A MAGAZINE FOR REIKI PROFESSIONALS

UNIVERSAL LIFE Magazine



In this issue:

REIKI ON THE FRONTLINE

Debi Barr takes us behind the scenes of her powerful experience bringing Reiki to the frontline in her role as a volunteer medic.

HOW REIKI RESCUED ME DURING CHILD LOSS

Kim Halerwich-Clark shares how she discovered Reiki amid the unimaginable tragedy of losing her son, embarking on a decade-long journey of self-discovery and healing.

+ PLUS

FROM CURIOSITY TO CREDIBILITY: EMERGING REIKI SCIENCE AND CHANGING PERCEPTIONS

EXCLUSIVE

How Reiki Changed my Life

From the NICU where her Reiki journey began to the hospital halls where she now offers Reiki to others, Cover Star Rebecca Weinstein shares how Reiki entered her life during one of its most challenging seasons and became her guiding compass.

FEATURED

WHAT HORSES TEACH US ABOUT HEALING, PRESENCE, AND REIKI

Reiki In Daily Life

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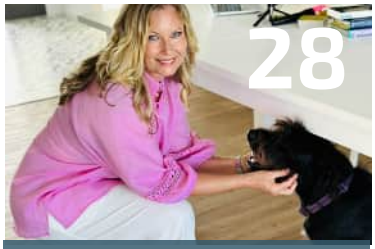
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Editor's Letter

Dear Readers,

Welcome to this edition of Universal Life Magazine, which celebrates the many transformative ways Reiki can be woven into the rhythm of everyday living.

For this issue, we were curious: how does Reiki move beyond the treatment table and truly shape the way people live?

Reiki is often described not just as a healing practice, but as a lifestyle — a quiet current of energy that can guide daily choices, nurture mindfulness, and support us in navigating life's challenges. From morning self-care rituals to intentional interactions at work or home, Reiki's influence can flow through the simplest of moments. In these pages, you'll read how Reiki shows up in everyday life in all sorts of ways — from closing the sale of a home, to shower rituals and bedtime meditations, to supporting a dog on a walk, and even helping a much-loved pet hen recover after a fall. Wherever it flows, Reiki offers a gentle yet powerful healing presence.

But Reiki also reveals its depth in life's more difficult seasons — when the ground beneath us feels unsteady. You'll find stories of Reiki as a trusted companion through times of grief, illness, and unimaginable tragedy, as well as profound experiences of Reiki in hospitals, end-of-life care, and frontline emergency situations.

Many of our members have shared their unique journeys with Reiki, including our cover star, Rebecca Weinstein. From the NICU where her Reiki path began, to the hospital halls where she now offers Reiki to others, Rebecca's story shows how this practice can transform even the most difficult seasons of life into pathways of peace, purpose, and healing.

Together, these voices remind us that Reiki is more than something we "do" — it is something we can live, every day, in both the ordinary moments and life's greatest challenges.

As always, we'd like to thank everyone that contributed to Universal Life Magazine. Your wisdom and experiences are invaluable to our community, and we are grateful for your willingness to share them with your fellow RHA Members and the wider healing community. It is both a privilege and a joy for us at the Reiki Healing Association® to showcase your healing work and to share your stories, which continue to inspire, uplift, and expand the reach of Reiki for all.

Happy Reading!

Love and Light.

Molly & Harriette-Rose

Harriette-Rose Malone
& Molly Malone
Editors in Chief





REIKI TODAY: SHIFTS IN PERCEPTION AND EMERGING SCIENCE



BY GARRY MALONE

Garry Malone is a Best-selling Author, Speaker, and the Founder of the Reiki Healing Association®.

@REIKIHEALINGASSOCIATION

When I first began practicing Reiki, it was often regarded as something on the edges of mainstream wellness - a quiet, spiritual art practiced in small circles, not widely understood. In those days, I remember going to libraries, searching for books, and finding only scattered mentions of Reiki amidst broader texts on healing and spirituality. You had to hunt for the information, but if you didn't know what Reiki was, it really wasn't something that was easily accessible to you.

Finding a teacher in your local area to guide you was even more challenging. Often, it came down to word of mouth or chance encounters - those serendipitous moments that connected you with someone willing to share the practice. Reiki lived quietly in these

intimate spaces, passed along with care but largely invisible to the wider world.

How different things look today. Thanks to the dedication of Reiki practitioners and teachers across the globe - and the power of the internet to bring Reiki into the public eye - the landscape has certainly shifted.

Reiki, once largely dismissed as New-Age "woo woo," is now finding its way into hospitals, wellness programs, and even research studies. On a recent hospital visit, I was happily surprised to see leaflets promoting complementary therapies available to patients. Alongside acupuncture, yoga, and massage, Reiki was listed as a supportive option - offered by charities working in partnership with healthcare providers.

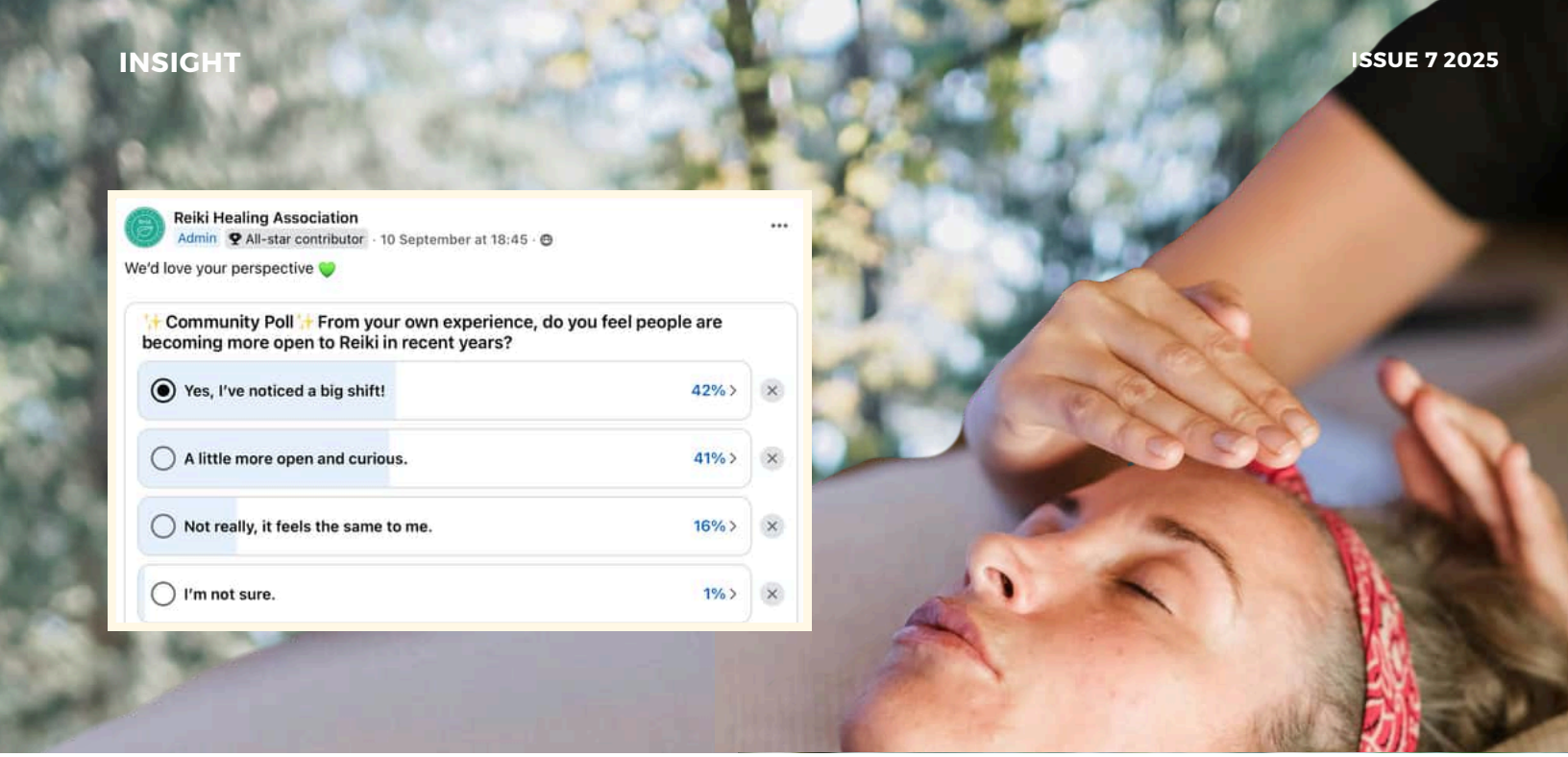
Undoubtedly, the rise of social media has given Reiki a visibility it never had before. Search the hashtag #Reiki on Instagram and you'll find 16.9 million posts for example. If you look on other social apps you'll find everything from live distance-healing sessions to ASMR-style aura cleansing videos. Short reels show hand placements, aura brushing, and energy balancing in ways that feel both approachable and modern.

Despite the many flaws of social media, for many people, these videos and reels may be their very first introduction to Reiki or energy healing. Of course, not every post captures the true essence of the practice—some use Reiki in sensational or controversial ways just to grab attention, which can feel misleading, and I'm sure I'm not the only one who notices conversations that completely miss the mark. Yet alongside the noise, there are also countless accounts sharing knowledge and Reiki inspiration in thoughtful, practical ways. These glimpses behind-the scenes into regular Reiki routines and practices, can help to normalise Reiki, sparking curiosity in people who might otherwise never have encountered it. Seeing someone you know or follow trying a holistic approach may just be the thing that nudges you to explore it for yourself - whether that's booking a session, looking up more information, or simply pausing to consider that healing can take many forms.

And it's not just social media that is increasing Reiki's visibility. Reiki is appearing more frequently in magazines, wellness blogs, podcasts, movies, TV shows and mainstream books on health and spirituality. Bookstores now carry entire sections on energy healing. Reiki feels less hidden and more accessible than ever before.

"...These glimpses behind-the scenes into regular Reiki routines and practices, can help to normalise Reiki, sparking curiosity in people who might otherwise never have encountered it..."

In our Reiki community, we recently asked members if they feel people are becoming more open to Reiki in recent years. The response was encouraging: 41% said they felt people were a little more open and curious, while another 42% said they'd noticed a big shift.



Of course, skepticism still remains. There are still people who question whether Reiki is "real," challenge its scientific basis, or wonder if it's simply a placebo. And yes, there are those who go further, misrepresenting Reiki as something harmful or even "evil." But in my experience, there are always far more people who are genuinely curious and eager to learn the truth about Reiki, and open to exploring and experiencing Reiki for themselves.

Anecdotally, I see incredible stories of Reiki every day - and you'll find a few of them shared in this issue of the magazine. Some members speak of dramatic breakthroughs and turning points supported by Reiki's compassionate presence. Others highlight its quiet, steady support in the midst of everyday challenges and stress. Both types of experiences are deeply meaningful and contribute to our understanding of Reiki's benefits in real life.

We also have several RHA members sharing their first-hand experiences of integrating Reiki into healthcare and frontline settings, highlighting how holistic practices can complement conventional care.

Excitingly, research is starting to catch up with what practitioners and clients have long been noticing.

Over the past few years, several systematic reviews and meta-analyses (which combine and evaluate the results of multiple studies to identify overall trends) have highlighted Reiki's potential to ease anxiety, reduce stress, and improve overall quality of life.

While results are still limited by small sample sizes and differences in how studies are conducted - which can make it harder to directly compare results or draw sweeping conclusions- the trend is clear: Reiki is being studied with increasing seriousness.

What was once a whisper on the margins of mainstream healthcare is now becoming part of the broader conversation around integrative and holistic approaches.

Here are a few highlights of Reiki research published in the scientific community in the last few years:



- A meta-analysis in 2024 in *BMC Palliative Care* looked across 13 studies with 824 participants to see how Reiki affects patient anxiety. Reiki was found to significantly reduce anxiety - both in people with chronic illness and in the general adult population (Guo et al., 2004).
- Another meta-analysis of 11 randomised controlled trials with 661 participants in total, aimed to evaluate the therapeutic effects of Reiki therapy on Quality of Life (QoL). The review showed small but statistically significant improvements in Quality of Life post-Reiki therapy in areas like emotional wellbeing. The effects were stronger when there were more Reiki sessions (8 or more) or longer durations per session, although short micro interventions also showed benefits (Lui et al., 2025).
- Some studies use what is known as 'sham Reiki' (i.e. same hand movements etc, but without intentional energy flow) to test for placebo-effects. In many cases, Reiki still outperforms sham Reiki in reducing anxiety/stress. For example one randomised-controlled study looked at the effects of Reiki on anxiety in a group of 120 mothers with hospitalised children. The participants were divided into 3 groups - one was given Reiki, one sham Reiki, and one control group received no intervention. Mothers who received Reiki sessions over two weeks showed significantly lower anxiety compared to the other groups (Başgöl et al, 2025)
- In another investigation into patients undergoing abdominal surgery, a study found Reiki reduced surgical fear, anxiety, and pain, and even increased oxygen saturation in patients receiving Reiki compared to sham-Reiki and the control group (Şişman & Arslan, 2025).
- Another randomised, placebo-controlled trial in 2024, involving individuals with cardiac disease, showed that Reiki lowered cortisol levels (a stress hormone) and reduced anxiety compared to both sham Reiki and control groups (Akpinar et al., 2024.)
- A study by Baransel & Uçar (2025) evaluated the effects of Reiki on postmenopausal women's symptoms and depression. The sample included 82 women (41 in the Reiki group, 41 controls), with the Reiki group receiving once-a-week sessions for four weeks. Reiki significantly reduced menopausal symptoms and depression levels, suggesting it may be a useful complementary treatment during menopause.

- In a clinical setting, one group of researchers explored Reiki's impact during infusion treatments, including chemotherapy, at two university hospital infusion centres. The study found that Reiki sessions significantly improved pain, fatigue, anxiety, nausea, and overall well-being. Patients also reported high satisfaction, noting that the sessions promoted relaxation and effective symptom management (Dyer et al., 2025).
- In a very different context, a study published in *Global Advances in Integrative Medicine & Health* evaluated a distance Reiki program designed for frontline healthcare workers during the COVID-19 pandemic (Dyer et al., 2023). The program was shown to be both feasible and beneficial, with participants reporting reduced stress, anxiety, and pain, as well as improved well-being and sleep quality.



These are just a few of the key studies emerging, but other pilot trials and reviews also suggest that Reiki may offer benefits in areas such as cancer care, pre-surgical anxiety, caregiver stress, chronic pain, and burnout among healthcare professionals.

Unfortunately, while these findings are encouraging, the overall body of Reiki research still faces limitations and there are calls for larger, high-quality trials to strengthen the evidence base. Even with the use of sham Reiki control groups, debates continue about how best to design studies that truly capture Reiki's effects while minimising placebo influence. That said, the same themes keep emerging from these studies - Reiki consistently shows potential for reducing anxiety, promoting relaxation, and supporting symptom management. Even as the scientific community continues to refine and expand its understanding of Reiki, these recurring patterns point to Reiki's genuine promise as a safe, non-invasive, and supportive complementary practice.

When you see some of the data about how prevalence stress and anxiety is in the world today, it's easy to see why continuing to improve this Reiki research is increasingly important. Around 41% of adults worldwide report experiencing "a lot of stress" at least some of the time (Forbes Health, 2024). In the UK alone, over 5 million working-age adults face multiple insecurities—including health, housing, and finances—creating what The Guardian has described as a "stress crisis."

The World Health Organization's 2025 Health Statistics Report also warns of slowing global health gains, noting that anxiety and

depression have surged since the COVID-19 pandemic. Against this backdrop, it's no wonder that simple, calming practices like Reiki are being increasingly sought out as tools for relief.

There's still work to be done before Reiki is universally understood and accepted, by both scientific community and the general population, but I remain hopeful that things are moving in the right direction. Every time someone tries Reiki for the first time, shares a story online, or experiences a moment of peace during a session, we are collectively moving closer towards making Reiki a familiar, trusted tool in daily life.

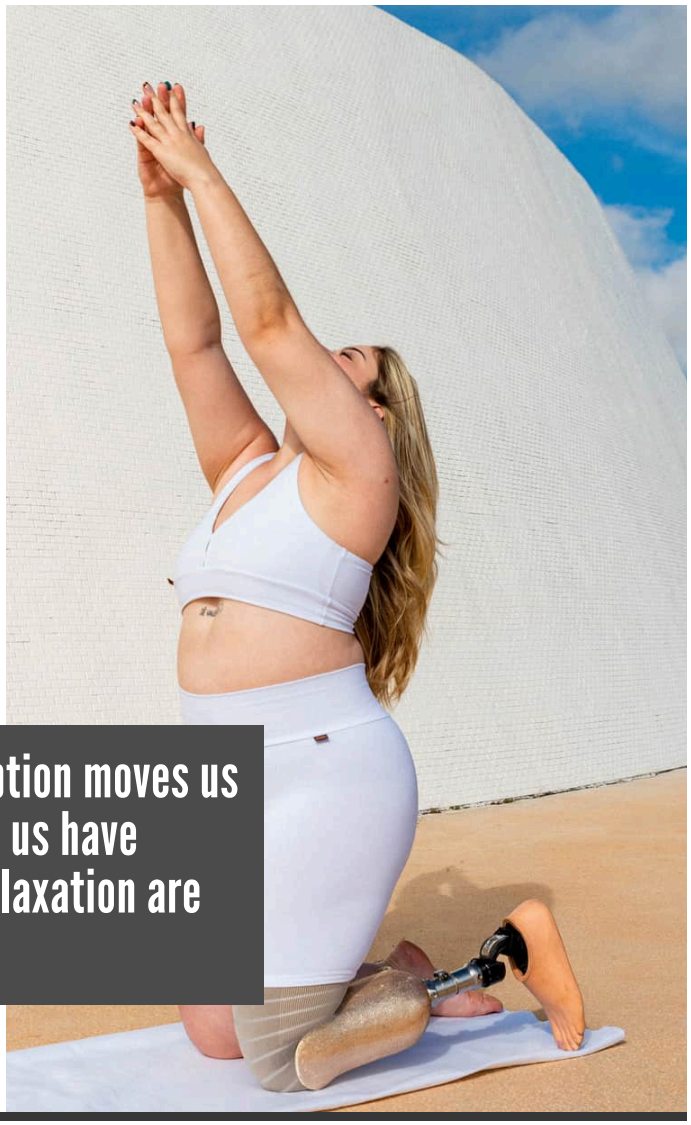
This growing openness and shift in perception moves us toward a deeper recognition of what many of us have always felt: that energy, mindfulness, and relaxation are central to healing.

