

March 2011 - #72

mindful messages

for the Reiki World

How Your Energy Affects Reiki Treatments

(This E-Coli bacteria helps give the answer)



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
mindfulmatters@rogers.com
905-785-2990

ISSUE #72 / MARCH 2011



1 How Your Energy Affects Reiki Treatments

Since we are energetic beings, we must have an effect on the energy fields of our clients. Oh oh - unfortunately it's being scientifically proven that it may not be a positive one! This article outlines how you can ensure the best possible treatment session.

2 Reiki Master and Toolbox Combined Course

Wow – 2 courses for the price of one. There really won't be too much else that you'll ever need to learn. Come away with your Master's Certification and an incredible array of tools and techniques.

3 Intensive Hypnotherapy Certification Class

Hypnosis is one of the most effective tools for assisting people with almost any concern. This course will enable you to establish a hypnotherapy business. You'll soon see why students of this class have been exceptionally pleased.

4 Hugging the Right Way

And all along you thought that those hugs were feeling amazing. But your hug could be actually draining the energy from both you and the person being hugged! Find out how to get the most out of hugging!

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. How Your Energy Affects Reiki Treatments

There is the general consensus that Reiki will flow for the client's highest good following the intention of the Reiki Practitioner to ask it to do so. That is the beautiful simplicity of Reiki - that a simple intention can have such a dramatic effect on the client.

While some other modalities involving the flow of energy also utilize the energy from the Practitioner themselves and while there are some techniques that may focus the flow, Reiki practitioners are considered to be a passive conduit for the universal life energy and are unable to transmit directly or otherwise manipulate the energy flow.

Reiki is practiced with intent for the highest good, but without any specific intentions of the practitioner toward a specific medical or health outcome. As we know, there is little need to attempt to direct the Reiki energy because it will do what it needs to do.

Science is now catching up with what people have known for so long – that energy based healing modalities can dramatically and positively affect clients. But the science is also revealing what Dr. Usui seemed to have known perhaps intuitively – that the state of the practitioner dramatically affects the success of the treatment.

THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE
Volume 12, Number 1, 2006, pp. 7-13
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ORIGINAL PAPERS

In Vitro Effect of Reiki Treatment on Bacterial Cultures: Role of Experimental Context and Practitioner Well-Being

BEVERLY RUBIK, Ph.D.,^{1,2} AUDREY J. BROOKS, Ph.D.,^{3,4} and GARY E. SCHWARTZ, Ph.D.^{4,5}

ABSTRACT

Objective: To measure effects of Reiki treatments on growth of heat-shocked bacteria, and to determine the influence of healing context and practitioner well-being.

Methods: Overnight cultures of *Escherichia coli* K12 in fresh medium were used. Culture samples were paired with controls to minimize any ordering effects. Samples were heat-shocked prior to Reiki treatment, which was performed by Reiki practitioners for up to 15 minutes, with untreated controls. Plate-count assay using an automated colony counter determined the number of viable bacteria. Fourteen Reiki practitioners each completed 3 runs (n = 42 runs) without healing context, and another 2 runs (n = 28 runs) in which they first treated a pain patient for 30 minutes (healing context). Well-being questionnaires were administered to practitioners pre-post all sessions.

Results: No overall difference was found between the Reiki and control plates in the nonhealing context. In the healing context, the Reiki treated cultures overall exhibited significantly more bacteria than controls ($p < 0.05$). Practitioner social ($p < 0.013$) and emotional well-being ($p < 0.021$) correlated with Reiki treatment outcome on bacterial cultures in the nonhealing context. Practitioner social ($p < 0.031$), physical ($p < 0.030$), and emotional ($p < 0.026$) well-being correlated with Reiki treatment outcome on the bacterial cultures in the healing context. For practitioners starting with diminished well-being, control counts were likely to be higher than Reiki-treated bacterial counts. For practitioners starting with a higher level of well-being, Reiki counts were likely to be higher than control counts.

Conclusions: Reiki improved growth of heat-shocked bacterial cultures in a healing context. The initial level of well-being of the Reiki practitioners correlates with the outcome of Reiki on bacterial culture growth and is key to the results obtained.

