

April 2011 - #73

mindful messages

for the Reiki World

**Distant Reiki
&**

The Impact of Research



mindful matters

~ mindful messages ~

An international newsletter for the Reiki community

Welcome to this issue of *mindful messages*.
mindful messages is issued once per month.

Please send *mindful messages* to associates and
send your questions, comments and suggestions to
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1 Distant Reiki – heightening the Effect

As research begins to investigate energy and Reiki, it is uncovering steps that can be used to heighten the benefit of your distant Reiki treatments. Here is some information that you will be able to use right away to positively change your distant treatments.

2 A Lesson from a Distance

These wonderful words from Carl Sagan seem to be perfect as we think about helping others around the world.

3 An Electrical Connection

You might be surprised at just how much electrical energy you are emitting when you give a Reiki treatment.

4 Intensive Certified Hypnotherapy Course

People struggle to address issues by using different therapies, often over years. And hypnosis can usually fix the issue in one session! There are so many ridiculous myths about hypnosis. Learn how you can become a certified hypnotherapist, have a new, exciting career and help so many people.

5 The Reiki Shield

We can use the wonderful power of Reiki to create an amazing shield to protect us from negative energy. *“Reiki Shield On!”*

6 Changing Your Life

Oh stop it please. Why would you wait one more day to start making the changes that you always wanted; to be happier and to live your dreams? Don't believe that this is possible? Just come to the very first class to see that everything we say is true and learn why everyone who takes this class refers others to it!

mindful messages contains articles that are about or related to Reiki.

The intent of this newsletter is to:

- share information world-wide so that the Reiki community can benefit from new and interesting information,
- outline new and exciting resources and
- bring us all a bit closer.

Reiki Masters, Practitioners and energy workers are invited to submit articles about an aspect of Reiki, other healing modalities and resources that could be used by all. These articles will be included in future newsletters along with contact information. Please note that the information and opinions expressed by contributors may not be those of the editors.

1. Distant Reiki – Heightening the Effect

Distance healing is one of the most amazing aspects of Reiki. Following an attunement, which enables a person to channel Reiki, the focus is usually on a client lying on a massage table. However, the Practitioner is quite blessed to be able to assist anyone anywhere in the world.

Many practitioners do not practice Distant Reiki because they: feel awkward; are unable to focus for the length of the session; do not enjoy the feeling of separateness or do not believe in the effect of it. Yet a number of research studies have shown how beneficial long-distance treatments are.

However, these studies have also determined that additional steps can be taken to increase the benefits of the distant healing. We are fortunate to be living in a time where interest in healing alternatives is rising and more formal research is being done. In the past, there have been mysteries associated with Reiki and now science is demonstrating how it actually works and validating its effectiveness.



In most cases, the Practitioner preparing for a distance treatment would carry out much the same process as they would when treating someone in their presence. Following that, some practitioners actually pretend that the client is lying on the table in front of them and move through the treatment, carrying out all the usual hand positions. Others use a surrogate such as a doll to represent the client or even see their thigh as the client. All work. It appears that once an intention is stated, a link is created with the client.

In some cases, practitioners send Reiki to a person with the intention to help generally with their well-being, without actually setting up a time for their client to sit or lay down and receive the Reiki. This is not really a treatment as such but the client will inevitably receive some benefits.



In fact, respected and proven research by renowned scientists such as Elisabeth Targ and William Braud demonstrated that healings can occur through intention alone, emphasizing the importance of stating direct intentions before the treatment.



Practitioners should think clearly about the intention that they are stating and should definitely ensure that they are stating one with all treatments, distant or otherwise.

However, there are also some steps that can be taken to heighten the experience for the client when treating them at a distance.

Gary Schwartz and his colleagues biophysicist Beverly Rubik and Audrey Brooks, carried out studies with Reiki practitioners and other energy workers that resulted in some dramatic conclusions.

They found something fundamental about healing – that both the energy and intention of the healing itself and the client's belief that he or she had received healing promoted the actual healing. A belief in the efficacy of the Reiki treatment was another factor.