As Reiki is increasingly discussed and shared online and perspectives continue to evolve, what becomes important now is maintaining the integrity of the practice while supporting safe and informed exploration. This means providing guidance with accuracy, respect, and intention, helping newcomers understand not just the techniques, but the deeper principles behind them.

"...This growing openness and shift in perception moves us toward a deeper recognition of what many of us have always felt: that energy, mindfulness, and relaxation are central to healing..."

At the same time, creating content and conversation around Reiki doesn't have to be rigid or purely instructional - it can be fun, expressive, and celebratory, showcasing the multifaceted nature of healing whilst also embracing the diversity of perspectives and experiences within the Reiki community.

By creating these open and thoughtful discussions, we open new pathways for accessibility and understanding, allowing Reiki to touch the lives of those who need it most. As scientific studies advance and public discussions deepen, Reiki is gradually receiving the acknowledgment and credibility it deserves, a development that I believe can only strengthen and benefit the wider healing community.



Join the Forgiveness Revolution

I'm sorry *Please forgive me* *Thank you* *I love you*



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Living Reiki

The Quiet Magic Between Everyday Moments



BY DR.RUCHI CHAWLA BATRA

When we think of Reiki, it's easy to picture a quiet room, a healing table, soft music, and an intentional session booked into the calendar. But in truth, Reiki is not confined to these moments.

For me, it's most alive in the spaces in between, in the pauses that arrive unplanned yet carry a quiet, steady current of calm.

One morning, getting ready for an important meeting, I noticed my hands growing warm. Without thinking, I placed them over my heart and drew in a few deep, slow breaths. In that half-minute, the knot of anxiety loosened. I walked into my day with clarity I hadn't expected.



That's Reiki - it meets you exactly where you are. Over time, it's found its way into countless corners of my daily life.

Cooking with Light

Before chopping vegetables or making tea, I let Reiki flow into the food, imagining it filling each ingredient with light and nourishment, for my body and the soul. Friends often say my meals feel "comforting." I suspect the energy has something to do with it.

Nurturing Plants

I send Reiki to my garden, especially to struggling plants. More than once, I've watched leaves lift and colours brighten overnight — like my drooping basil plant that surprised me with new life after a few days of Reiki care.

On the Move

In heavy traffic, I might place one hand softly on my leg and let Reiki clear the traffic. Believe me, it really does!

Across the Miles

If someone in the family or a friend messages saying their day feels heavy, I pause, close my eyes, and send Reiki across the miles. Sometimes they reply later, "I don't know why, but I suddenly felt lighter."

Moments of Quiet Connection

One of my most cherished Reiki memories happened on a rainy afternoon. I was curled up by the window, hands wrapped around a cup of tea, listening to raindrops tapping at the glass. I allowed Reiki to flow into the mug. The warmth that rose back felt like a soft conversation between the energy, the tea, and my own spirit.

Healing Support

Reiki has helped me survive and face quite challenging medical conditions, soothing the symptoms and making me calmer and clearer. It has helped me find the confidence to say, "This too shall pass," and it always has.

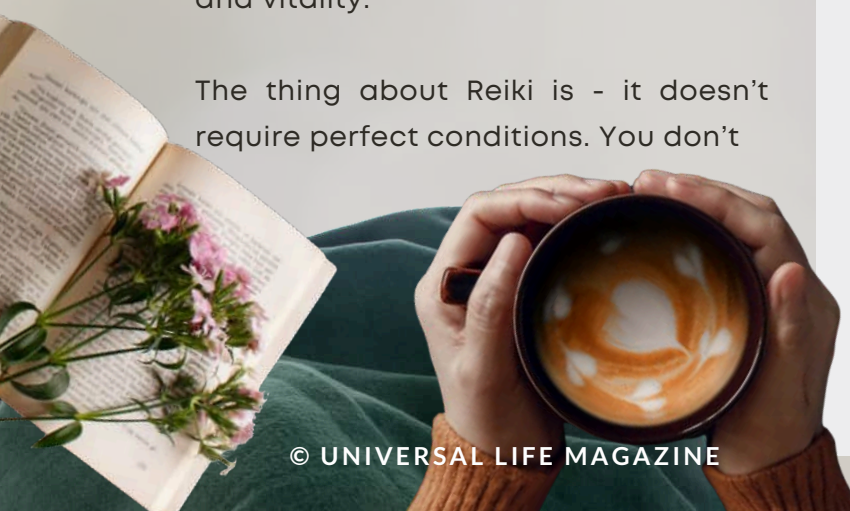
Whenever I feel called to refresh my spirit, I love infusing Reiki into my water. Every sip feels like drinking in pure light, filling every cell with calm and vitality.

The thing about Reiki is - it doesn't require perfect conditions. You don't need candles, crystals, or deep silence (though they can be beautiful companions). All that's needed is presence, and a willingness to connect. Even a single minute can shift your energy, like a deep breath you didn't know you were holding.

"... IT'S MOST ALIVE IN THE SPACES IN BETWEEN, IN THE PAUSES THAT ARRIVE UNPLANNED YET CARRY A QUIET, STEADY CURRENT OF CALM..."

I've come to understand that Reiki isn't something I simply "practice" - it's something I live. It has become part of how I breathe, speak, touch, and notice the world. And in moments when life feels tangled or overwhelming, it's comforting to remember - I carry this wellspring of calm within me, ready to flow at any time.

So, the next time you're rinsing dishes, watering your plants, or holding a warm cup between your palms, invite Reiki in. You may just find that the smallest moments hold the deepest magic



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AUTHOR BIO

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TIPS

7 Ways to Romanticise Your Life with Reiki ✨💖



BY HARRIETTE-ROSE

There's been a beautiful trend circulating on social media lately: the idea of romanticising your life. At its heart, it's an invitation to see your everyday existence through a softer, more intentional lens - to savour the ordinary, to slow down, and to find beauty in the small details that weave our days together. It's about becoming the main character in your own epic story, one mindful moment at a time.

Even though I'm not usually one to jump on trends, this one resonated deeply with me. Because isn't that what so many of us long for - to live with more presence, to notice the beauty already around us, and to treat our own lives with the reverence and appreciation they deserve? It's a reminder that joy, love, and meaning aren't only found in massive milestones, but in the quiet, fleeting details of daily life.

As I read the different stories of others sharing the little glimmers of beauty in their days, it made me think of the Reiki principles - the idea of living with purpose and gratitude every day.

Reiki, in many ways, is the art of romanticising your own energy. It reminds you that you are deeply connected to the same universal forces that move the forests, the stars, and the tides. It helps you rediscover that you are far more powerful than you've ever realised - capable of bringing love, harmony, and healing into every area of your life to soften even the toughest of challenges and hardest of days.

Infusing even a simple pause, a few mindful breaths, or a short meditation with Reiki can transform an ordinary moment into one of extraordinary peace and healing.

When you recognise that every cell in your body hums with purpose, working quietly to support your well-being, it's hard not to feel deeply grateful for your own life and the magic that already flows within and around you.

But I wanted to share some simple ways you can use Reiki to romanticise your everyday life:





TIPS



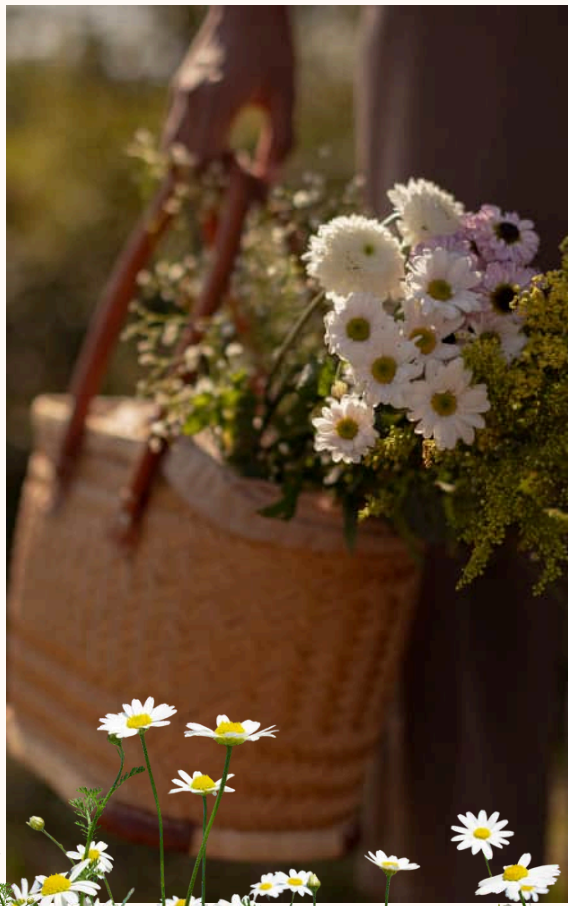
1 ***Start Your Day with Reiki & Gratitude***
Before getting out of bed, place your hands over your Heart Chakra as you let Reiki flow. Take a few deep breaths and silently give thanks for the gift of a new day.

2 ***Infuse Your Morning Rituals with Intention***
While making your tea or coffee, draw the Reiki symbols over your cup (if attuned) or simply set the intention: "May this drink nourish me with love and positive energy." As you get ready, bring Reiki into your self-care — applying skincare, brushing your hair, stretching. Place your hands over your body and visualise warm, loving light flowing through you.

3 ***Write Yourself a Love Letter***
Channel Reiki into your hands and write a heartfelt letter of gratitude to yourself. Keep it nearby and return to it whenever you need a reminder of your unconditional worth.

4 ***Mirror Magic***
Look into your reflection, place your hands on your heart, and whisper words of love and gratitude. Let Reiki amplify your self-compassion. Recite the Reiki principles as you visualise a protective bubble of supportive energy surrounding you.

5 ***Commute Calm***
Whether walking, driving, or riding public transport, place one hand on your heart and the other on your stomach. Let Reiki flow through you, creating a shield of calm for your journey.



6 ***Cleanse your Space with Reiki***
Your environment reflects your energy. Use Reiki to cleanse your spaces: place your hands over rooms, objects, or corners and visualize CKR flowing through, dissolving stagnant or heavy energy. Surround yourself with items that bring joy and elevate your spirit and let Reiki amplify their positive energy.

7 ***Reiki-Infused Nighttime Rituals***
Before bed, place your hands over your heart and Third Eye. Invite Reiki to wash through you, releasing the day's stress and softening your body into deep rest. Visualise soft, healing light surrounding you as you drift into peaceful sleep.

By weaving Reiki into your daily rhythms, you transform the ordinary into the extraordinary. In a world that moves so fast, these small sparks of peace and presence are everything.

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to a moment of mindfulness

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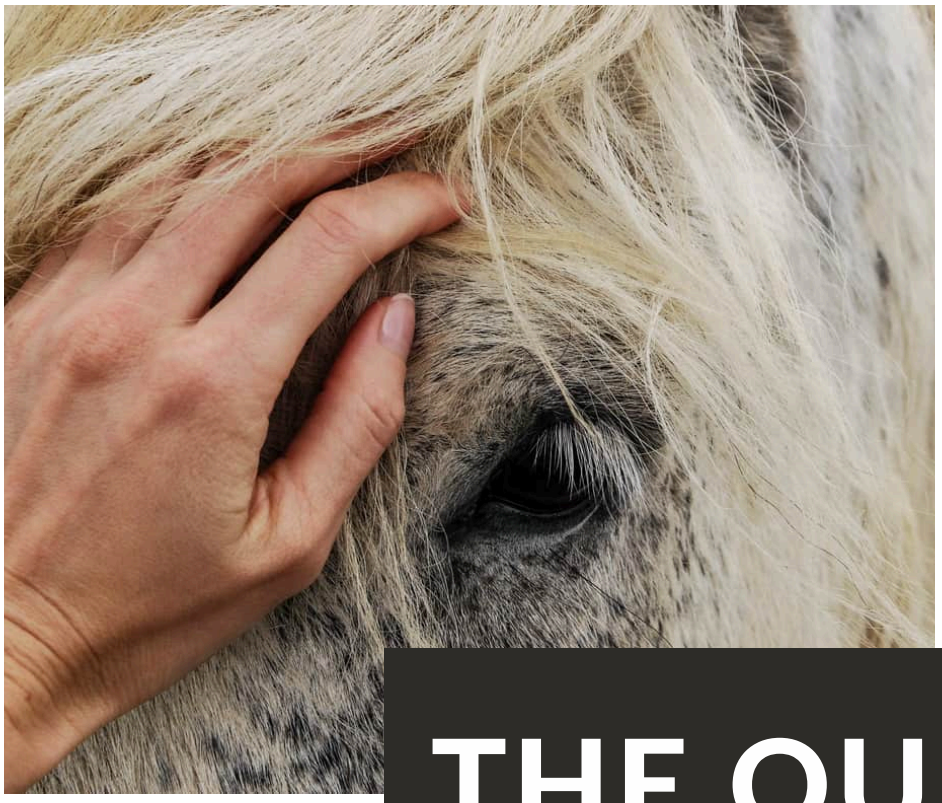


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THE QUIET HERD

What Horses Teach Us About Healing, Presence, and Reiki



BY CHONTI CLELAND

There is something profoundly different about receiving Reiki under an open sky, with horses grazing quietly nearby. It is as if the land itself joins the healing; the steadiness of the earth beneath your feet, the rhythm of the herd, the vastness of nature all around you. Here, there is no need to perform or explain. You simply arrive, breathe, and allow.



“...HORSES, WITH THEIR SENSITIVITY AND HONESTY, RECOGNISE THE FLOW OF REIKI AT ONCE.THEY RESPOND IN SUBTLE BUT PROFOUND WAYS...HOLDING SPACE WITH A PRESENCE HUMANS OFTEN FORGET HOW TO GIVE.”

These sessions in the field are some of the most powerful I have ever witnessed. Horses, with their sensitivity and honesty, recognise the flow of Reiki at once. They respond in subtle but profound ways; stepping closer, sighing deeply, or simply holding space with a presence humans often forget how to give. Sometimes they come close; other times they observe from a distance, intuitively sensing what a client needs.

I “discovered” Reiki in the field with horses quite by accident. My horse Harvey had an abscess in his front hoof, and alongside veterinary care, I began offering daily Reiki sessions to support his healing. What I discovered was that in sharing Reiki with him, I received healing back. At the time, I was navigating the grief of losing my mother to breast cancer, complicated by the knowledge that her death resulted from years of medical negligence.

My nervous system was in turmoil, yet in the presence of Harvey and Nell, the first two horses I shared this journey with, I noticed



a profound calm. My body settled, my breath slowed, and I felt still. Sharing Reiki with them became a journey that continues to shape the work I do today. Helping horses to heal showed me that they, in turn, have a remarkable way of helping us heal too.

Over the years, I have supported many horses through Reiki, and on each occasion, the guardians of these horses have found their own healing, releasing emotions, confronting hidden traumas, and reconnecting with themselves. Horses mirror what is held within, their energy, body language, and breath reflecting what their humans may not even admit to themselves.

One of my first workshops in a livery yard took place entirely in a field with the owner's horses. It was a breakthrough moment the horses and their owners connected in ways that amazed everyone present. Stress and anxiety melted away, the chaos of daily life eased, and time with their horses became a mindful, restorative experience.

Soon, I was invited to hold private sessions in my own field with Gandalf and Bear, who continue this journey with me. Reiki in a field with horses has evolved into an equine Reiki-led coaching experience, where clients can drop the masks of daily life and reconnect with their inner selves.

Whatever the horses share through Reiki, whether they come close or give space, it is always what the client needs. There are often tears, but these are tears of release, of rediscovering a space within that has been forgotten.

Many of my clients are women who give so much of themselves as mothers, partners, and colleagues. Often, they forget to care for themselves. In these sessions, they can rest, recuperate, and reset — giving themselves the gift of presence and healing, even for a short time. As a mother, horse guardian, and business owner myself, I understand how vital this space is - for our minds, bodies, and nervous systems alike.



Why Horses?

Horses live in the moment. They are deeply connected to the earth, more aware of the flow of spiritual energy, and naturally compassionate. They offer presence without judgment, intention without expectation, and healing simply through being. When we open ourselves to trust and connect with horses, we can witness clarity, connection, and gratitude qualities often lost in the rush of everyday life.

Horses inspire us to embody the qualities that support our health, emotional wellbeing, and spiritual growth. Reiki in a field with horses is about remembering our inner light, even amid life's difficulties. It teaches boundaries, as a horse will not tolerate push energy but softens with safety; regulation, as their calm invites us into stillness; and connection, as simply being together can be enough.

Clients have discovered that these sessions offer something different from traditional talking therapies. They allow people to become unstuck in their minds, reconnect with their bodies, and experience the present moment.

Reiki in the field is embodied, gentle, non-verbal, and deeply restorative. It is not about fixing, it is about being.

The field is quiet except for soft breaths and a gentle breeze. There is nothing to do but be in the moment, be in Reiki, in the presence of two natural Reiki Masters.

This is Reiki in a field with horses: simple, natural, and profoundly healing.

"...WHEN WE OPEN OURSELVES TO TRUST AND CONNECT WITH HORSES, WE CAN WITNESS CLARITY, CONNECTION, AND GRATITUDE, QUALITIES OFTEN LOST IN THE RUSH OF EVERYDAY LIFE..."