INTRODUCTION

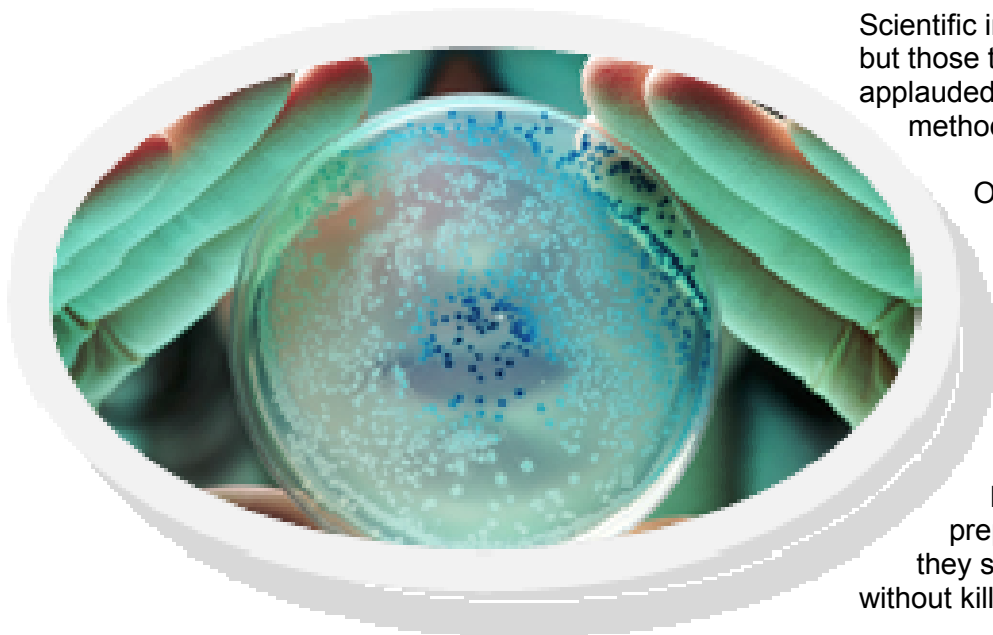
According to the National Center for Complementary and Alternative Medicine, biofield therapies are those modalities including Reiki, qigong therapy, and Therapeutic Touch, among others, performed by trained practitioners

who manually and/or via intent interact with energy fields of the patient. Such energy fields, or biofields, have been hypothesized to be the active organizers of homeodynamics and are therefore central to health and healing.¹ Biofield therapies are among the most widely used complementary therapies, and demand for them has been growing.² How-

Scientific investigations of Reiki have been few but those that have been done have been applauded because of their rigorous scientific methods.

One by Dr. Beverly Rubik entitled: *In Vitro Effect of Reiki Treatment on Bacterial Cultures: Role of Experimental Context and Practitioner Well-Being* has enabled Practitioners to take some extra steps to ensure that the flow of Reiki is heightened.

In 2006, Dr. Rubik and her colleagues prepared E.Coli bacteria samples which they stressed with a sudden blast of heat without killing off all of the samples.





Fourteen Reiki Practitioners had been recruited and were asked to give a 15 minute treatment to the surviving bacteria to see if they were positively affected.

Each practitioner was to heal three different samples over three days.

Something puzzling occurred. Two conclusions were made: that the practitioners' treatments made no difference on the overall survival of the bacteria and secondly, that the treatment was more successful on certain days than others. This was the start of some great conclusions that will enable you to ensure the success of your treatments is heightened.

Utilizing a special measurement process (the Arizona Integrative Outcomes Scale - AIOS), which can measure the spiritual, social, mental, emotional and physical well-being of an individual during the past 24 hours, the practitioners were told to reflect on their general well-being before and after the treatment.

An amazing discovery was made.

On the days that the practitioners felt good about themselves, the Reiki had a greater effect on the bacteria.

However, when they did not feel good and scored lower on the AIOS test, they actually had a deleterious effect. They actually killed off more

bacteria than naturally died in the control batches. It appears then that a practitioner's overall health in all areas is an essential factor in their ability to utilize the Reiki to heal the client.

Dr. Usui perhaps intuitively knew that the emotional state of the practitioner had to be stable for the effect of the Reiki to be maximized. Living the Reiki Principles would obviously ensure that they were that.

The conclusion shouldn't be surprising. After all, the Reiki flows through the practitioner like water through a hose – a common analogy when explaining how Reiki works.

A blockage in the hose would obviously affect the ability of the water to flow properly.

