translates as wheel or disk and refers to a spinning sphere of bioenergetic activity emanating from the major nerve ganglia branching forward from the spinal column. There are six of these wheels stacked in a column of

energy that spans from the base of the spine to the middle of the forehead. And the seventh which is beyond the physical region. It is the six major chakras that correlate with basic states of consciousness...

My favorite part is the description as an **expression of life force energy**, or **ki**, for our purposes. I find this verbiage to be extremely revealing and with some practice, one is able to easily sense these **expressions of life force energy**. In traditional Reiki there is a Chakra healing technique which focuses Reiki energy on each chakra, both front and back, each experience of which helps the practitioner to move one step closer to perceiving them outright. Some of the best literature on Chakras comes from India and so it should be of no surprise that Yoga places such a strong emphasis on getting to know the chakras. In fact, if done correctly, each yoga position has a particular chakra that it centers on, and meditation on that particular chakra center while holding that pose yields the greatest (and most effective) results.

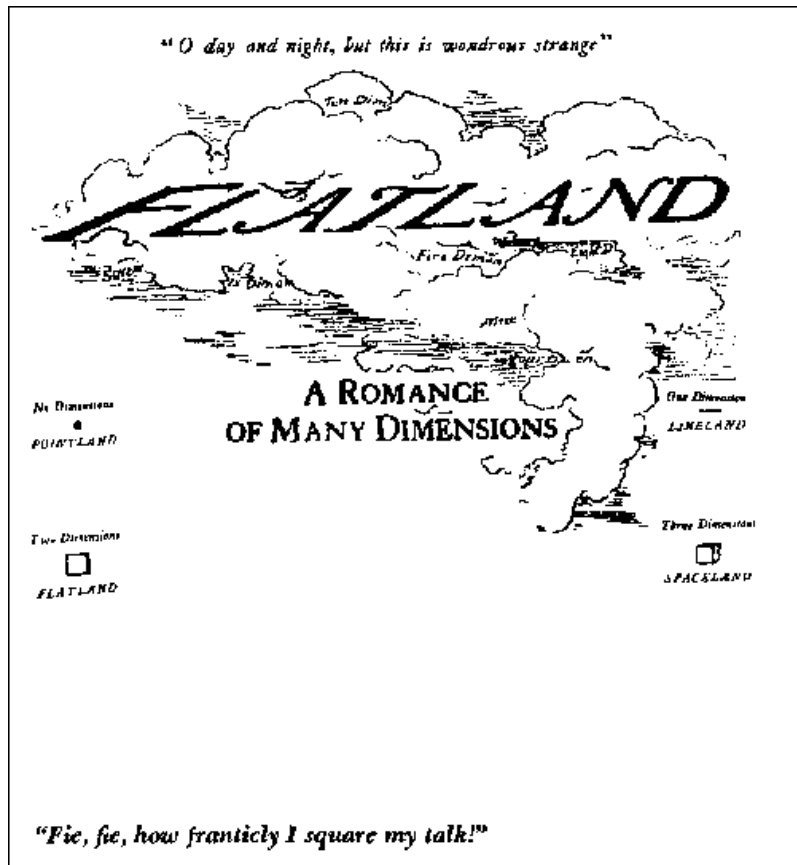
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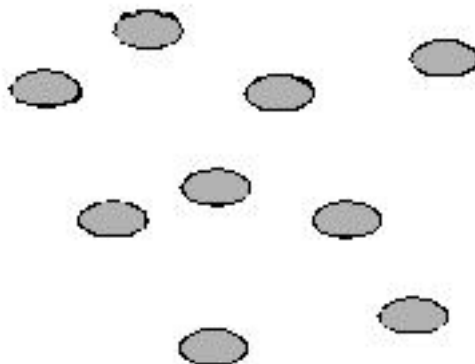
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The Quantum Nature of Reiki Energy

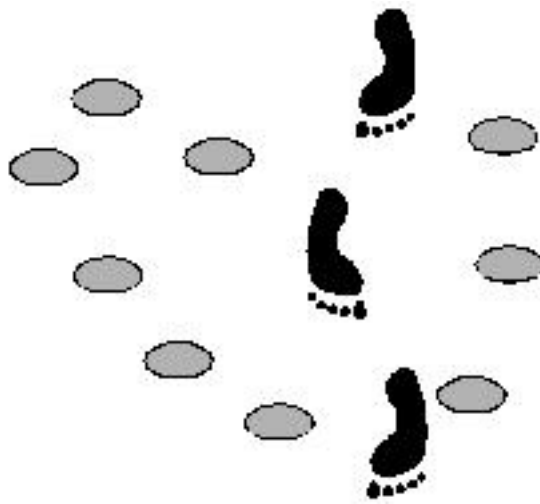
Duane Flowers · Wednesday, February 20th, 2008