AUTHOR BIO

Chonti Cleland is a Usui Reiki Master/Teacher, Equine Reiki Practitioner, and Trauma-Informed Gestalt Life Coach based in Cheshire West and Chester. She works alongside her two horses, Gandalf and Bear, offering clients gentle, restorative experiences in connection with nature and equine wisdom.

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Peace and Possibility

How Reiki Transformed My Life



BY REBECCA WEINSTEIN

From the NICU where her Reiki journey began to the hospital halls where she now offers Reiki to others, RHA member and cover Rebecca Weinstein shares how Reiki entered her life during one of its most difficult seasons - and how it has since become her guiding compass for living with peace, presence, and purpose.



Photo: Kate Wark Photography

Reiki found me at one of the lowest points of my life. My son was born prematurely, spending ten weeks in the NICU, and what should have been a joyous time was filled with fear and exhaustion. I was struggling to hold it all together.

Then a Reiki practitioner visited my hospital room. Her presence brought comfort, but when she placed her hands and allowed the energy to flow, I felt a deep calm wash over me. For a few moments, the fear softened, and I could breathe again. What touched me even more was knowing she was also visiting my son, offering him energy and love when I could not be by his side. Reiki entered my life as peace and possibility at a time I needed both most.

That experience opened a door for me, and I began exploring other paths to healing. Each offered something valuable, yet for a time, I saw them as separate pieces, scattered and disconnected.

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Photo: Simple Pea Studio

"...REIKI DIDN'T JUST HELP ME HEAL; IT HELPED ME REMEMBER WHO I AM..."

But as I continued to open myself to Reiki, something shifted. I began to see the bigger picture: all of these experiences were part of a greater whole, fitting together like a puzzle, with energy as the thread connecting them. Reiki became the lens through which I understood it all.

The transformation began gently. I started honouring the Reiki principles, bringing them into my daily life. My thoughts softened. The places where I once carried judgment, anger, or frustration began to release their grip. I learned to let go of the control I thought I needed, and in that letting go, I found freedom. My mind grew clearer, my body more relaxed, my spirit more at peace.

Through Reiki, I peeled away layers of old beliefs and conditioning, revealing a truer, freer version of myself. Reiki didn't just help me heal; it helped me remember who I am and guided me toward living in alignment with my essence.

Now, I hold space for others as they step onto their own healing paths. My clients and I meet as connected spirits, teaching and learning from each other. Reiki has shown me that healing is not meant to be done alone. We need one another's light. We are all connected, and in that connection lies strength, compassion, and renewal.

In addition to my private practice, I am a member of the Integrative Wellness Team at Northern Westchester Hospital in Mt. Kisco, NY, where I offer Reiki to staff, giving back to the place where my own healing journey began.

Reiki continues to be a compass in my life—guiding me back to balance, reminding me of our shared humanity, and showing that true healing happens when we return to ourselves and to each other.



Photos: Simple Pea Studio

Beyond the story: Q&A with our Cover Star

After Rebecca shared her story of how Reiki transformed the direction of her life, we invited her to speak more about her work at Northern Westchester Hospital, her personal practices, and the ways Reiki continues to bring peace and possibility into her everyday life.



Can you describe a typical day when you bring Reiki to the staff at Northern Westchester Hospital?

Every Wednesday afternoon, I volunteer as part of the Integrative Wellness team. I usually see two staff members during my shift, offering 30-minute sessions in a peaceful, dedicated healing space. The hospital makes these sessions available to different departments as part of their commitment to supporting staff well-being. It feels very meaningful to be able to give back to the staff here, especially since Northern Westchester Hospital is where I first experienced Reiki myself.

Can you share a moment or story that touched you while working with the hospital staff?

One session that will stay with me forever was with a young nurse who had recently lost her father. While I don't identify as a medium, the sense of his presence during the Reiki session was undeniable. The entire room seemed to shift—the air itself felt charged with an overwhelming, unconditional love. I was covered in full-body chills, and she wept as if something

deep within her had been touched. It was one of those rare moments where the veil between worlds feels thin, and the healing goes far beyond what words can capture.

How do you see Reiki influencing the well-being and resilience of staff in such a high-pressure environment?

The transformation I witness is remarkable. Staff often arrive carrying the weight of exhaustion, stress, and emotional strain. Yet, even in just 30 minutes, I see their faces soften, their shoulders drop, and their energy shift into something calmer and more centered. Reiki offers them a rare moment to breathe, reset, and reconnect with themselves in the middle of an incredibly demanding day.

This isn't just my perception—it's reflected in their own feedback. At the Integrative Wellness Center, we draw on the Stress First Aid model—to gently guide staff in checking in with themselves. Before and after each session, they're invited to rate how they're feeling using a simple colour scale:

- Green – Calm
- Yellow – Stressed but functional
- Orange – Approaching burnout
- Red – Exhausted and fully burnt out

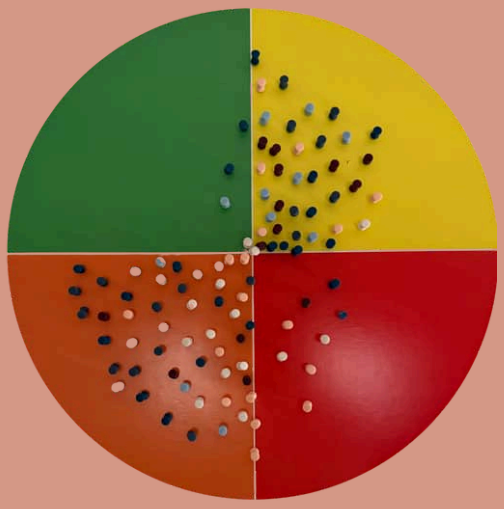
Looking at the wall where these responses are displayed is powerful. The movement from red and orange toward green after each session makes the impact tangible. It's a visual reminder that these small moments of healing truly matter.

What changes have you noticed in yourself through offering Reiki in this setting?

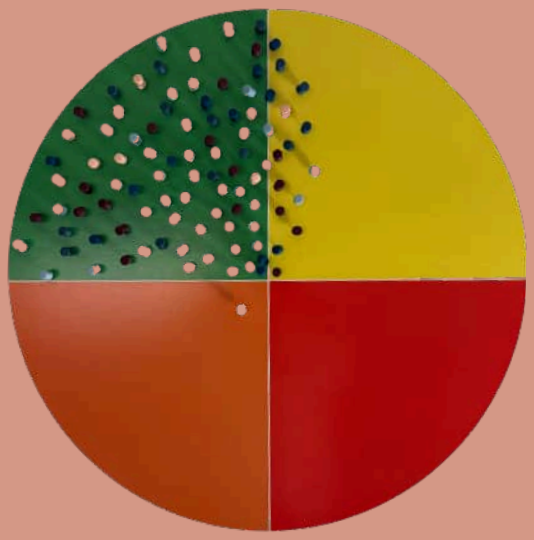
Working in the hospital has taught me to

Stress First Aid Model

Pre-Integrative health Intervention



Post - Integrative Health Intervention



trust the process of Reiki. With shorter sessions, I had to release the belief that deep healing requires long stretches of time. What I've witnessed instead is that even a brief, focused session can create profound shifts. This experience has deepened my faith in Reiki itself and strengthened my confidence in my ability to hold space in any circumstance.

What do you hope people feel or take away after a hospital session with you?

My greatest hope is that they leave feeling even a small sense of relief. The staff carry

such immense responsibility and emotional weight, and if I can offer them a space to set that burden down—to feel grounded, relaxed, and at peace, even for a short while that, to me, is success.

Are there specific techniques, rituals, or approaches you use for hospital sessions?

Yes, though I adapt them to fit the time constraints. I begin each session with a silent intention or prayer, and I always create a calming environment with music, soft lighting, and sometimes aromatherapy. Because I work back-to-back with staff, I also make sure to clear both my energy and the space between sessions so each person receives fresh, focused attention.

How do you prepare mentally and energetically before working with hospital staff?

My daily meditation practice keeps me grounded, so when I arrive at the hospital, I naturally slip into a flow state. I hold the intention of working from the highest frequency possible and inviting the person's energy to meet me there. For group work, like the monthly healing circle I lead at the Cancer Center, I do additional preparation—setting clear intentions and energetically preparing the space to support multiple people at once.



Photo: Kelsey Quinn Photography

How has Reiki changed the way you see yourself and your path in life?

Reiki completely shifted my relationship with myself. Before, I was caught in negative self-talk and often believed I was selfish or unworthy. Through Reiki, I learned to soften that inner dialogue and to live by its principles. I began to trust that I was exactly where I was meant to be, and that I wasn't "broken", I was human. That realisation opened the door to profound healing, both for myself and, eventually, for others.

What has surprised you most about your Reiki journey?

How certain I now feel about who I am. Reiki has helped me not only discover but celebrate my gifts, and it continues to guide me in helping others discover their own. The clarity and purpose it has brought into my life still surprise me sometimes.

If someone is brand-new to Reiki, what encouragement or advice would you share?

If you're new to Reiki, my best advice is to go in with an open heart and no expectations. Reiki is a gentle yet powerful energy—it has a way of meeting you exactly where you are and giving you precisely what you need in that moment. It isn't something you can control or force; in fact, the beauty of Reiki lies in its natural flow.

Sometimes the experience feels deeply physical, other times it's emotional, and often it's simply a sense of peace or clarity that unfolds quietly. Trust that whatever arises is perfect for you. The more you can surrender to the process, the more spacious and profound the experience becomes.

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Photo: Kate Wark Photography

"...REIKI HAS A WAY OF MEETING YOU EXACTLY WHERE YOU ARE AND GIVING YOU PRECISELY WHAT YOU NEED IN THAT MOMENT..."

How do you see Reiki continuing to shape your path in the years to come?

Starting my practice was one of the most terrifying and yet deeply rewarding steps I've ever taken. It required stepping into the unknown and trusting myself in ways I hadn't before. Through that process, I discovered that staying true to who I am allows me to accomplish far more than I ever imagined. Moving forward, I continue to show up authentically, embracing both the fear and the excitement, trusting that the path will unfold perfectly in alignment with my highest good.

How would you define Total Wellness?

To me, total wellness is the art of living in alignment, body, mind, and spirit moving in harmony. It is the freedom of being fully present, releasing the weight of expectations and past disappointments, and flowing with the rhythm of your true purpose.

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

The stories. Every client brings their own journey, and I feel so honoured to walk walk alongside them, even for a short time. In those moments together, they start to realise that life doesn't have to feel so heavy and that there's a gentler, more balanced way to move through the world. They begin to uncover their true gifts and take steps toward living a fuller, more aligned life.

You experienced a "full circle" moment of returning to give Reiki at the space where you aspect of your journey—what does this experience mean to you?

It means everything. Reiki helped me uncover what was always inside me, underneath the weight of old patterns and negative thinking. I'm still the same person, but I no longer feel burdened in the way I once did. Instead, I feel grateful—grateful to have discovered this gift, grateful to share it, and grateful to know that healing is always possible.

AUTHOR BIO

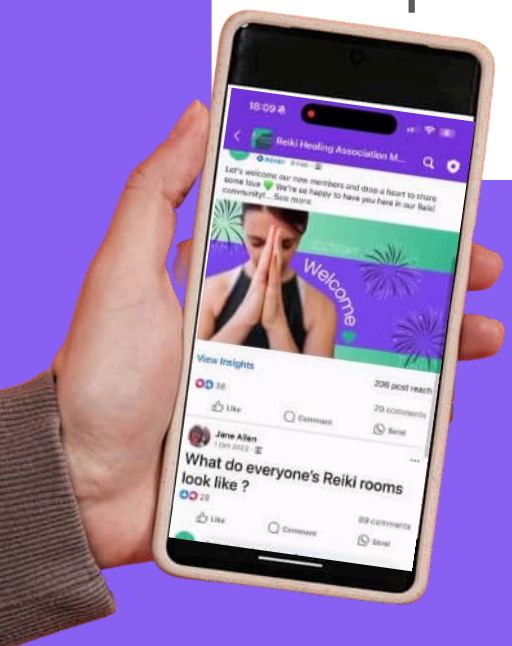
Rebecca Weinstein is a compassionate and dedicated Reiki Master, Energy Practitioner and Certified Spiritual Life Coach with a passion for healing and holistic well-being, located in Katonah, NY.

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Aligning Chakras and Creating Calm Before Every Animal Reading

Why Reiki Is the Foundation of Every Session I Offer for Pets and Their Humans

BY JODI-ANN GOULTER

As an Animal Communicator and Reiki Facilitator, people reach out to me for many reasons - often when something feels off or unresolved. I regularly support animals experiencing trauma or anxiety, such as those who have been attacked by another animal, or those struggling with aggression between pets in the home. Other times, it's to help bring clarity around end-of-life decisions or to support healing after medical procedures or vet care. These moments can be emotional and overwhelming for both pets and their humans. Reiki brings a gentle stillness to the process, helping everyone breathe a little easier.



When I connect with animals, I'm tuning in to the deeper layers of their energy and emotional world. One of the most powerful and consistent tools I use in my sessions to tune into this energy is Reiki. It's how I begin every reading. Before messages or insights come through, I align the animal's chakras and a Reiki attunement is the first step in this process.

When working with animals distantly, I start the session by focusing on a clear photo of the animal, especially one where their eyes are visible, because the eyes are the gateway to their soul - and that's where the connection truly begins.

Once the alignment begins, I usually get a little "ping" or zap on my wrist from the animal as they energetically give me their name or ask for my attention. It's their way of saying, "I'm here. I'm ready." From there, I tune in again and bring their chakras into balance, preparing the space for a clear, honest, and supportive reading.

When the chakras are aligned and energy is flowing, the channel between me and the animal becomes incredibly clear. Reiki helps me receive messages with greater depth, accuracy, and ease. It's like clearing static

"...REIKI HELPS ME RECEIVE MESSAGES WITH GREATER DEPTH, ACCURACY, AND EASE. IT'S LIKE CLEARING STATIC FROM A RADIO STATION SO YOU CAN HEAR THE MUSIC PERFECTLY..."

from a radio station so you can hear the music perfectly. Whether we're working on pain points, behavioural issues, phobias, or unexplained health concerns, Reiki allows us to approach everything with more insight and more joy.

One of the most beautiful side benefits of Reiki is how much it supports the pet owner as well. Our animals are deeply connected to our energy. They feel our stress, absorb our emotional state, and often carry energetic burdens that don't even belong to them. When we clear their energy field through Reiki, it often results in a calming ripple effect for the whole household. Pet owners report feeling more connected, more relaxed, and more attuned to their animal's needs and emotions.

Reiki creates a sacred container where healing, understanding, and deep connection can unfold. I truly believe every animal (and every human who loves them) deserves that sacred space. That's why Reiki will always be the beginning of every journey I take with a pet client.



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AUTHOR BIO

Jodi-Ann Goulter is an Intuitive Animal Communicator, Reiki & Energy Healing Practitioner. She holds space for people navigating life transitions, grief, and healing of both the heart and body. Through Reiki and other intuitive modalities, she support pets and their humans to release stress, restore balance, and move forward with clarity and compassion.

@JODIANNINTUITIVE

RINSE, REIKI, REPEAT:

ADDING REIKI TO YOUR SHOWER RITUALS



BY PRESTON TROY

Recently, I began weaving Reiki into my daily showers - and it's become one of my favourite ways to blend energy work with everyday life.

When I first get in the shower, I draw the Cho-ku-Rei (CKR) symbol on each palm.

I visualise the power symbol washing away anything that doesn't serve me. I also visualise it sending Reiki to my entire body as I shampoo my hair and wash my body.

I like to think of it this way: your hands are already moving across your body in the shower - so by adding Reiki, you turn an everyday routine into a complete self-Reiki session.

Next, I draw the Sei-Hei-Ki (SHK) symbol on my palms and begin to wash my face. As the water flows, I visualise Reiki gently soothing my thoughts and emotions. In the morning, it feels like clearing away fog and awakening my mind with fresh energy for the day ahead. At night, this routine helps me feel like I'm washing away any negative thoughts I picked up throughout the day, so I can rest peacefully.



After that step, I turn to the Hon Sha Ze Sho Nen (HSZSN) symbol and draw it on each palm. I bring my hands into the prayer position and use the symbol to send Reiki across time to my past and my future.

Then, with the Dai Ko Myo (DKM) symbol, I invite Reiki into every cell of my body, visualising each cell glowing with energy. I picture the energy renewing, healing, and upgrading my very DNA.

My final step is simple but powerful: I look into the little fogless mirror on my shower wall and say "I love you" to myself three times.

Then I dry off and step into the next part of my day - sometimes work, sometimes rest.

What I love most about this ritual is that it folds right into something I'm already doing. It takes maybe two extra minutes to trace a few symbols and speak those words of self-love - and yet, it changes everything. Suddenly, the shower isn't just about physical cleansing,

but energetic cleansing too. It takes away the "no time for Reiki" excuse, while still leaving space for deeper meditations when those moments come.

It's amazing how much this simple ritual has shifted the way I move through my day. I didn't fully realise its impact until it was taken away one morning when the hot water in my apartment gave out. Being an Arizona boy, I rarely experience cold water - so when it happens, I know it's a little test from the Universe.

That morning, my routine was thrown off. So I skipped my shower, I dunked my head and face under the water from the sink to wake up, brushed my teeth, and went into work without my Reiki shower.

For the rest of the morning, I felt like I was on edge, a little tense, and I just didn't feel like myself. When I was chugging down my 3rd cup of coffee (past my usual limit of two), I realised that I could still do my shower Reiki without an actual shower. So I snuck away to a private bathroom and did a very short shower ritual. I connected with Reiki and felt it pouring over me like a waterfall. Then I did my usual steps: CKR over my body, SHK on my face, HSZSN to myself, and DKM to my cells. I even looked myself right in the mirror and said "I love you" three times! (I whispered so that my coworkers couldn't hear me.)



That quick little ritual helped get me reconnected to Source and the entire rest of the day I felt normal again. Luckily, the hot water was working again by the time I got home and I was able to get a nice relaxing hot shower before bed.