Studies concluded that both the practitioner and the client must have a shared belief in the success of the distant healing. In most cases, the client is simply told to set aside a certain time for a session.

A practitioner, who would obviously believe in the benefit of the Reiki, would then send Reiki, without a long discussion on the client's beliefs.

However, based on established research, it appears that enabling the client to believe in the session and the positive benefit of the Reiki will prove to be highly beneficial. How do you do this though?

Often times a practitioner sending distant Reiki may have few details about the client and may have been asked to send Reiki through a third party.



It appears that this session will not be as effective because there has been no contact with the client and no review of the benefits of the Reiki and the upcoming treatment.

Indeed, it appears that without some type of contact, the treatment will have little or no effect.

Jeanne Achterberg of the Institute for Transpersonal Psychology in California carried out a study at a Hawaiian hospital with highly experienced distant healers.

In the first part of the study, the healer selected a patient, would at random two minute intervals, send healing to them.



Achterberg discovered significant brain activation in the same portions of the brain (i.e.: mainly in the frontal lobes) in all the patients during times healing energy was being sent.

The other aspect of the experiment was startling. When the same regime was tried on people that the healers did not know, they had absolutely no effect on the patients' brain activity.

This research and others must force us to look at the way we conduct distant treatments. It appears that some sort of emotional bond or empathetic connection may be crucial to the success of distant healing sessions. Studies conducted by Gary Schwartz noted that the most beneficial results of practitioners sending healing intentions was with those that had a shared belief system with the client.



The practitioner and the client, through a discussion before the session, would share their common beliefs about healing perhaps or helping others – whatever. Some common belief created a bond between them that dramatically affected the success of the treatment.

It would appear that before a distant treatment is conducted, contact with the patient is critical in order to establish an emotional connection between the client and practitioner that is in part created through empathy, understanding and common shared beliefs and to outline the benefit of the treatment so that the client believes in the session itself and the Reiki.

Since people who become Reiki practitioners do so because of their desire to help others, an empathetic connection should be easy. A call to the client to introduce yourself; to request information about their needs and empathetically express your concern about their issue; to respond to questions and to give examples of the benefits of treatments perhaps supported with a brief outline of treatment.

This call seems a simple thing but easy to understand. Don't we all want to feel that the people who treat us for anything are genuinely concerned about us and will do our best for us?

On a very basic human level, there is a need to know that those helping us genuinely care and have our best interests at heart and that we aren't simply another number – the next to be handled in a long line of faceless clients?

This emotional connection seems to be imperative when sending Reiki to someone at a distance from us.

In this day and age, we have removed ourselves from personal connection through emails and on-line and phone methods. We already know that the content of emails can be misconstrued and the emotions that accompany the words are often lost in the translation.

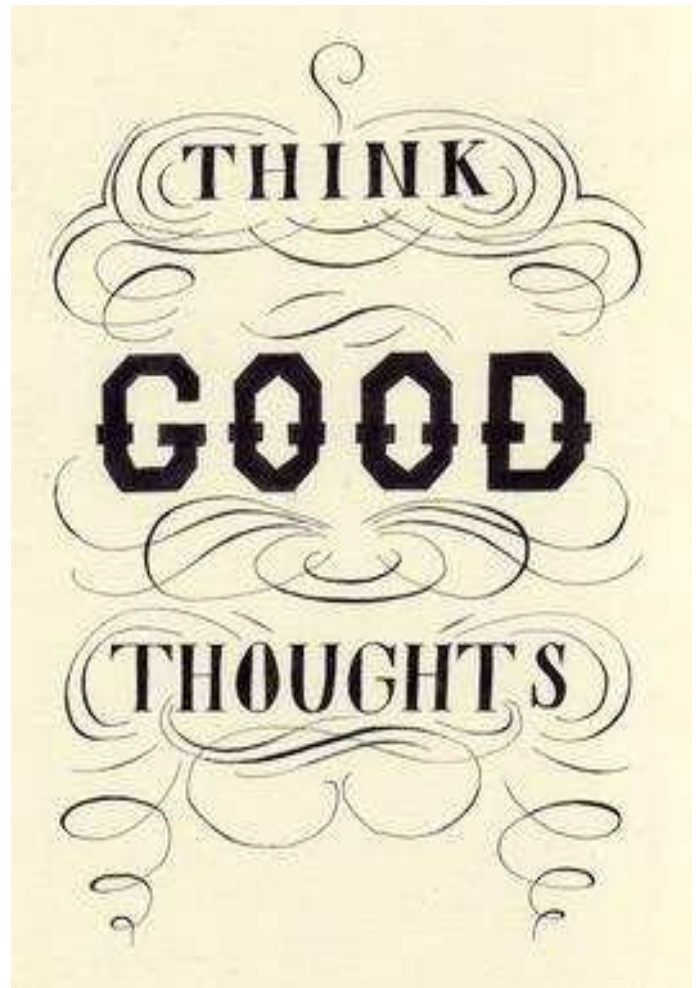
It is tempting to use these methods to connect with clients but they are a poor substitute for a personal connection by phone.