In the wonderful little book called *Flatland: A Romance of Many Dimensions*, by Edwin A. Abbott, (available [here](#) in its entirety) the idea that **2 dimensional** people called *Flatlanders* are not able to understand **3 dimensional** reality is presented. Imagine a **2 dimensional** place, where the people are also **2 dimensional**.... like in this image (where we can only see the tops of their little bald heads) :-):



Now imagine what would happen if a 3 dimensional person walked across Flatland... what would they see? Perhaps something like this:



How would they interpret this? What would they think? Would they know that it was all one being? Would they all be in agreement as to what they were seeing? The answer to both of these questions is probably a resounding **no**. Although, if **Flatlanders** are a more spiritually advanced race they might just acknowledge it for what it truly is, i.e., **something of another dimension which is not interpretable in a 2 dimensional reality**. Would that more **3 dimensional** beings had this same spiritual inclination to accept **4 dimensional** things (and perhaps more) without the need to scientifically analyze and prove them.

For those of you having trouble connecting the dots here, let me clarify... Reiki is not of a **3 dimensional** world... it comes from someplace else... where? I'm not sure, but it doesn't really matter because I know from my own experience that it is real, intelligent... and extremely powerful. More than that... I don't really need to know...

An article discussing this in greater detail is available at www.ezinearticles.com.

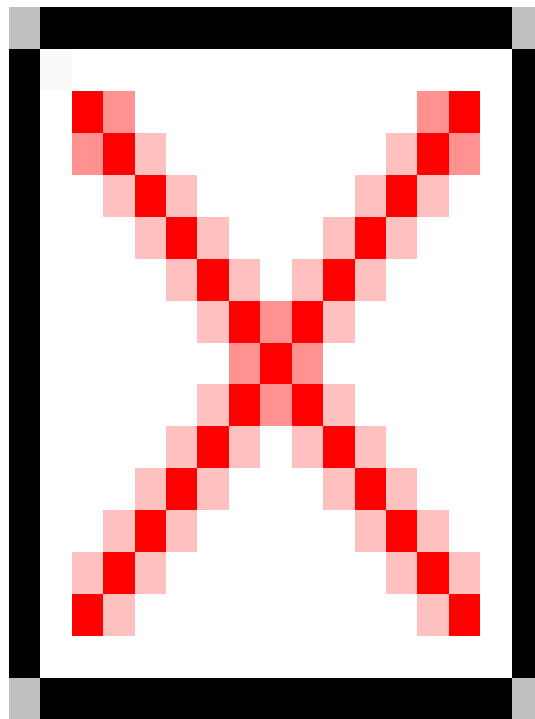
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Posted in [Reiki Theory](#) | [2 Comments](#) »

Reiki and Acupuncture / Acupressure

Duane Flowers · Tuesday, February 19th, 2008



The sciences of **Acupuncture** and **Acupressure** are so closely related that I am discussing them as one (although I realize there are some notable differences). For simplicity's sake, in this treatise I am just referring to **Acupressure** as **Acupuncture without the needles** (see, I told you it was simple). :-)

The main principle behind **Acupuncture** and **Acupressure** is that energy travels through the body by certain energy channels or circuits, known as meridians or nadis, depending on which book you're reading, and if there are blocks in these energy channels, or imbalances of any sort, the result manifests itself as dis-ease in one form or another. Through the proper placement of needles or pressure (to a lesser extent) those channels can once again be cleared making room for the natural state of good health. Reiki performs the same function by sending healing energies which can also clear the blocks. When used together, **Reiki and Acupuncture** or **Reiki and Acupressure** is twice as effective and can yield 100x the results (your mileage may vary). All the **Acupuncturist** or **Acupressurist** (is that really a word?) has to do is channel the Reiki before their session and let it flow throughout. There is no need for any extra symbols, mantras or meditation.

Learning **Acupuncture** requires some very in depth training, but as was true with **Reflexology**, **Acupressure** is much easier to put into practice and requires much less training, knowledge and of course... needles. So don't delay... try it today!! :-)

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



Posted in [Reiki Practice](#), [Reiki Theory](#) | [10 Comments »](#)

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