Why not create your own shower routine with Reiki? You might choose to draw CKR at every step, or the DKM, or simply continue sending yourself Reiki as you move through your usual routine - lotion, makeup, face cream, getting dressed, and so on. If you're not attuned to all the symbols, that's perfectly okay too! Make this ritual your own with your own unique visualisations and intentions.

Let your intuition be your ultimate guide. And don't hesitate to call in your Reiki Master Guides for support. It's these small, daily steps that quietly build toward a balanced and healthy body, mind, and spirit. Try it during your next shower and notice how it shifts your day.

AUTHOR BIO: *Preston is an Intuitive Consultant with over 15 years of experience using tarot, Reiki, and psychic abilities to support others on their paths to success in all its forms. He believes that everyone can cultivate intuition, empathy, and the ability to create an abundant life. With a degree in Information Technology, Preston blends logical problem-solving with intuitive insight, and his background in education helps him make complex concepts easy to understand. In his free time, he enjoys traveling, reading, laughing, and exploring new vegan restaurants with his partner, Noah.* WINDMANE444 WINDMANE.COM

REIKI ON THE FRONTLINE

Bringing Calm to Chaos



BY DEBI BARR

The roar of engines fills the air. I'm standing trackside at a motorcycle race, fluorescent jacket zipped tight against the wind. Riders blur past in a rush of colour and sound, the crowd tense with anticipation. Anything can happen in a split second.

I close my eyes for just a moment and allow Reiki to flow and it moves effortlessly through me, spilling out into the air around the track. I imagine the energy weaving through the crowd, surrounding the riders, the marshals, my crew mates - holding us all in a gentle cocoon of light. Nobody knows I'm doing it. From the outside, I'm just another medic on standby. But inside, I'm deeply connected to a calm, steady stream of healing energy, setting the intention that everyone here stays safe.

That's the beauty of Reiki. It's not always hands-on, eyes-closed, candles-lit. Sometimes it's right in the middle of the noise and the chaos - exactly where it's needed most.

Life as a Volunteer Medic

I've been a volunteer medic with St John Ambulance for years. It's work I'm deeply proud of, and it takes me into all sorts of environments: major public events, community gatherings, and yes, the occasional 999 call-out.

When the radio crackles and we're dispatched to an incident, there's no time to wonder what's waiting for us. We meet people at their most vulnerable - patients in pain, families in shock, bystanders not sure what to do. Every situation is different. The only constant is the need to stay calm, focused, and present.

That's where Reiki has been my quiet, constant companion. As a Reiki Master, I know the energy is always connected - I don't have to stop and "switch it on." It flows through me naturally. All I have to do is set the intention and allow it.

Reiki in High-Stress Environments

In this work, there's rarely a chance to sit quietly and place my hands for a formal treatment. But Reiki doesn't need ceremony to work. It's there in the small moments - when I beam it across a sports track before the first race, when I quietly send it into the crowd before a big public event, or when I let it radiate into the back of the ambulance during a tense journey.

I've used Reiki to steady my own energy before lifting a patient, to create a bubble of calm for crew mates when tempers or nerves are running high, and to hold a safe energetic space for frightened children or distressed relatives.

It's subtle, but you can feel it. The air shifts. Breathing slows. People's shoulders drop, their tone softens, the frantic urgency eases just enough to allow clear thinking and compassion to lead the way.

Patients often comment, "You make me feel calm," or "I feel better just having you here." They don't know I'm using Reiki - and I don't need them to. The energy speaks for itself.

"...SOMETIMES REIKI ISN'T HANDS-ON, EYES-CLOSED, OR CANDLE-LIT. SOMETIMES IT'S RIGHT IN THE MIDDLE OF THE NOISE AND THE CHAOS - EXACTLY WHERE IT'S NEEDED MOST..."



The Deep Ocean of Calm

Reiki isn't just something I offer to others - it's the foundation of my own wellbeing. My daily self-practice keeps me grounded, centred, and steady, no matter what's going on around me.

Over time, I've come to think of it as a deep ocean of calm inside me. On the surface, life can be choppy - the waves of noise, urgency, and emotion can rise high. But underneath, that calm is always there, ready to be accessed.

When I'm working on a high-pressure call, that inner calm is my anchor. It helps me respond instead of react. It means I can be fully present with a patient without absorbing their fear or pain. And it allows me to support my team in a way that's unshakable, even when the circumstances are anything but.

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This isn't something that happened overnight. It's the result of years of daily connection with Reiki - letting it move through my body, mind, and spirit until it became part of who I am.

A Way of Being

I often tell my students: Reiki is not just something you do, it is something you are. Once you're attuned, the connection is there for life. You can work with it formally - hands-on, in a quiet space - or you can simply be Reiki in the world.

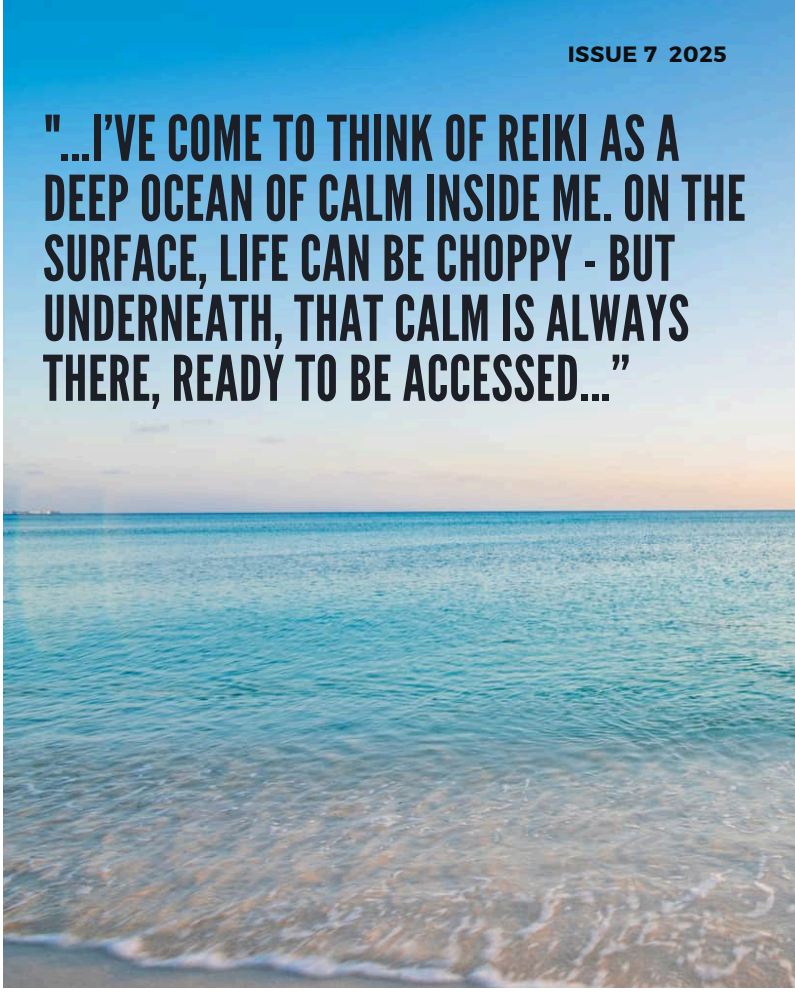
That's what it feels like for me now. Whether I'm painting in my studio, walking in nature, or standing in the middle of a busy event with thousands of people around me, Reiki is flowing. It's as natural as breathing.

In the back of an ambulance, it might look like I'm just checking equipment or reassuring a patient - but in reality, I'm also quietly filling that space with light. At the side of a racetrack, it might look like I'm just scanning the course - but I'm also holding an energetic field of protection around the whole event.

And in both cases, I'm grounded, calm, and steady - because Reiki has become part of my everyday life.

An Invitation

You don't have to work in emergency response to bring Reiki into your daily life. Whether you



are making your morning coffee, waiting in a traffic jam, or preparing for a difficult conversation, you can let Reiki flow.

It doesn't have to be obvious. Nobody even needs to know you're doing it. Just set the intention, open the channel, and let it move through you. Over time, you'll notice that same deep ocean of calm beginning to form within you.

And from that place, you can meet whatever life throws at you — with clarity, compassion, and a quiet, steady strength that makes all the difference.

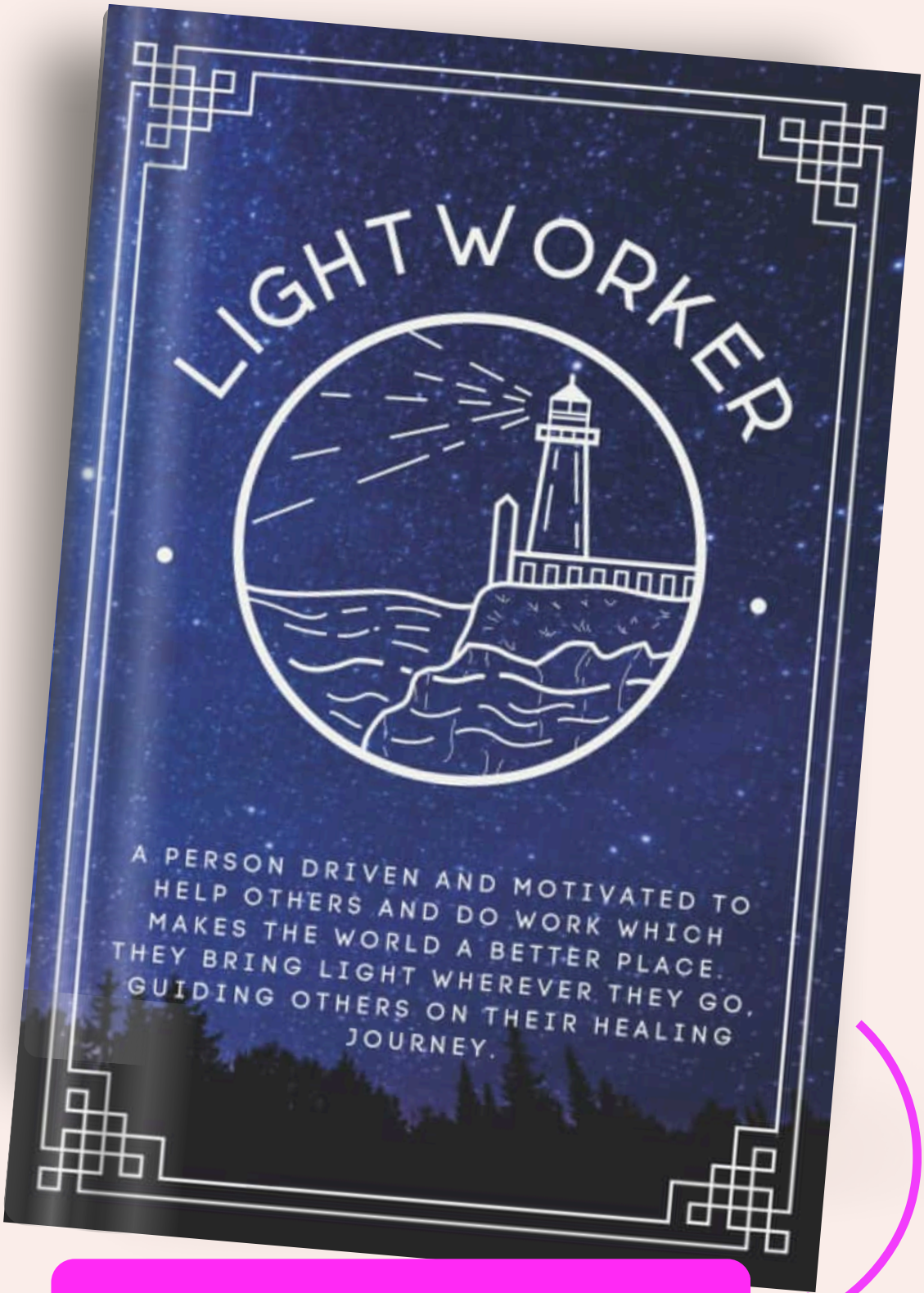
AUTHOR BIO

Debi Barr is a Reiki Master Teacher, spiritual mentor, and best-selling author of The Call of the Sacred Rebel. Based in Northern Ireland, she has been teaching and practising Reiki for over 15 years, blending her healing work with a background in emergency medical volunteering. Debi runs Rocks n Rituals, offering Reiki training, Akashic Records work, Human Design readings, and deep personal mentorship. She is passionate about helping people reclaim their power, live with purpose, and integrate Reiki into every aspect of daily life.

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AWAKENING THE CHAKRAS WITH CACAO AND REIKI

"...WORKING WITH CACAO AND REIKI IN HARMONY INVITES US TO HONOUR THE BODY, CALM THE MIND AND EXPAND THE SPIRIT..."

BY AKLEEMA ALI, RMT



For thousands of years, cacao has been honoured as a sacred plant medicine; one that opens the heart, nurtures emotional balance and deepens spiritual connection. In its purest form, ceremonial cacao is much more than a comforting drink. It is a gateway into presence, ritual, and transformation.

When paired with Reiki, cacao becomes an amplifier. Reiki helps energy flow smoothly through the chakras, while cacao enhances receptivity, grounding and heart-centered awareness. Together, they form a gentle yet powerful practice for chakra balancing.

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CHAKRA & CACAO RITUAL

This chakra & cacao journey invites you to blend herbal allies with ceremonial cacao while channeling Reiki into each energy center.

Root Chakra (Muladhara)



- **Colour:** Red
- **Element:** Earth
- **Essence:** Grounding, safety, stability. The root chakra anchors us to the Earth, creating a foundation of trust and security. When balanced, it brings a sense of calm strength and belonging.
- **Cacao Ritual:** Blend ceremonial cacao with cinnamon or beetroot powder to deepen grounding and warmth.
- **Affirmation:** I am safe, rooted, and supported in all areas of my life.
- **Reiki Focus:** While sipping, visualise Reiki flowing into the base of your spine and spreading down into the Earth, anchoring you firmly in stability.

Sacral Chakra (Svadhisthana)



- **Colour:** Orange
- **Element:** Water
- **Essence:** Creativity, joy, sensuality. This chakra is the seat of emotion and creativity. A balanced sacral chakra awakens playfulness, healthy intimacy, and the flow of inspiration.
- **Cacao Ritual:** Infuse with orange peel, vanilla, or rose petals to encourage sweetness and flow.
- **Affirmation:** I embrace my creativity and flow with the rhythms of life.
- **Reiki Focus:** Place hands over the lower belly while drinking cacao, inviting Reiki to soften blockages and restore joy.



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Solar Plexus (Manipura)



- **Colour:** Yellow
- **Element:** Fire
- **Essence:** Confidence, vitality, personal power. The solar plexus chakra radiates our inner fire; the strength to act with courage, self-belief and determination.
- **Cacao Ritual:** Blend with turmeric, ginger, or cayenne to stoke inner fire and empowerment.
- **Affirmation:** I am strong, confident, and radiant in my power.
- **Reiki Focus:** Visualise Reiki as golden sunlight filling the stomach area, igniting vitality with every sip.

Heart Chakra (Anahata)



- **Colour:** Green
- **Element:** Air
- **Essence:** Love, compassion, forgiveness. The heart chakra is the bridge between body and spirit. It opens us to unconditional love; for ourselves and others.
- **Cacao Ritual:** Pair cacao with rose, lavender, or cardamom. Cacao itself is already a heart medicine, so these herbs amplify its gentle power.
- **Affirmation:** My heart radiates love and compassion to myself and others.
- **Reiki Focus:** Place hands over your chest, feeling Reiki and cacao together expand the heart's radiant field.

Throat Chakra (Vishuddha)



- **Colour:** Blue
- **Element:** Ether
- **Essence:** Truth, expression, communication. The throat chakra clears the channel of authentic expression. Balanced, it allows us to speak truth with clarity and kindness.
- **Cacao Ritual:** Infuse with peppermint or lemongrass for freshness and clarity.
- **Affirmation:** I speak my truth with clarity and compassion.
- **Reiki Focus:** With each sip, visualise Reiki flowing through the throat, dissolving fear and opening space for true expression.

Third Eye Chakra (Ajna)



- **Colour:** Indigo
- **Element:** Light
- **Essence:** Intuition, wisdom, clarity. The third eye chakra opens perception beyond the physical, guiding us into intuitive wisdom and inner vision.
- **Cacao Ritual:** Blend with lavender or butterfly pea flower to enhance intuitive awareness.
- **Affirmation:** I trust my intuition and see clearly beyond illusions.
- **Reiki Focus:** Place hands over the forehead as Reiki clears and expands inner sight while cacao deepens meditation.



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Crown Chakra (Sahasrara)

- **Colour:** Violet or White
- **Element:** Cosmic Energy
- **Essence:** Unity, divine connection, higher consciousness. At the crown chakra, we connect to Source energy, recognising our oneness with the Universe.
- **Cacao Ritual:** Elevate your cacao with lotus or sage for spiritual clarity.
- **Affirmation:** I am connected to divine wisdom and universal light.
- **Reiki Focus:** Visualise Reiki flowing down through the crown, merging with cosmic energy as cacao uplifts the spirit.

Working with cacao and Reiki in harmony invites us to honour the body, calm the mind and expand the spirit.



Each sip becomes an offering to the chakras, each affirmation a seed planted in the heart of our being. Through the warmth of cacao, the flow of Reiki and the power of intention, we create space for healing and awakening on every level.

Beyond these suggested cacao blends, Reiki practitioners are encouraged to explore their own herbal allies. Every region carries its own healing plants and by researching the local herbs available, you can create combinations that feel authentic and rooted in your environment. Experiment with different blends, notice how your body and energy respond and trust your intuition to guide you toward the flavours and vibrations that truly resonate with your chakras.

This practice is not about perfection but presence. Whether you focus on one chakra at a time or journey through all seven; allow the ritual to meet you where you are. With every ritual, may you find yourself more grounded, more open and more connected to the universal light that flows through all things.