While time zones and language barriers may create some problems, practitioners should, based on the research, make an effort to personally connect with the client prior to the treatment.

Another important variable may be the kinds of thoughts experienced by the recipient during distant healing sessions – in fact local sessions as well.

Researchers have discovered that negative thoughts and visualization can have a powerful negative effect on the body.

Much research has been done to show that those persons that think negative thoughts tend to be less healthy than those who are more joyful. And those that think positive thoughts heal faster than those who do not.



For example, researchers at the Advanced Centre for Wound Care in Pennsylvania have discovered that patients with slow healing wounds often have negative thought patterns and behavioural or emotional issues such as guilt, anger and lack of self-worth.

So, when discussing the treatment with the client, the practitioner can make a suggestion to think positive thoughts and /or listen to some music that the client enjoys. Removing emotional barriers during the session will heighten the benefit.

Interestingly, research has shown that the state of the practitioner is also important and affects the energetic connection between them and the client.

The practitioner whose mind is on something else or is very tired or is really thinking about the money they will make rather than the client's welfare are negatively affecting the session.

Before giving any treatment, aside from the other steps that practitioners take to ready themselves, one must monitor their thoughts to ensure they bring nothing but joy to the sessions.

So, based on established research, in order to maximize the benefits of the Distant Reiki treatments, it is best to:

1. Connect directly with the client to create an emotional bond.
2. Outline the benefit of the Reiki to the client and provide positive, successful examples of treatments and perhaps validation from research.
3. Have the client think positive thoughts or be distracted from negative ones by listening to music during the treatment.
4. Ensure that you have positive thoughts before and during the treatment.
5. Think and state a direct, positive intention for an excellent Reiki session.
6. Let Reiki flow.
7. Enjoy your treatment!

2. A Lesson from a Distance



As we work to maximize the benefit of our Distant Reiki treatments, pondering the words of Carl Sagan seem appropriate. It's the twentieth anniversary of the famous "pale blue dot" photo shown to the side. The arrow points to Earth, as seen from Voyager 1 while on the edge of our solar system (approximately 3,762,136,324 miles from home). This is what he said:

"Look again at that dot.

That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives.

The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every 'superstar,' every 'supreme leader,' every saint and sinner in the history of our species lived there - on a mote of dust suspended in a sunbeam."



“The Earth is a very small stage in a vast cosmic arena. Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot. Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner, how frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the Universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known so far to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment the Earth is where we make our stand.

It has been said that astronomy is a humbling and character-building experience. There is perhaps no better demonstration of the folly of human conceits than this distant image of our tiny world. To me, it underscores our responsibility to deal more kindly with one another, and to preserve and cherish the pale blue dot, the only home we’ve ever known.”