Reiki follows meridians within the practitioner's body and if these meridians are affected by negative energies of any kind, then the flow of the Reiki must be affected.

A practitioner that is not stable on all levels (spiritual, social, mental, emotional and physical) would be impeding the flow of Reiki and, as noted in the tests,

might actually be having a detrimental effect on the client.

On the days that the practitioners felt good about themselves, the Reiki had a greater

So what can the Practitioner do to ensure they are as clear a channel as possible?

Obviously addressing their well-being on all levels is a necessity. One of the best methods, aside from

actively living the Principles, is through meditation, which has been proven to have an amazing effect on the stress levels and well-being of people.

Committing to a meditation process prior to giving a Reiki treatment will have a wonderful effect on the practitioner's ability to channel Reiki.

Regardless of the methods used, valid scientific studies are clearly outlining that the stability of the Practitioner is critical for the success of the Reiki treatment which should encourage all practitioners to review their state of well-being prior to a treatment and take steps to ensure they are healthy at all levels.

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2. Reiki Master's Class and Reiki Toolbox Combined!

On March 26th and March 27th we will be offering a Master's Class like no other.

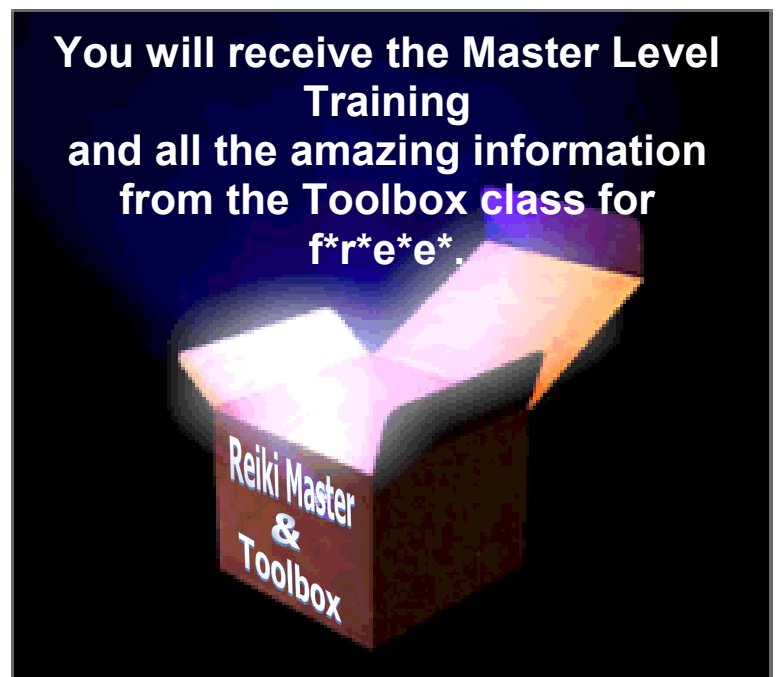
Book your space for the Master's Class and receive all the wonderful new approaches, incredible tools and amazing techniques from The Reiki Toolbox for f*r*e*e*!

The Master's Class will enable you to channel Reiki at a higher level of energy while being able to attune others to this wonderful modality.

You will also be certified to teach Reiki if you wish. While you may see teaching in the future, you may also simply be on a journey and know that this class will move you along that path.

This class will enable you to experience Reiki at a whole new level!

- 20 amazing new techniques for clients
- Reiki empowering process
- Wonderful chair treatments
- New and unique Distant Treatments
- 18 self-healing techniques
- Processes for working effectively with angels
- Healing with pendulums
- and so much more.....



Usual cost of the Reiki Toolbox is \$225.00
You will receive all this training for free.

This is the only time we will be offering this 2 for 1 course.

Saturday, March 26th and Sunday March 27th, 9:00 – 5:00

Two certificates, detailed manuals, lunches, drinks and snacks provided.

Call us at 905-785-2990 or email to: mindfulmatters@rogers.com

2. 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
- How to use scripts effectively
- Ethics
- How to run a successful hypnosis practice

You will review and have access to a multitude of processes, scripts and techniques, coupled with lots of practice time that will enable you to feel confident in your abilities as a hypnotherapist. Leave after the class and immediately run a successful hypnosis session!

Cost: \$895.00.

A 30% deposit is required (\$270.00).
Payment installments may be made.
Detailed workbook, process manual,
lunches, snacks and certificate supplied.