AUTHOR BIO

Akleema Ali is a Reiki Master Teacher living in Trinidad & Tobago. Her passion is on using meditation and Reiki as a major modality for optimal health & wellness. Her mission: Encouraging others to build their own sanctuary. Her vision: Everyone can access peace within.

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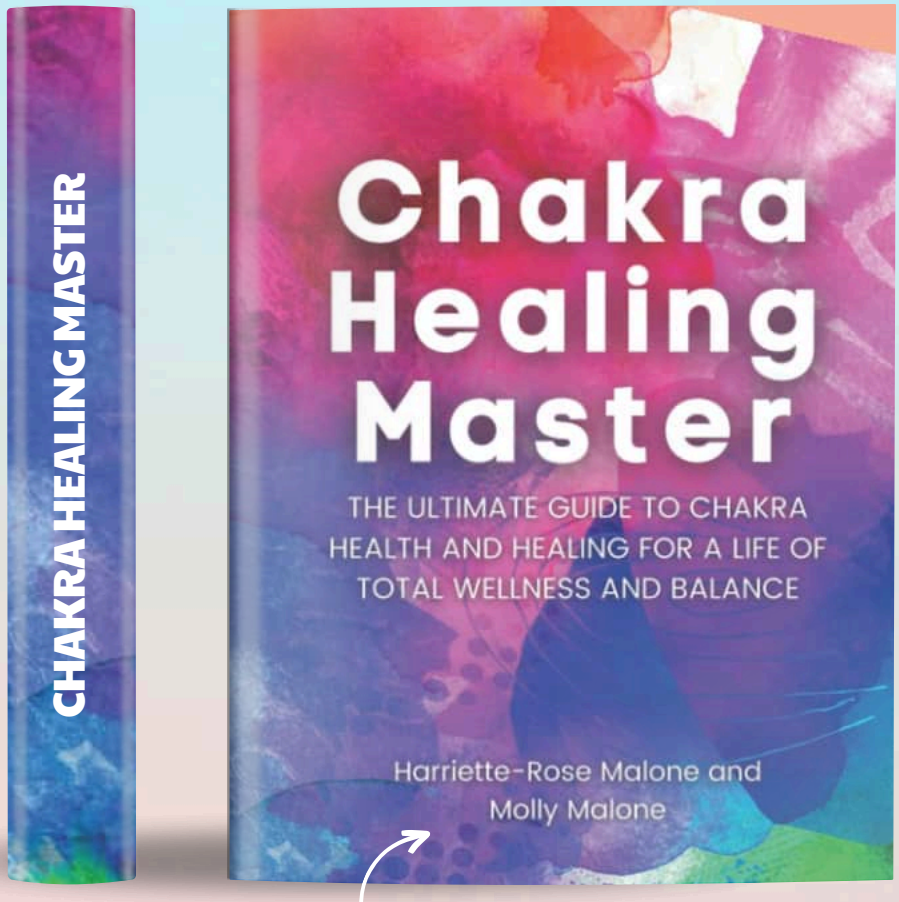
**The information shared in this article is intended for educational and spiritual purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional before using herbs, cacao, or any new wellness practice, especially if you are pregnant, nursing, have a medical condition, or are taking medication, as interactions may occur.Use herbs and cacao responsibly, and be aware that individual reactions can vary.*

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QUARTZ CRYSTAL: THE ENERGY CHAMELEON

EXPLORING THE MANY FORMS, FUNCTIONS, AND HEALING GIFTS OF QUARTZ.



BY NORMAN W. WILSON, PHD



Reiki Master and Certified Crystal Practitioner Norman Wilson offers his perspective on the power of the Quartz family, sharing stories and experiences from his own healing practice.

Quartz is everywhere. Geologists estimate it makes up about twelve percent of the Earth's crust, appearing in deserts, mountains, riverbeds, and ocean shores.

You'll find it in everyday life too - embedded in countertops, sandpaper and scouring pads, keeping time in watches, fine-tuning radios, driving modern electronics, and of course, sparkling in jewelry.

Some of the world's most beautiful Quartz deposits come from Brazil, Madagascar, the Alps, and Arkansas in the United States.

Yet Quartz is more than an abundant and useful mineral. To crystal practitioners and healers, it carries a deeper significance. In their hands, Quartz becomes a powerful ally - a source of healing, clarity, and connection.

So what is Quartz? At its simplest, it's a mineral made of silicon and oxygen. But its story doesn't end there. Variations in trace elements and the conditions of it formation

give rise to a stunning family of crystals, appearing in a dazzling range of colors, textures, and forms. Each variety carries its own unique beauty, purpose, and energetic signature.

Quartz Varieties

We can group Quartz varieties into three main categories: Macrocrystalline Quartz, Microcrystalline Quartz, and Inclusion Quartz.

1.Macrocrystalline Quartz – These are the Quartz crystals you can see with the naked eye. They are often clear or coloured:

- Clear Quartz: pure, transparent, energy amplifier.
- Amethyst: regal purple, calm and spiritual.
- Citrine: golden, joyful, abundance-focused.
- Smoky Quartz: earthy, grounding, helps dissolve negativity.
- Rose Quartz: soft pink, radiates love and compassion.
- Milky Quartz: opaque white, gentle and nurturing.
- Green Quartz (Prasiolite): heart-centered, transformative.
- Blue Quartz: calming, brings clarity and peace.
- Herkimer Diamond: naturally double-terminated, exceptionally clear, channels energy in both directions.

2. Microcrystalline Quartz: Quartz made of lots of tiny crystals packed together, creating smooth, patterned, or sparkly textures:

- Chalcedony: waxy, smooth, gentle energy.
- Agate: banded, layered with beauty and stability.
- Jasper: opaque, earthy tones, grounding.
- Carnelian: warm reds and oranges, vitality.
- Chrysoprase: apple-green, heart-opening.
- Onyx: black, protective and stabilising.
- Aventurine: sparkly, lucky and uplifting.

3.Inclusion Quartz: These are Quartz crystals that have other minerals or materials trapped inside them:

- Rutilated Quartz: clear Quartz with golden needle-like threads of rutile inside, high vibration.
- Tourmalinated Quartz: black tourmaline inclusions, protective.



I want to explore five fascinating Quartz varieties and forms - some of which are household names, whilst others less often in the spotlight.

CLEAR QUARTZ: THE MASTER AMPLIFIER



Clear Quartz leads the way as one of the most beloved and powerful stones. Known as a potent healer and energy generator, it amplifies energy, intentions, and clarity. When I prepare for a Reiki session, I hold a Clear Quartz in my hand for a few minutes to center myself. I also invite my client to hold a Clear Quartz in their right hand and an Amethyst in their left. This simple practice helps set the intention of the healing work and enhances the flow of Reiki energy - always positive, never harmful.

AMETHYST: THE CALMING QUEEN



Amethyst is often called the queen of the crystal world, and she is an important member of the Quartz family. She is my first choice when a client is agitated, nervous, or emotionally unsettled. Her calming qualities extend beyond humans; even pets can benefit. If your cat or dog becomes anxious on the way to the veterinarian, try placing a small Amethyst in a pouch on their collar to help ease their distress.

I once had a deeply personal experience with Amethyst's soothing power. Our cat began having seizures that the vet could not explain. One particularly long episode left us shaken. As fate would have it, during another seizure I was holding an Amethyst while cleaning my crystals. I instinctively picked her up, and she calmed immediately. From then on, we placed an Amethyst under the blanket of her bed. Remarkably, she never had another seizure. She went on to live peacefully for two more years, passing away at the age of twenty-two.

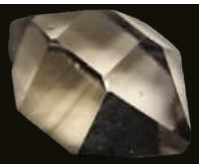
BLUE QUARTZ: THE STONE OF PEACE



Blue Quartz is another captivating stone, appearing in shades that range from soft sky blue to deep indigo. It resonates beautifully with healing practices such as Ayurveda, Qigong, Tai Chi, Therapeutic Touch, Pranic Healing, and of course, Reiki. Blue Quartz helps build confidence, overcome fear, and cultivate inner peace. On difficult days, I recommend keeping a piece at your workstation, carrying one in your pocket, or wearing it in a pouch around your neck. I often place several Blue Quartz crystals around the body before beginning Reiki to create a calm and supportive field.

For meditation, Blue Quartz is also an excellent companion. Simply hold a piece in your dominant hand to deepen your practice and steady your focus.

HERKIMER DIAMOND: THE DOUBLE-TERMINATED HEALER



Herkimer Diamond, despite its name, is not a diamond but a clear double-terminated quartz crystal. The "diamond" part of the name comes from its clarity, sparkle, and naturally faceted, pointed shape. These crystals are found primarily in Herkimer County, New York, which gives them the first part of their name.

Each end naturally forms a point, allowing energy to flow in both directions - absorbing through one end and transmitting through the

other. I often use Herkimer Diamonds with clients who feel out of balance to help them restore harmony in their lives. Personally, I place one near my third eye during meditation to deepen the experience.

GREEN QUARTZ: THE STONE OF COMPASSION & TRANSFORMATION



Green Quartz, sometimes called Prasiolite, belongs among the soothing crystals - gentle yet remarkably powerful. While not as common as Clear Quartz or Amethyst, it holds special value because of its unique vibrational qualities. Often referred to as the "stone of compassion," Green Quartz encourages forgiveness, the release of old wounds, and the embrace of emotional renewal. Deeply connected with the Heart Chakra, it promotes empathy and harmony in relationships, gently guiding us back toward balance.

In addition to compassion, Green Quartz is also known as the "stone of transformation." It helps dissolve patterns of negativity and supports personal growth. As old barriers fall away, a natural opening appears between the physical and spiritual realms, allowing higher consciousness to flow. When combined with Reiki, this connection becomes even more profound - "powerful" feels almost too small a word for such a transformative experience.

Traditionally, Green Quartz has been valued for its ability to support the immune system, ease inflammation, and encourage recovery from illness. In Reiki sessions, it harmonises beautifully with restorative energy. A simple yet effective practice is to place Green Quartz crystals at the head, heart, abdomen, and feet of a client, creating a balanced energy field for deep healing.

For those living with high stress or caring for an ailing loved one, Green Quartz can be a comforting ally. Carry it with you, keep a piece in your office, your car, or throughout your home, and allow its steady vibration to remind you to receive healing energy with an open heart.

Quartz and its many varieties offer a powerful spectrum of healing energies. From the clarity and amplification of Clear Quartz, to the calming peace of Amethyst, and the heart-centered transformation of Green Quartz, each stone supports different aspects of mind, body, and spirit. By exploring and connecting with this family of crystals, we can invite balance, clarity, emotional healing, and personal growth into every corner of our lives.

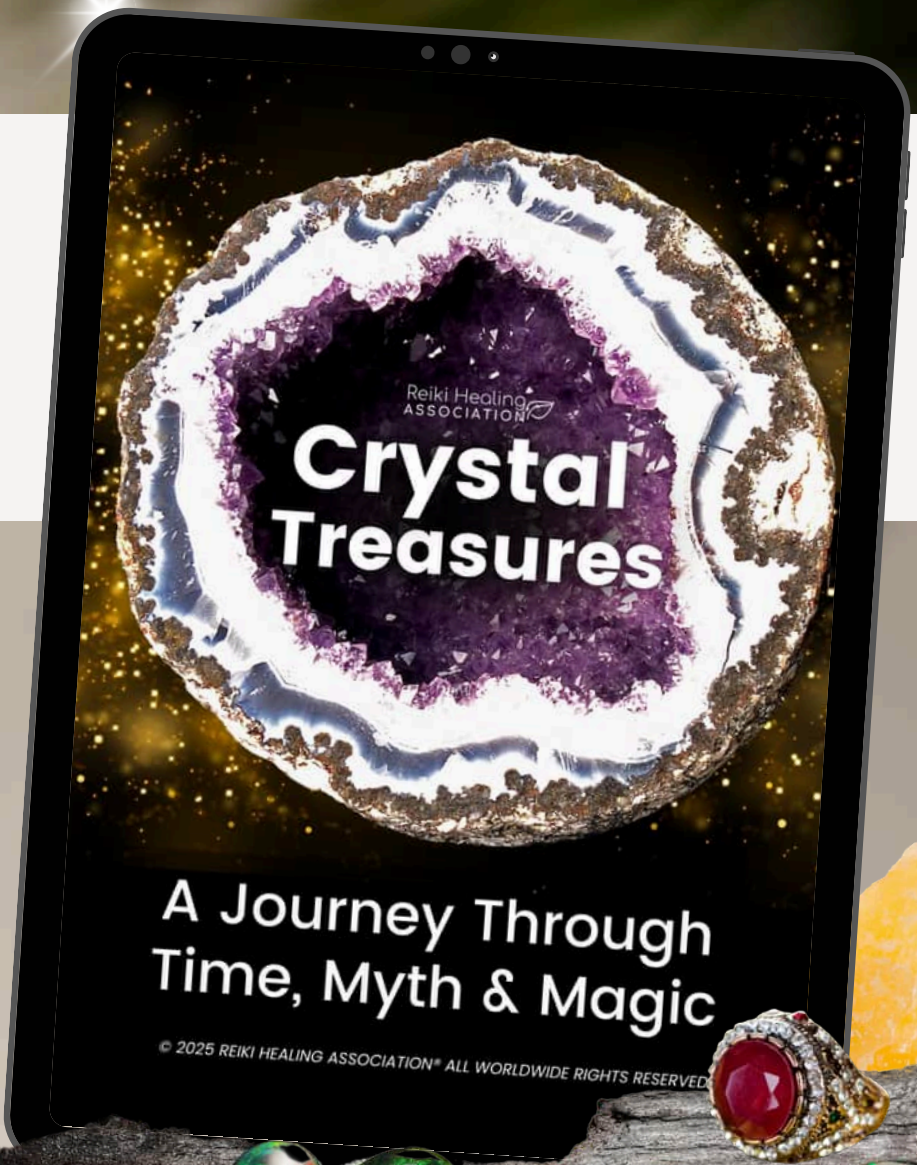


AUTHOR BIO

Norman W Wilson holds two doctorates. He is a Cognitive Behavioral Therapist and a retired college professor. He is a trained Shaman, Reiki Master, and Certified Crystal Healer and is the author of over 20 books including Reiki: The Instructor's Manual and Shamanic Healing Book II Crystals. Check out Dr. Wilson's courses about healing on Udemy.com

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REIKI FOR WILDLIFE

A Guide to Supporting Wild Animals with Reiki Energy



RHA ACADEMY TUTOR MOLLY MALONE EXPLORES HOW REIKI CAN BE USED AS A POWERFUL TOOL TO HELP WILD ANIMALS

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On my daily dog walks, I feel fortunate to connect with nature and animals. Nearby fields are home to horses, cows, and chickens, while dogs run joyfully alongside their owners. There are ponds with ducks and other birds and fish in the streams, and at night, foxes move silently through the shadows. Every so often, I even see a small flock of bright green parakeets in the trees of my local park, after the group escaped from their owners last year.

These moments with animals ground me. They invite me to slow down, pause, and truly notice the beauty of the natural world. For a while, stress dissolves, replaced by a quiet sense of presence and connection with the natural world.

Many Animal Reiki practitioners we train share a similar experience: as they develop their Reiki practice, animals begin approaching them more frequently—birds, squirrels, rabbits, butterflies, and even other people's pets. These encounters are a reminder of the deep, energetic connection animals naturally have with us. Yet, when wildlife

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isn't part of our everyday lives, it's easy to forget how much they matter.

In a world of concrete, screens, and constant busyness, wild animals can seem far removed from our chaotic and increasingly digital world. They don't fit neatly into the day to day activities of modern life. Yet, they are vital to our survival. Every species plays a role. And when they disappear, ecosystems can collapse.

Around 75% of global food crops are dependent on pollinations such as bees, birds and bats for example. Birds spread seeds, bees fertilize plants, and predators regulate populations - keeping nature in harmony. Whether most people realise it or not, our lives are deeply intertwined with theirs. They sustain the very systems that allow life to flourish.

While I don't believe we should need to see these stats to feel compelled to protect wild animals—their right to exist, to thrive, and to move freely in the world is reason enough—there has been a devastating trend emerging over the last decade that we cannot ignore. Habitat loss, climate change, pollution, and human encroachment have driven countless species toward decline, disrupting ecosystems and threatening the balance of life on Earth.



When I studied ecosystems at school, I remember learning about the dodo going extinct. Back then, extinction seemed like a distant, almost abstract concept—something that happened long ago, far away, and unlikely to touch our daily lives.

But today, the story is very different. A study published in Science even suggests that the 20th century alone saw enough biodiversity loss to qualify as a sixth mass extinction. What once felt like a distant lesson from history has become an urgent reality, with profound consequences for the planet and all the animals that call it home. In 2018, we lost the last male northern white rhino, Sudan, leaving only two females unable to reproduce naturally. In 2023 alone, the U.S. Fish and Wildlife Service delisted 21 species from the Endangered Species Act due to extinction, including the little Mariana fruit bat and the bridled white-eye of Guam. These species have vanished from the wild, underscoring the pressing need for conservation efforts.

It's easy to feel helpless when you read these stats or see animals in distress. But distant Reiki is one way we can help.

HOW TO SEND DISTANCE REIKI TO WILDLIFE

Sending distance Reiki to wildlife is an incredibly powerful way to offer healing and support to animals near and far – without causing the animal stress, disturbing their natural environment or putting yourself in any danger.

Here's how to get started:

1 **Ask for Consent**

Animals, like humans, have their own energy and autonomy. Before you send Reiki to a wild animal, it's important to ask for their permission.

You can do this energetically, through intention, or by simply asking in your mind or out loud in a calm and respectful way e.g. "With love and respect, I offer this healing energy to you. If it serves your highest good, and if you are open to receive, may Reiki flow through me to you—gently, purely, and for your greatest peace and wellbeing"

Tune into their energy and observe any changes - do they seem resistant or afraid or do they seem connected and ready for you to proceed? Trust your intuition and respect the animal's boundaries.