3. An Electrical Connection!

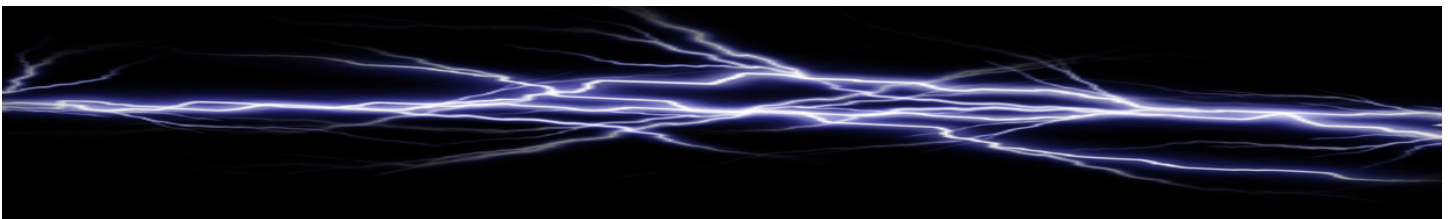
While practitioners are channeling an amazing energy, it seems that they are also generating another current.

As practitioners work to be emotionally coherent, an amazing thing happens. Emotional coherence occurs when practitioners successfully “get out of the way”. They are emotionally stable, ensuring their heart and brain are balanced.

Many Reiki Practitioners often state that they get into a ‘zone’ and feel as if they are one with the energy.

In his tests he enclosed his participants in isolated rooms made with walls constructed entirely of copper, which would block electricity from any other sources.

Although general electrical readings related to breathing and heartbeat had expected, the practitioners were generating electrical surges related higher than 60 volts during treatments as measured by electrometers placed on the practitioners themselves and on all four walls.



Researcher Elmer Green from Kansas has shown that experienced practitioners have abnormally high electric field patterns during healing sessions.

In his tests he enclosed his participants in isolated rooms made with walls constructed entirely of copper, which would block electricity from any other sources.

Video recordings of the practitioners showed the voltage surges had nothing to do with their physical movements.

These surges of energy may be evidence of a practitioner’s greater coherence while in a healing session. It may also account for the electrical feeling that some clients and practitioners feel during treatments.

4. Intensive Certified Hypnotherapy Course

We reach crossroads in our professional careers when we know it is time to change.

You may wish to expand your services, add excitement to your career or enhance your position or utilize an amazing modality that will enable you to help so many clients.

Do you know people with serious problems that have tried many other solutions to no avail? You will find that one hypnosis session can often provide the remedy. By working directly with the subconscious mind, you, as a hypnotherapist, will be able to replace hindering beliefs with positive suggestions that provide immediate results for your clients. The issues hypnotherapy can address is endless!

This 3 day workshop will move your therapeutic and professional abilities to a new level.

***“Three jam packed, fun and informative days.
The training was everything I had hoped for and more.
I feel competent now to practice my new profession.” Maralyn Wilson***

Over a three day period, you will enjoy learning about strategies and techniques that will enable you to comfortably and confidently hypnotise those that wish to address particular issues and concerns.

You will learn about:

- The history of hypnosis
- Common misconceptions about hypnosis
- The differences between hypnosis and hypnotherapy
- Conducting the intake interview
- Defining and describing hypnosis to your clients
- Delivering a compelling pre-talk
- Testing for suggestibility
- Inducing a hypnotic state
- Deepening the hypnotic state
- Addressing specific client issues

***Lots of practice sessions!
We'll remove the mystery
associated with hypnosis.***

***You will be a
relaxed, competent
hypnotherapist who will be
able to successfully help
people with almost any issue!***

***That's how wonderful and
powerful hypnosis is!***

Cost: \$895.00.

A 30% deposit is required (\$270.00).
Payment installments may be made.
You'll get everything you need and more!
Detailed workbook, step-by-step
process manuals, lunches, snacks
and certificate supplied.

**Three days
Friday, June 3rd to Sunday June 5th,
9:30 am - 5:00 pm each day.**

**Just imagine being a competent hypnotherapist who, immediately after your training,
will be able to conduct successful hypnosis sessions.**

5. The Reiki Shield

You're a nice person. You want to help people. And that's a problem.