2 **Set Your Intention**

When you have received consent set your intention for the Reiki session and be clear about what you want to achieve. Are you sending Reiki to one animal in your local neighbourhood? Or to a group of animals displaced by a natural disaster? Gently attune to their energy and hold them in your awareness with compassion and presence. You might say, for example: "I send healing energy to all the animals in this forest, supporting their well-being and safety. May they be free from harm and live in harmony with the land."

3 **Ground Yourself and Prepare for Reiki**

Before you channel Reiki to wildlife, it's important to ground yourself and prepare your energy, this helps to set a clear foundation for the session. This might involve taking a few deep breaths, meditating, or visualising yourself rooted into the Earth. You might like to calmly draw the Power symbol on the palms of your hands to activate and focus on the energy.

When working with wildlife you may find using the Reiki Surrogate method to be helpful. This involves picking an object that connects you to the animal in a tangible way. For example you might hold a teddy bear, or select an object from nature such as a leaf or stone, and channel your focus onto the object as a proxy for the animal, group of animals or habitat you are sending Reiki to. Equally, some people prefer to visualise the animal in their mind's eye in clear detail when sending Reiki - it's really whatever works better for you!



4 Activate the Reiki Symbols

Once you've set your intention and established a connection, it's time to activate the Reiki symbols.

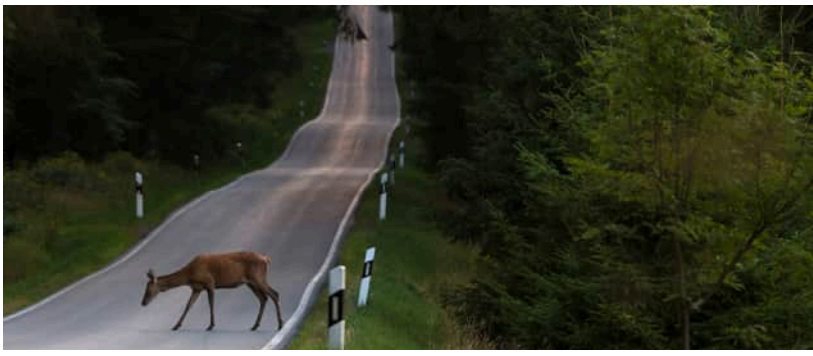
- Hon Sha Ze Sho Nen (Distance Symbol): This is the key to sending Reiki across space and time. Visualise the symbol in front of you, drawing it with your hand or seeing it in your mind's eye and connect to the animal or habitat you are sending healing to.
- Cho Ku Rei (Power Symbol): Use this symbol to amplify the energy. Picture the symbol in a vibrant, radiant light. It serves as a doorway to increase the flow of Reiki, helping the healing energy to move with your intention.
- Sei He Ki (Emotional Healing Symbol): If you know the animal or habitat is in distress, you can use this symbol to focus on emotional healing. Imagine the animal's pain or fear gently dissolving, replaced by a sense of peace.

5 Visualise the Healing Energy

Now, gently bring the animal—or group of animals—into your mind's eye. See them in a state of peace and vitality, surrounded by a soft, radiant glow of Reiki energy. Imagine this healing light wrapping around them like a warm embrace, soothing their body, calming their spirit, and restoring balance.

If you are sending Reiki to a disaster zone or natural habitat, allow the light to expand outward, forming a luminous sphere that blankets the entire area. Within this protective field, every creature in need is touched by the energy—sheltered, strengthened, and supported. See this light flowing gently into their bodies, mending wounds, easing fears, and replenishing vitality. Hold the image of them fully restored—safe, free, and thriving in harmony with their surroundings. Give each animal the freedom to absorb the energy in the way they need it. Trust that the energy will go where it is required.

At this moment, I find it can sometimes help to imagine the sensations that the animal will experience when it's at peace in its natural habitat. For example, a deer feeling the sun on their back as the wind moves around them. You might picture what "safe" looks like for that animal—is it walking or grazing among its herd, or resting quietly in a sheltered den away from predators? Then, connect with what safety feels like for you, and allow that feeling of comfort and peace to expand outward, flowing toward the animal.



6 Allow Reiki to Flow

Once you've envisioned the healing energy, allow it to flow freely. You might rest your hands over your heart, extend them outward, or place them gently on a connection object—whatever feels most natural. Trust that Reiki will move where it is most needed. You may notice warmth, tingling, or a soft sense of calm as the energy flows. Remain present and allow this

flow to continue for 5–15 minutes, or for as long as feels intuitively right.

7 **Release and Give Thanks**

When you feel the session is complete, gently release the flow of energy and thank the animal for receiving it. Visualize the Reiki connection softening and dissolving, returning both you and the animal to your own natural balance.

Offer gratitude—to the animal, to the environment, and to yourself—for sharing in this sacred exchange. Trust that the healing has been received in the way it was most needed. Finally, take a moment to ground yourself using your usual methods, bringing your awareness fully back to the present.

WHEN TO USE DISTANCE REIKI FOR WILDLIFE

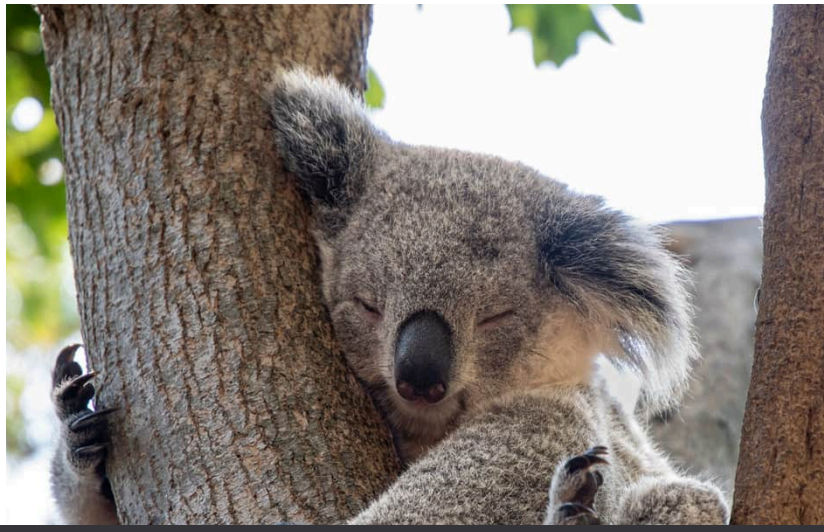
There are many moments when Reiki can serve as a gentle yet powerful way to support and connect with wildlife, such as:

- When you encounter an injured animal but cannot physically approach.
- When you learn of animals suffering as a result of natural disasters.
- To energetically support endangered species and conservation efforts.
- To send healing to ecosystems impacted by deforestation, pollution, or climate change.
- To offer Reiki to animals in wildlife rescue or rehabilitation centres.
- To ease stress or fear in animals during relocation, transport, or veterinary care.
- To support migratory animals or those in disrupted habitats.

Ultimately, I've found that sending Reiki to wildlife has helped me feel a deeper connection to the animal kingdom—and, in turn, to my truest self. It reconnects me to the young girl who moved snails out of the way on busy paths, who longed to help animals.

Now, when I notice wildlife in my everyday life, I see them with greater presence and appreciation, recognising the subtle ways we share this world together.

For those of you who feel called to help animals, know that you can make a difference. Each act of healing—no matter how small—ripples outward. Sometimes it touches just one animal, sometimes an entire herd, colony, flock or pack, but it always contributes to the greater web of life. Every intention, every moment of connection, matters.



AUTHOR BIO

Molly Malone is an RHA Academy Course tutor and Co-Editor of the Universal Life Magazine. She has spent her life loving animals and is proud to help support students on their journey to helping animals and connecting more deeply with their pets with Animal Reiki. In her free time she goes on adventures in nature with her dog George or can be found at the pottery wheel throwing pots.

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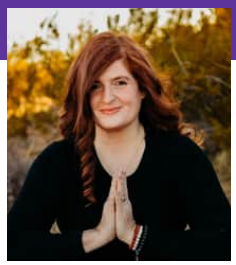
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Handing Over the Keys

FINDING CALM WITH REIKI DURING YOUR HOME SALE



BY TRACY SEARIGHT



If you've ever sold a home, you know how easily stress can pile up. Maybe you've set your heart on a closing date that keeps shifting. Maybe the inspection uncovers unexpected repairs. Maybe you've already moved and are juggling two mortgages.

I've walked through these very challenges myself. After putting my house on the market, my husband and I were thrilled to receive several offers, only to discover that each was well below our asking price. It was hard not to take this personally - our home held years of memories, and we had poured both our hearts and finances into it. Still, we negotiated an offer and set a closing date, hopeful the hardest part was behind us.

But as the process unfolded, unexpected hurdles kept appearing. An air conditioner failed just two weeks before closing. A sudden storm toppled a tree into our neighbour's yard. Each setback felt like another weight added to an already heavy journey - one that required us to manage the practical demands of selling while navigating the emotional challenge of letting go of a space that was no longer ours.

"...INSTEAD OF LETTING WORRY TAKE OVER, I CHOSE TO GIVE REIKI TO THE SITUATION - TO MYSELF, TO THE HOME, AND TO EVERYONE INVOLVED..."

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It was in these moments that I leaned into Reiki. Instead of letting worry take over, I chose to give Reiki to the situation - to myself, to the home, and to everyone involved. And the difference was profound.

Here are some helpful tips that I used to help me navigate through the house closing process.

Reiki for the Seller

The seller often carries the heaviest emotional and financial burden. Each time stress or frustration arises, return to the Reiki precepts:

- Just for today, I will not worry.
- Just for today, I will not anger.

Place your hands over your heart, give Reiki to yourself, and breathe peace back into the process.

Try to find the silver lining throughout the twists and turns, even when things aren't going as expected.

Reiki for the Home and Potential Buyers

Before or after a showing, send Reiki to your home. Imagine the rooms filling with gentle light, ready to welcome their next caretakers. Silently invite Reiki to flow to the potential buyers - blessing them with clarity and peace as they consider their offer. Set the intention that the right buyers, those who are meant to find the home, are guided to it.



Reiki for the Paperwork

Contracts, inspection reports, and closing documents can feel overwhelming. Give Reiki to the process - not as a replacement for legal review or financial diligence, but as a way to bring calm, clarity, and focus into your mind and heart as you do the checks you need. Set the intention that you can approach each step with confidence, presence, and fairness for all involved.

Reiki for the Professionals

Send Reiki to your real estate agents, attorneys, and anyone who plays a role in the transaction. You don't need to know their names - simply hold the image of everyone involved being supported and guided by healing energy.

Reiki for the Closing Day

Use the distance symbol to send Reiki ahead to your closing day. Picture the meeting table surrounded by harmony. See every signature, every exchange of funds, and the final transfer of ownership happening smoothly and fairly.

When the last document is signed and the keys are passed, pause for a quiet moment of Reiki. Thank your home for all it has given you. Thank Reiki for guiding the journey. And thank yourself for walking through this transition with courage and grace.

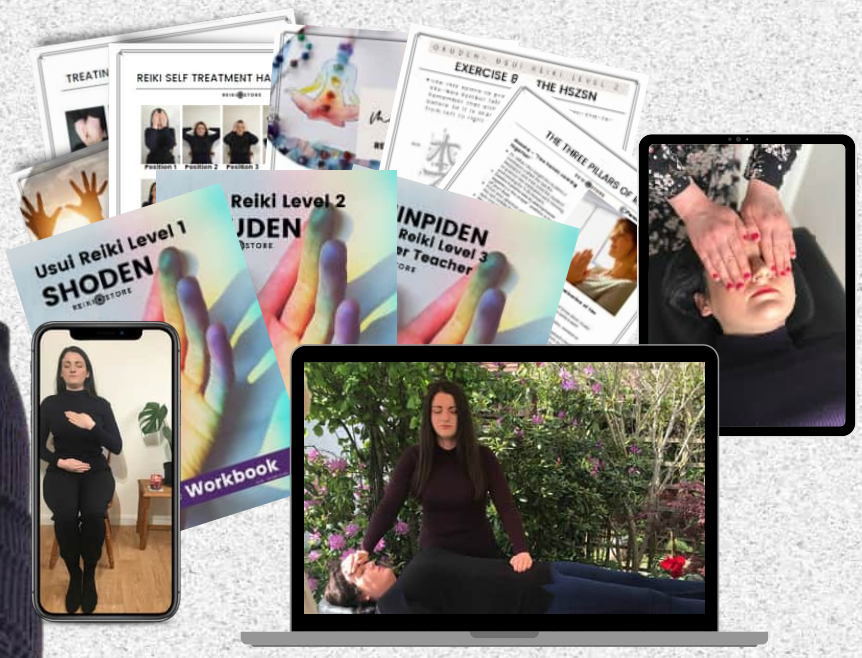
AUTHOR BIO: *Tracy Searight is an Educator, E-500 RYT Yoga Teacher, Reiki Master Teacher, and Sound Energy Practitioner and is the creative energy behind the Podcast Ready Set Reiki. She teaches Reiki Training in person in El Paso, Texas, and Online. She is the owner of Feather Sister which offers Yoga and Reiki online and in person and Beep Beep the Yoga Jeep which offers mobile Yoga in El Paso, Texas.*

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How Reiki Rescued Me During Child Loss



BY KIM HALERWICH-CLARK

RHA Member Kim Halerwich-Clark shares how she discovered Reiki amid unimaginable tragedy, embarking on a decade-long journey of self-discovery and healing.

In 2015, the world I knew disintegrated when I received a phone call that my only son had been killed in a vehicle crash. The shock was debilitating as my knees gave out from underneath me, and I collapsed on the floor, sobbing. I didn't know how I was going to survive this moment, let alone the remainder of my days on this planet. I remember that I told my partner that morning that I never wanted to be a mom who had a child who died.

The experience of child loss will halt you in your tracks and require you to examine your life in ways most people never will. For me, this path became a decade-long journey of self-discovery and healing.

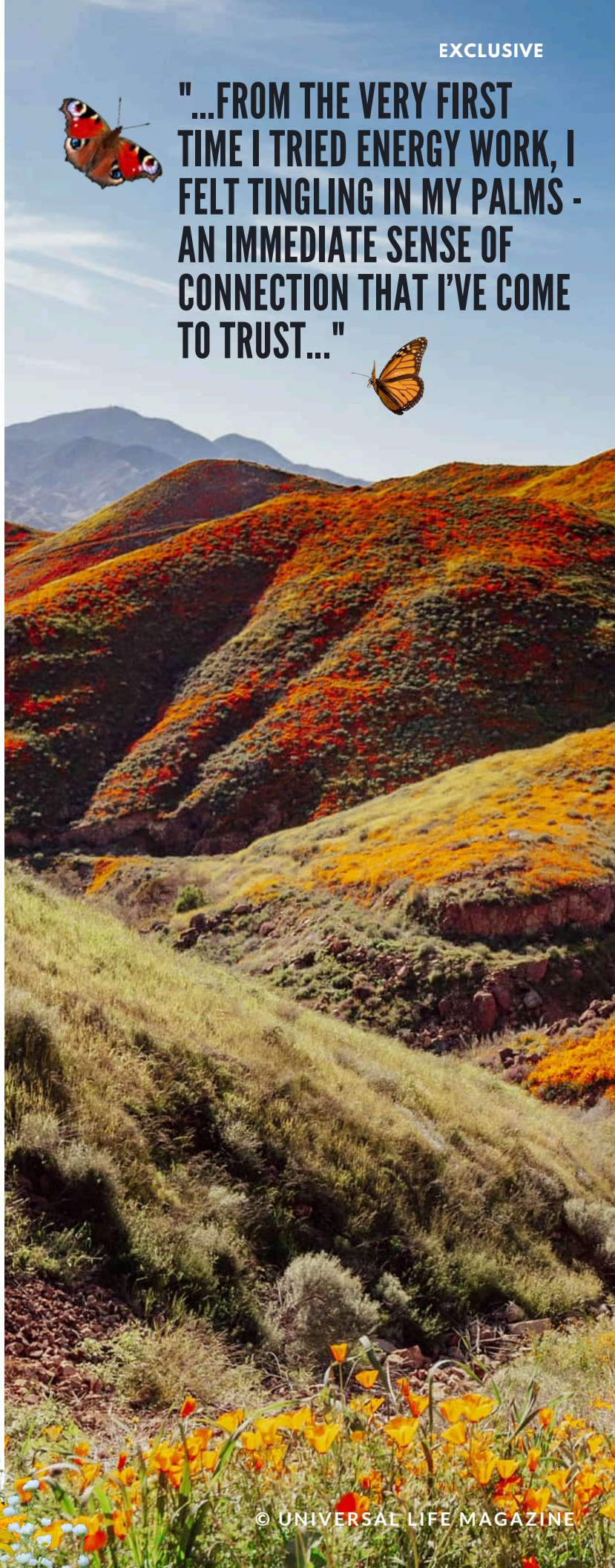
In those early months, concentrating on anything was nearly impossible. My mind wandered, simple tasks felt monumental, and yet I was desperate for relief. I tried everything that might help, staying open

to any possibility. I began to notice what felt like messages - small signs that made me think my son was still connected to me. Those moments nudged me toward the idea that guidance can come from beyond what we can see.

Within the first few years, I started studying different approaches that might ease my emotional pain. I learned about hypnotherapy and neuro-linguistic programming, and I was introduced to energy-based practices. The more I experienced, the more curious I became about Reiki and self-healing.

I'd heard the term Reiki only once, back in the mid-2000s, when my mother told me a story of an incident during her baseball game. After she hurt her knee, a teammate placed her hands near the injury to share "energy." My mom wasn't sure it did anything and, frankly, thought it was strange. It wasn't until I explored the history and practice of Reiki in later years that she reconsidered. Now she looks forward to sessions, finding them calming and even therapeutic. She's had some powerful experiences during treatments - outcomes that surprised us both.

I started exploring Reiki more seriously just before the COVID pandemic. During lockdown, I dove deep, studying how it might support me through my grief. Even years after my son's passing, I stayed



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committed to finding tools that could help bereaved parents. Over the next few years, I took courses, practiced with family members, and regularly treated myself. From the very first time I tried energy work, I felt tingling in my palms - an immediate sense of connection that I've come to trust.

Sharing Reiki has become one of the most meaningful parts of my work. I love teaching this modality to my online students so they can add it to their grief-healing toolkit.

Bringing Reiki to people living with loss has supported my healing, too. While I would give anything to change the event that set me on this path, guiding others through their pain has become a deeply fulfilling result of my journey.

"...BRINGING REIKI TO PEOPLE LIVING WITH LOSS HAS SUPPORTED MY HEALING, TOO..."



AUTHOR BIO

Kim Halerwich-Clark is the founder of The Solution Wizard and an author of several self-empowerment books that help people navigate everyday challenges with clarity and courage. After the tragic loss of her only son in 2015, she dedicated herself to healing and became a Certified NLP Coach and Reiki Master Teacher. As a GK Guide, Kim blends mindset, energy work, and practical tools to support growth and resilience. She has created six online courses, including three focused on grief, helping others transform pain into purpose and find their way forward.

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Healing the Golden Girl



How Reiki helped my beloved Buff Orpington hen Ophelia

BY SHERRI SOBANSKI

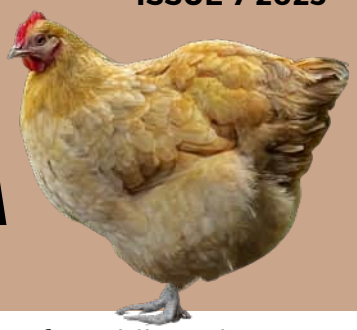
There is a golden loaf on my lap and she's starting to doze off during our Reiki session. Every now and then I hear little happy noises, and I feel her tension easing up a little bit more. There is no place I would rather be than helping her feel better. All my animals are an absolute joy in my life, but this one is special. She's my golden beauty, Ophelia, or as we like to call her, Phil.

Phil is my sweet and sassy three-year-old Buff Orpington hen. She is a golden, fluffy, vibrant light in this world and I absolutely adore her, but she's not in the best shape right now.

About a week ago Phil was chatting it up on her roost, letting the world know what a beautiful morning it was when a raven



"..I CANNOT EXPRESS MY GRATITUDE FOR BEING ABLE TO HELP HER THROUGH SUCH A TOUGH TIME.."



squawked back at her. She got startled and took a hard tumble. We noticed very quickly that she couldn't use her leg. After an Epsom salt bath, her favourite blueberries and lots of affection, we tucked her into bed and hoped she would recover by morning. Later in the day, my son asked if I would try to do Reiki on her. It was nighttime at that point, so hands-on healing wasn't going to be possible. Instead, I leveraged distance healing with her physically in the barn. I immediately saw that the injury was on her right leg and then received a visual of a red circle around her hock (the joint located at the base of a chicken's thigh). Target acquired, I asked permission and got to work with healing energy. I could feel immense amount of healing flowing into her and I was hopeful for improvement in the morning.

To our dismay, Ophelia was still in rough shape the next day. Seven hours in the veterinarian's office revealed no broken bones but a very severe sprain of her right hock joint. She was in pain and frustrated. For the days following we hand fed her, cuddled her, pampered her with cushy bedding and her favourite foods. She was loved and coddled. Over that week Reiki became a steady practice for Phil and me, practiced once in the morning and once before bed. Each time she would sit in my lap, tense and aggravated, but after Reiki started flowing, she would sink down, relax and close her eyes. She got better every day and gradually started to use her leg again. She's not completely healed just yet, but every day is a little better, and I am confident that Reiki is speeding along that journey to full health.

I cannot express enough gratitude for being able to help her through such a difficult time. She experiences peace and comfort through Reiki, and I can't imagine a greater gift. I thank the universe every day for bringing Reiki into my life - and subsequently into the lives of those I love. Every class, every practice, every attunement, was worth it. I love being able to help heal and balance energy for those that need it. It's even more special when you can help those that are special to you... even if they have feathers.

AUTHOR BIO

Sherri Sobanski is a Reiki Master, Psychic Medium, Sound Healer, Magician, Resolution Therapist and international best-selling author of Whispers of the Soul. Sherri has been a Usui Reiki Master for over six years and is now working on her Master Teacher certification. She is the owner of Intuitive Advantage LLC, where she offers a variety of services to guide, heal and enrich the lives of others. Her other interests include an immense love of the natural world, animals and adventures with her family.

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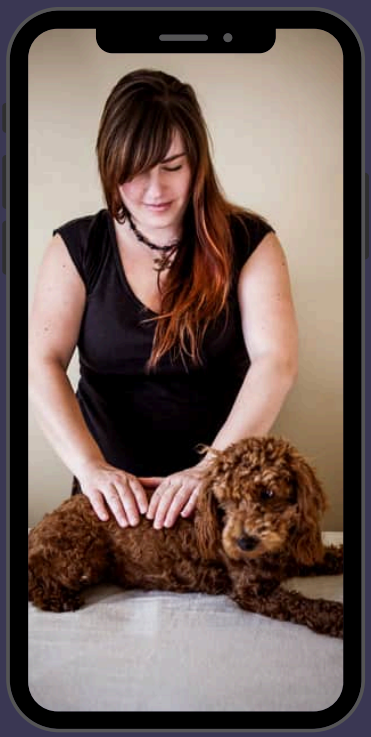
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★★★★★

"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

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REIKI AT THE BEDSIDE

Bringing Reiki Into Clinical Spaces



BY CHERYL DEVALL

Cheryl explores how Reiki can bring comfort, presence, and healing energy into clinical spaces. From bedside care to community sessions, she shares her journey of integrating holistic practice with conventional healthcare.

@CHERYLDEVALLREIKI

When I first began practicing Reiki, I never imagined it would lead me to the bedsides of the dying, to NHS community drop-in sessions, or into conversations with hospital trustees and MPs. Reiki began simply as a catalyst for my own spiritual development as I explored various healing modalities, but it soon became something much greater. Reiki became not only a personal practice, but a way to bring comfort, compassion, and energy support into hospitals, hospices, and care settings in moments of fear, transition, and deep vulnerability.

During the pandemic, I joined the Reiki Medic-Care team, a group of practitioners offering free distant Reiki sessions to frontline NHS staff overwhelmed by long shifts and uncertainty. For many, it was their first encounter with Reiki - and the results were encouraging. Doctors and nurses reported reduced stress, eased anxiety, and a sense of calm they hadn't felt in months. Through these experiences, they began to recognise Reiki's value as a complementary therapy. It was a powerful reminder that even in the most medical of environments, there is space for gentle, energy-based healing.

This work inspired me to take the next step in completing the professional training required to continue to bring Reiki into hospitals and clinical settings.

Soon, clients began seeking me out - many of them carers, exhausted emotionally and physically from supporting loved ones at the end of life. I was often asked to visit their homes to use reiki to support their journey. These moments of connection led me to train as a soul midwife, offering companionship and spiritual care for individuals as they approach end of life.

Reiki is a gentle companion at the bedside. it helps to sooth the ebb and flow of feelings and emotions which come to the surface and provides peace and comfort to support the spiritual needs of the dying person. Of course, practical challenges can arise — such as cramped bedside spaces that limited room to move about and work — but whether working in private homes or residential care, there is always a way to adapt, allowing Reiki to flow and provide comfort where it is most needed.

That same spirit of adaptability has guided my volunteering work in other clinical and community settings too. Alongside my end-



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"...REIKI IS A GENTLE COMPANION AT THE BEDSIDE. IT HELPS TO SOOTH THE EBB AND FLOW OF FEELINGS AND EMOTIONS WHICH COME TO THE SURFACE..."

of-life work, I also now support my local NHS trust in partnership with MacMillan Cancer Support, offering Reiki at community drop-in sessions for people newly diagnosed with cancer. Just as at the bedside, these sessions are about meeting people where they are — offering comfort, calm, and a gentle introduction to Reiki during a difficult time. I join a diverse team that includes yoga and Qi Gong practitioners, cancer nurses, and other professionals — a beautiful mix of medical and holistic support coming together in one space. Each session begins with tea, coffee, and warm introductions before we share a little about the support we can offer. Reiki "taster" sessions have become increasingly popular in these meetings, and it is always a joy to see visitors' curiosity grow as they ask questions and seek to experience Reiki for themselves.

These sessions have become a stepping stone for me, opening the door to deeper involvement in clinical care. I am now in the process of joining the hospital's palliative care unit as a volunteer. The unit has been very welcoming of Reiki however it has taken 11 months to get to this stage. It has been a long journey of approvals, trustee meetings, and ongoing persistence (I even writing to my local MP). Yet being heard as a voice for Reiki has been worth it.

For anyone who is interested in volunteering in a clinical setting, I'd suggest researching the lead nurses or managers at your local hospital departments so you can email them directly. Don't give up and follow up on any 'no responses'. Each setting will have its own requirements for volunteering, including possessing public liability insurance and undertaking background checks, and even medical checks if you are working with vulnerable patients - so do your due diligence to check what is required in each case.

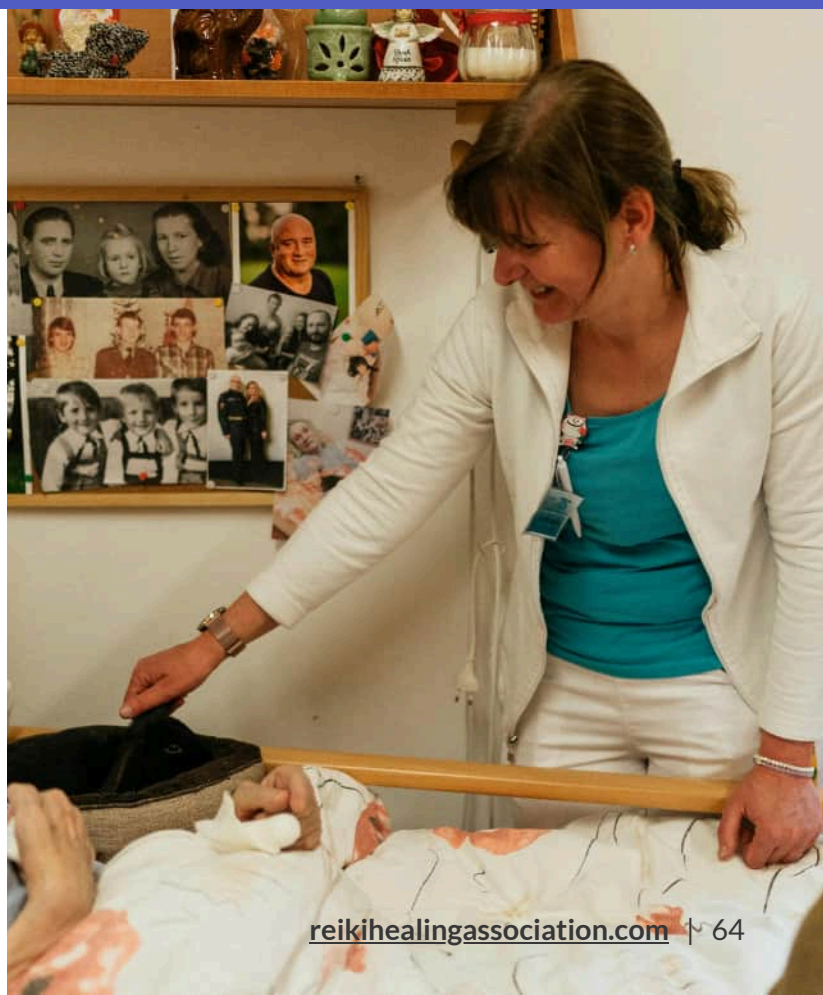
Alongside the practical considerations, there are also energetic ones when working with patients in a clinical setting, especially those at the end of life. It's important to prepare yourself so you don't become overwhelmed by external energies. For me, this begins with grounding — connecting into the earth's steady energy to create a sense of stability. I also use a simple visualisation for protection, helping me to shield and safeguard my physical, emotional, and spiritual well-being.

The energy around someone in their final stages of life is unique and ever-changing, with emotions and subtle shifts flowing in waves. Towards the very end, a sense of lightness can sometimes be felt, which makes grounding all the more essential. After each session, I use the 'dry bathe' method to consciously disconnect, leaving me balanced and centered.

In my private practice, I am seeing more people turn to Reiki to support their mental health and overall well-being. I hope that, as awareness grows, more medical professionals will be open to exploring Reiki as a natural partner to conventional care in medical environments.

Reiki truly can change lives. People say that often, and it might sound like a thruway phrase, but in my experience, it holds deep truth. Reiki has opened a path of self-discovery, compassion, and continuous learning — a journey that continues to unfold with every session. And whether at the bedside or within clinical spaces, Reiki reveals, time and again, its quiet power to bring comfort, balance, and connection.

Cheryl Devall is a Reiki Master Teacher and certified Soul Midwife based in Dudley, West Midlands, UK. She offers Reiki to support stress, anxiety, grief, and overall wellbeing, creating a compassionate, safe space for healing. Alongside her private practice, Cheryl volunteers in hospices, care homes, community drop-in sessions, and with Reiki Medic-Care to support NHS staff. Her work is rooted in the belief that true healing arises when we are seen, heard, and held with kindness and presence.



REIKI BY NIGHT

BY DR ASTHA SHRIVASTAVA



Reiki isn't just for daytime practice, it can be a deeply soothing and transformative companion at night. By dedicating a few minutes to Reiki before sleep, you can enhance relaxation and invite rejuvenation into your spirit, body and mind. This nightly ritual can become the ultimate moment of "me time" that nurtures your whole being as you gently drift into rest.

Practices like these have continually deepened my own relationship with Reiki. I have been a Reiki channel for over two decades, living with Reiki every day for more than half my life. I began teaching more than 10 years ago and have attuned hundreds of students to this beautiful energy. I always share with my students how important it is to protect your energy - and nighttime Reiki is a beautiful way to do exactly that.

Even if you cannot perform a full-body Reiki healing session in the daytime, a few minutes of chakra work or a simple visualisation before bed can make a huge difference to how you feel. In a world filled with various negative influences, creating a safe energetic haven is essential, and this nightly routine is one way to cover yourself in a protective energy shield.

These simple steps can help calm your mind, promote restful sleep, and replenish your energy. After the hectic day of work when you retire to bed, why not take a few minutes to invoke Reiki and try this visualisation exercise.

1. Lie straight on back and keep your body relaxed and comfortable.

2. Bring your awareness to your breathing. Slowly, naturally, the mind will settle and prepare for the visualisation.

3. Invoke Reiki and ask it to accept you as a channel and let the divine energy flow though your body. If you are attuned to symbols, draw the symbols on your third eye and the power symbol on your palms. If not, simply call Reiki and let it flow freely.

4. Place your hands just below your navel on your Hara chakra. Visualize a warm, glowing orange light filling your abdomen, spreading throughout your body.

5. See a soft pink light flowing from your palms into your body. Let it spread from your Hara chakra down to your root chakra, and further down to your thighs, knees, calf muscles and feet. Simultaneously, allow the pink light to rise into your solar plexus, filling your entire abdomen - the stomach, liver, and intestines - with gentle, radiant energy.

6. Guide the pink light upward to your heart chakra, then your throat, third eye, and crown chakra. See every cell of your body and the entire field of your aura glowing with this radiant pink energy - within you and all around you, there is only pink. This light embodies pure love, untouched by negativity. As it flows, visualise it gently dissolving all that no longer serves you, leaving you calm, confident, and vibrantly alive.

7. As every part of you vibrates in pink light, feel the energy filling your heart with divine love. Affirm: 'I am loved and I am healed'. Continue visualizing this loving energy for a few minutes, soaking in its warmth and protection.

8. See the petals of a lotus flower opening and getting bigger in size until they envelop your entire body. Declare: "I am completely safe and protected from all negativity. I am ready for a peaceful sleep."

9. Thank Reiki as you drift into sleep, carrying the energy of love, protection, and rejuvenation into your night.



AUTHOR BIO

Astha has been practicing Reiki since the 2000s and, after more than two decades of dedicated healing, is founded the Astha Universal Reiki Academy – AURA. With a Ph.D. in Biotechnology, she brings a unique perspective, combining scientific understanding with Reiki to maximize its benefits. She firmly believes that the basic knowledge of human body function adds to the effect of energy healing. She has also expanded practices Angel Reiki and Crystal Reiki.

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WHEN ONE DOOR CLOSES ANOTHER DOOR OPENS



Embracing Life's Shifts with Reiki

BY NICOLE STEENERSON

When I became a Reiki Master, I had no idea of the impact it would have on my own journey, as well as the lives of others. Reiki dismantled so many of the lies I had been told and helped me blossom with confidence and compassion. I no longer feel victimised by my own shortcomings; instead, I move through trapped emotions with love and grace. Reiki became the support I needed to do the deep work within myself, and in turn, it has allowed me to guide others through their own storms - helping them not just survive, but emerge thriving on the other side.

At first, Reiki felt like a mystery, something just out of reach, as if the energy itself was waiting for me to trust it enough to step through. But as I

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surrendered, it became clear that Reiki was not only a tool, it was a way of being. It taught me to listen beyond words, to trust the subtle shifts in energy, and to recognize the difference between living a life built on fear and living a life built on truth. Each session I gave or received opened a new doorway into myself, reminding me that healing is not about becoming someone new, but about remembering who we've always been beneath the layers of doubt, conditioning, and pain.

Reiki is more than a healing practice, it is a portal, a pathway, a key that opens us into the truth of who we are. At its core, Reiki is about returning to authenticity. It gently clears away the illusions, the fears, and the stagnant energy that keep us from living in alignment with our soul's deepest expression. And in that realignment, life itself begins to flow differently. We see synchronicities where we once saw obstacles. We find peace where once there was turmoil.

Through Reiki, I have witnessed profound transformations, not just in the body, but in the very essence of a person's life.