When you open yourself up to helping others your energy literally reaches out to them and they are drawn to you.

Do you find that complete strangers talk to you when you are standing in a line and tell you personal things? By the time you leave, you know the name of their children, where they live, what they do for a living and where they plan to go for a vacation.

Do you always find that people want to ask you for assistance and guidance? You were just casually talking to someone and next thing you hear about their health issues and what the doctor is saying and how it is affecting their personal life.

We send out a message – I'm here to help and I care!

The problem is, you aren't doing it consciously and, as a result, you aren't working with your energy field to ensure you aren't affected by all this negative and emotional energy.

We may also be bombarded by negative energies from people that may resent us, are jealous of us or are approaching us for assistance and wish to divest themselves of negativity. Reiki Practitioners tend to be very susceptible to all these energies and you must learn to shield yourself.

Do you find that you are completely drained at the end of the day for no apparent reason? As long as you keep sopping up everyone else's energy, you'll have difficulty finding any energy of your own.

Many practitioners shield themselves with white light. They may also use different colour light, put mirrors around them or armour or close their chakras or limit the extent of their aura.

All these are good and each Practitioner should experiment to see what works for them

However, an excellent method for shielding oneself from negative energies is using a Reiki shield. Let's take advantage of the Reiki that is available to us and is at our command

Any time you shield yourself, you can see the effect by moving through and around people, as if you were walking down a crowded street or shopping at a busy mall. If you have shielded yourself properly, you'll be shocked to see how people clear a path for you and move away from you. Without consciously being aware, their energy field feels the 'push' and resistance of yours and their bodies respond by giving you distance.

Whenever you wish to shield yourself from negative energy in a crowded environment or when in the presence of even one negative person, use the Reiki shield.

- Set an intention to create a Reiki Shield.
- Ask Reiki to flow.
- See the Reiki coming in through your crown and flooding your body completely, filling every cell.
- Say to yourself: *"Reiki Shield on"* and see Reiki pouring out through every pore in your body as your chakras to create a column of light around you.
- When you are no longer around the people who concern you or when you are finished your treatment, say: *"Reiki Shield off."*

Don't leave the shield on all the time. You'll find that by putting it on and off as you need, you'll become quite skilled at using this very effective shield.



6. Changing Your Life

There's a reason that hundreds have taken this course – it changes their life for the better – immediately!

**Take a moment right now
and look around you.
Everything that is happening
and everything that you see
is what you created.
The life you are moving through now
is what you asked for!**

Sure, you didn't consciously ask for the things in your life that you don't like, but you did energetically!

**How do you think you're doing
at creating the life you want?**

Why not learn, now, how to ensure that you have the life that you want. We guarantee something – you will change for the better after the very first night!

MANIFESTING CLASS

Perhaps the best comment to note how much everyone enjoys this class is on the last day: *"Can we come back for more because we don't want this to end."*

They say this because they have made so many positive changes over the weeks that they don't want to stop. Why would they?

"The single best decision I have ever made in my life was committing myself to move through the Manifesting Course."

It went well above and beyond meeting any expectations that I could have ever had and opened my eyes and mind to a magnificent universe that I cannot get enough of."

"Your class has literally changed my routine, my outlook on life, my habits, my beliefs and my disposition – I could never thank you enough."

"You guys are like the auto mechanics of the soul – thank-you soooooo much!"

Jeremy Zinger

MANIFESTING CLASS

**One Night / Week for 7 Weeks
Wednesdays June 15 – July 27, 6:30 – 9:30 pm**

This class is already filling quickly because those that take it always refer others.

Here's a promise – you'll be happier and life will make more sense. See how you can live the life that you only thought you could dream of.

This isn't a rehash of what you have read in books or seen in videos. It's amazing info and techniques that will work right now! Watch as your life changes for the better.

Contact us at mindfulmatters@rogers.com or 905-785-2990