For example, one client came to me at a crossroads, unsure of who they truly were beneath the roles they had been accustomed to. They had spent years living for others, but with Reiki as the guide, we began to peel away the layers of expectation, fear, and false identity. Session by session, their spirit grew lighter, their energy brighter. Eventually, they stepped boldly into a new identity, one that felt like home to their soul. Watching them embrace themselves fully was like witnessing a butterfly emerging from its cocoon.

Another client found themselves in the heart of a turbulent divorce. Her world felt as if it was collapsing, dreams shattering, stability disappearing, with overwhelming emotion. Yet within the stillness of Reiki, she discovered a sanctuary. The sessions became a safe passage for grief, release, and renewal. Some ended with a release of tears, but always with a softness in her heart that wasn't there before. Slowly, she reclaimed their sense of self, learning that even in endings there can be a profound resurgence. Reiki helped her build a

"...AT FIRST, REIKI FELT LIKE A MYSTERY, SOMETHING JUST OUT OF REACH, AS IF THE ENERGY ITSELF WAS WAITING FOR ME TO TRUST IT ENOUGH TO STEP THROUGH. BUT AS I SURRENDERED, IT BECAME CLEAR THAT REIKI WAS NOT ONLY A TOOL, IT WAS A WAY OF BEING..."

foundation of clarity, courage, and hope.

I also have had the honour of supporting clients through pivotal career transitions. Their work no longer aligned with who they were becoming, and the fear of change weighed heavily on them. They arrived full of anxiety, torn between security and their soul calling. Reiki helped them find inner steadiness, offering a calm center from which to make decisions. They began to trust their intuition again, to feel their confidence rise, and to recognise the calling of their heart. Reiki didn't just soothe their stress; it opened the way for them to step gracefully into the next phase of their professional path, one that aligned with their true purpose.

What I've learned through each of these experiences is that Reiki is not only about soothing the mind or balancing the body, it is about awakening. It is about learning to walk through life with presence, with trust, and with courage. Reiki helps us navigate the thresholds we all encounter, the endings, the losses, the uncertainties. It offers a

"...REIKI IS MORE THAN A HEALING PRACTICE, IT IS A PORTAL, A PATHWAY, A KEY THAT OPENS US INTO THE TRUTH OF WHO WE ARE..."

gentle but powerful light to guide us when we are ready to shed old skins, release outdated identities, and step into what is next.

In every session, I see how the energy meets people exactly where they are. Sometimes it whispers, sometimes it roars, but it always invites transformation. Reiki teaches us that healing is not linear; it unfolds like waves, washing over us until we are ready to stand in the fullness of our truth.

And so I return to this truth, again and again: life is always guiding us forward. Reiki has shown me that even when we feel broken, we are never truly lost. We are simply being called to rise, to realign, and to rediscover our authentic self.

Because when one door closes, another opens.



AUTHOR BIO

Nicole Steenerson has been rooted in the massage industry for nearly 15 years, weaving massage, Reiki, and sound into profound transformation. She guides others into the sacred "in-between," that liminal realm where the body softens, the spirit awakens, and deep restoration unfolds. As a Usui Reiki Master, Nicole also channels the alchemy of sound, leading crystalline journeys with chakra bowls and sacred instruments that dissolve blockages and realign the soul. Called to the work of transformation, she opens portals where energy flows freely, old layers dissolve, and renewal unfolds harmoniously.

@NICOLEALYSEVIBES



TIME FOR WALKIES

HOW REIKI CAN TRANSFORM YOUR DOG'S WALK

In today's fast-paced world, walks with our dogs can feel like just another task to tick off the to-do list - we often go on autopilot and move through the motions. Without realising it, we can carry the stress of our day into these walks, but the energy we bring sets the tone for how our dogs feel and respond.

By taking a few moments before a walk to tune into ourselves and use Reiki to co-regulate, we help our dogs feel safe, calm, and ready to enjoy the time together.

Ground Yourself and Connect

Before heading out, take a moment to center yourself. Imagine energy flowing through your body and connecting with the earth beneath you. Run Reiki energy between you and your dog, creating a shared field of calm. Set a simple intention: "We are together, and we are safe." This helps establish a peaceful, open energetic space for your walk.

Support Co-Regulation

Take time to prepare both your nervous systems before you leave. By pausing, breathing, and allowing energy to settle, you can support your dog in matching your calm, and vice versa. This co-regulation helps your dog feel safe, secure, and ready to enjoy the walk.

Maintain Energetic Boundaries

Offer care and attention without tension. Let your dog know that you are fully present, that you are with them, and that they are safe as you move together through your walk.

Make the Walk Multi-Sensory

Walks are essential for your dog's mental and emotional wellbeing. Allow them time to sniff, explore, and engage fully with their environment. You can make your walk multi-sensory too by slowing down, noticing nature, and being present to their needs—instead of being on the phone or rushing through the walk. This makes the experience fulfilling for both of you.

Quick Reiki Reset

Even a brief Reiki session before the walk - placing your hands on your heart or solar plexus- can help reset energy, sharpen focus, and create a calmer, more mindful interaction. A few minutes of energy work primes both you and your dog to be present and connected.

Using gentle tools like Reiki, breath, or sensory awareness, we can turn a simple walk into a shared, intentional experience.

AUTHOR BIO

Cat Hamilton is an Animal Naturopath using EFT, Bach Flowers, Nutrition, Reiki, and interspecies communication. Cat uses Reiki and other energy techniques to make adjustments to people and animals bodies remotely, and tunes into them as a felt experience of being present with them.

cathamilton.co.uk

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Trusting Reiki in Times of Challenge

BY HELEN CREGAN



So often, we believe we have to figure everything out on our own. We rely heavily on the thinking mind to solve the problems and challenges we encounter, and when solutions don't appear, we can feel stuck or frustrated. This is when worry begins to creep in, even if we aspire to live by the Reiki Precepts. Perhaps it's time to take a different approach to problem-solving. Maybe these everyday struggles are the very moments when we need Reiki the most

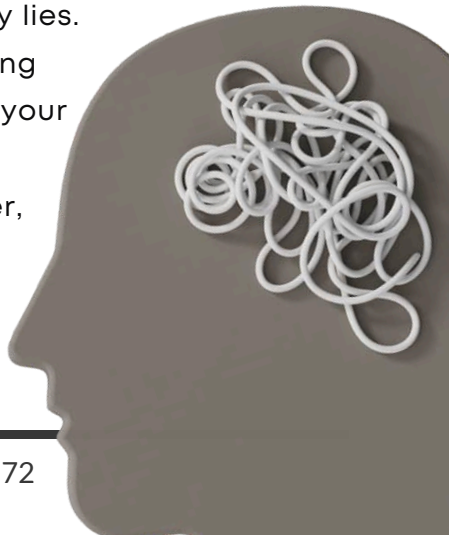
Reiki is synonymous with Universal Life Force Energy - the very energy that animates all of life. It is a loving, supportive force, always available to guide us if we simply invite it in. If you are facing a problem and can't see a way forward, here is an exercise you can try that invites Reiki to help you gain clarity.

The TRUST exercise

For a few moments, bring to mind the problem or challenge you are experiencing. Notice how, in this state, you are relying on your thinking mind—your 'head'—to try to resolve the difficulty.

Allow yourself to fully acknowledge it. Be clear about what you are experiencing, what the issue feels like, and where the confusion or uncertainty lies.

Now, let go of the thinking focus and gently bring your attention down to your heart chakra. Remember, energy flows where we place our attention. It may help to rest your hand over your heart



and imagine a soft green or pink light glowing in this part of your body.

As you breathe in, feel this beautiful light expanding. As you breathe out, release anything that no longer serves you in this moment. You are filling yourself with Reiki - the energy of love and light.

When you are ready, allow the light from your heart to rise upward toward your head, meeting the thoughts that whisper, “This is all too hard.”

Now, lift one hand above your head and offer your problem to Reiki. Acknowledge that you don’t have to figure this out alone. Ask for support: “Please help me work this out.”

Bring your hand down slowly, turn your palm upward, and allow yourself to receive the answer. When you feel ready, close your hand gently, as though holding the answer that Reiki is offering you.

You don’t need to know what the answer is - only trust that it is there. Bring your hand back to your heart and place it over your chest, transferring this answer into this heart space.

Breathe it in, affirming: “I am allowing Reiki to help me with this problem.” Sit quietly for a few minutes, acknowledging the



process and giving thanks for the divine intelligence you have received. Then, gently return to your day.

This is a process you can practice daily with an open and willing heart, knowing you are supported by a loving, benevolent energy that holds everything in hand.

The message is simple: TRUST. It is time to surrender, not struggle. It is time to ask for support, remembering that you are never alone.

AUTHOR BIO



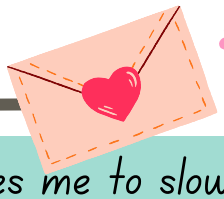
Helen is a certified Reiki Master Teacher and the founder of The Reiki Difference in Melbourne, Australia. After experiencing Reiki for the first time five years ago, its profound impact inspired her to begin training and eventually establish her own practice in 2024. With a long career as a secondary teacher, Helen combines her strong background in education with her passion for health and wellbeing. Having navigated major life transitions herself, she understands the challenges of change and is dedicated to supporting others in becoming the best version of themselves—balanced, empowered, and whole.

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"REIKI IS THE MOST PROFOUND VIBRATION OF LIFE." – GARRY MALONE

I LOVE REIKI BECAUSE...





We asked our Members and Community to share the reason why they love Reiki...

"Because it teaches me to slow down and trust the process"

"25 Years on and having Reiki in my life is magical "

"It's pure love ❤️🙌"

"It calms my energy and creates balance in my everyday life."



"It's gentle yet powerful."

"It's my whole life and how I choose to live it. So blessed to have this gift "

"It found me when I needed it."

"The healing energy defies logic...but it is so powerful."

"Reiki is the gentlest merging of love, peace and compassion ."

"Anyone can be a healer."

"It brings love, focus and grounding. It is nothing but pure, loving energy. It's amazing! It will certainly help you to be more centred and focused on what you want."

"It's a wonderful path to happiness."

"It unravels the truth of who I am. It's a hug for my soul and it's changed my life "



"Reiki is magical for peace and harmony and seeing the world through a positive lens. "

"It heals the soul ."

"Reiki was the beginning of my spiritual life."



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MEMBER SPOTLIGHT

Meet Beth Cooper

In every issue of Universal Life, we like to shine a light on one of our Reiki Healing Association® Members. This issue, we get to know a little bit about Beth Cooper, a Reiki Master Teacher from Swannanoa, North Carolina, USA.



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How did you find you way to Reiki? Tell us about your Reiki Story and how Reiki has helped you...

I was introduced to Reiki over 20 years ago. I experienced a traumatic event and couldn't seem to move forward. I felt incredibly stuck in this trauma. A friend suggested Reiki to me. At the time, I had never even heard the word, much less understood what it meant. Yet that single recommendation changed everything. For me, Reiki helped to clear blocked energy.

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

It's difficult to choose just one moment. Each time a client experiences a breakthrough during Reiki is memorable to me. Witnessing them find peace, gain clarity, and show themselves love is truly amazing.

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

I recite the 5 Reiki principles each morning as I center myself for the day. They are beautiful reminders of how I want to walk through life, both personally and professionally.

Do you have a favourite symbol, hand position or reiki technique?

Sei Hei Ki is my favourite symbol. I am naturally grounded and energetically charged by nature, and I seek harmony in most situations. I've always loved how this symbol resembles a wave washing across the shore or the wing of a bird in flight. It's a wonderful symbol to use in helping people release and recover from past trauma.

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

Through a foundation of Reiki, combined with Breathwork, Meditation, Chakra Clearing and Coaching, I support people in making space for a personalised healing



experience. I offer in-person as well as virtual sessions. My physical studio is a calm, LGBTQ+, size-inclusive space.

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

Helping others through holistic wellness has been one of my greatest joys. I am humbled to be invited to be part of someone's healing journey and take that invitation very seriously.

What is your greatest challenge as a Reiki Practitioner?

I am a true empath, and I feel deeply the challenges so many are facing in the world right now. Staying grounded and focusing on what I can do, rather than becoming overwhelmed by what is beyond my control, is not always easy - but it is essential.

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

Having been in the corporate world for over 25 years, dedicating my life to my Reiki practice full-time, so far, has been my greatest achievement.

What is your biggest goal for your Reiki business at the moment?

I recently relocated to the mountains of Western North Carolina, USA so getting established with my new community is my biggest goal at the moment.

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

Trust yourself. Know that Reiki flows through you just as it does any other Reiki Practitioner. Try not to compare yourself to others, you are special and unique so your approach to Reiki will be unique too.

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

“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.”— Etty Hillesum.

How would you define Total Wellness?

Total wellness is not a one-size-fits-all experience. I believe it looks different for each of us.

I do believe that when we reach a state of deep relaxation, our nervous systems are nourished, our minds quiet and our spirit becomes grounded. These conditions create a space for healing to occur.

Whatever each of us needs to do to reach that state - that is what feels closest to total wellness.”



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

Energy healing is a form of complementary medicine based on the thought that we all have an unseen life force energy flowing through our bodies. It is believed that energy can stagnate in the body where there has been physical injury or even emotional pain. In time, these energy blocks can cause dis-ease. The goal of Reiki is to balance that energy flow.

How do you make sure you ground yourself/protect your energy when working with Reiki and the public?

This is something I have to be very intentional about. I make sure I get plenty of good restorative sleep. I drink a lot of water, practice breathwork daily and self-Reiki as often as possible.

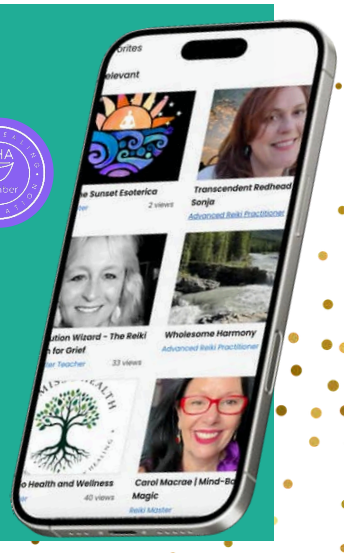
Do you have a message for your fellow RHA Members who are changing the world alongside you, one Reiki session and workshop at a time?

I believe that if we come together, lift each other up with positive messages that are filled with love, support and non-judgement, there is absolutely no limit to what we can do.

Find Beth and other RHA Members on our Directory

RHA Member

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“
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

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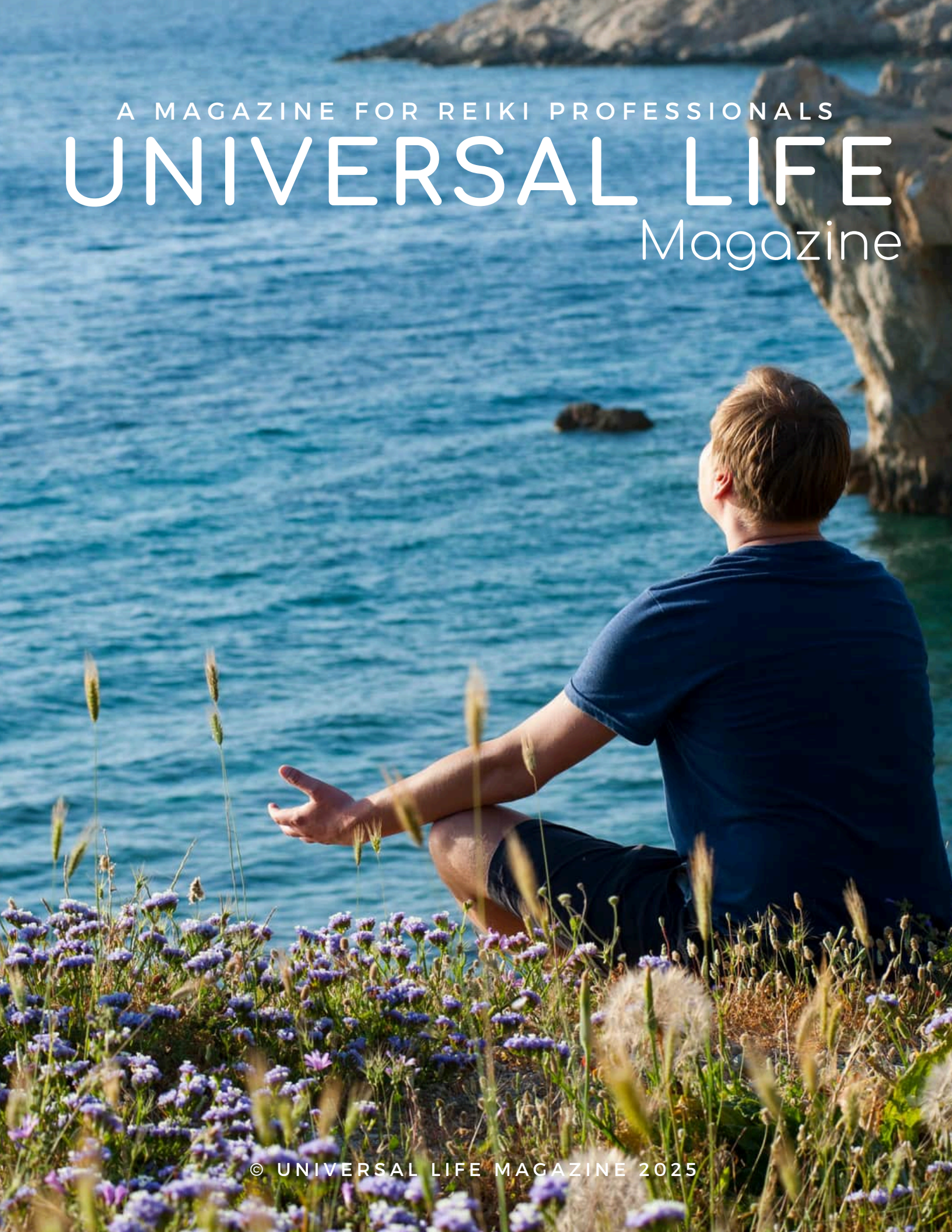
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