Three days
Friday, June 3rd to Sunday June 6th,
9:30 am - 5:00 pm each day.

3. Hugging the Right Way

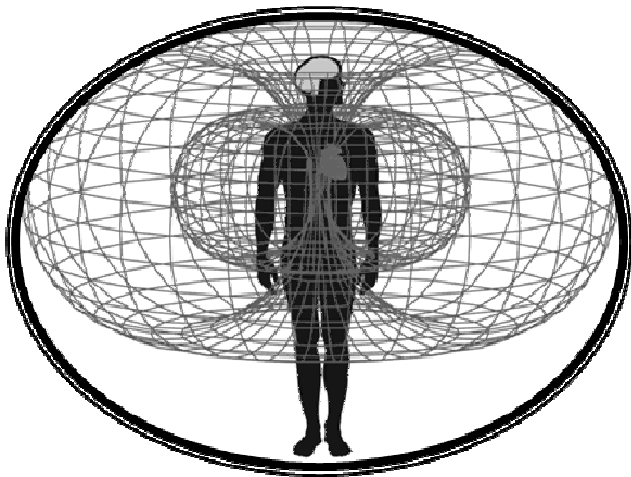
Oh yes – there definitely is a right way.

Who knows when hugging started but the person who invented it should be thanked. Hugs are an emotionally charged, publically accepted action, a wonderful way to welcome a visitor or comfort someone in need.

However, depending on how you hug, you could actually be depleting the energy of both the person being hugged and the one initiating the hug.

The intent of a hug is really to extend a loving, warm or accepting embrace to another person.

Because it is a heart-felt energy, the action of hugging affects the huge energy field that emanates from the heart – called the heart Taurus.



This field of energy extends a fair distance from the body and interacts with the energy fields of other people.

So while energy workers tend to concentrate on their aura, equal attention should be placed on ensuring that this field is balanced.

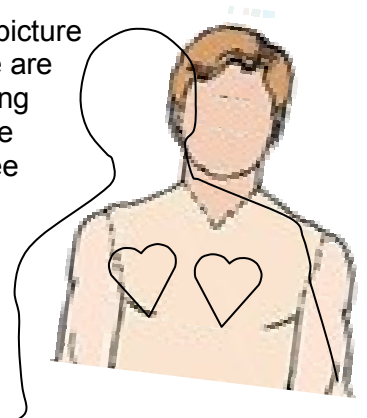
How does one do that? Well, be as loving as possible because negative energies affect it dramatically. And since the intent of a hug is to share the love, then it would be best to hug in a manner that makes sure that happens.

*A hug is a handshake from the heart.
You can't give a hug without getting one!*

If you watch people hugging, you'll see that in most cases, their heads are on their left side. Without knowing it, each person is actually protecting their heart space.

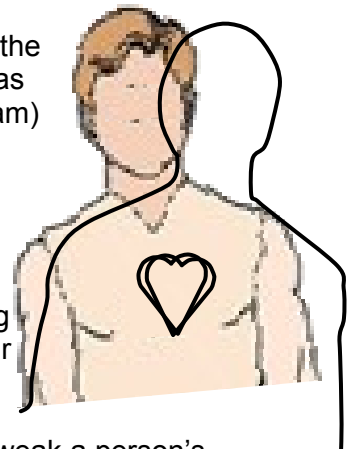
But since we want to share the love, you need to hug with your heads to the right.

As you can see in the picture to the right, two people are hugging. You are looking through the back of one person and you can see where their hearts are positioned.



As you can see, when you move to the left, each person's heart moves away from the other.

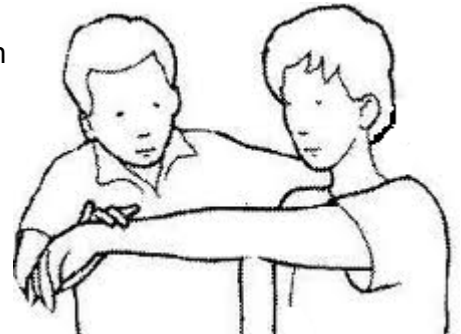
However, if you move to the right, the hearts line up (as you can see in the diagram) and there is a wonderful, balancing connection.



Of course you can intensify your connection by being calm and feeling the love flowing from your heart

You can easily test how weak a person's energy becomes by using muscle testing to test it:

1. Have someone hold out their left arm as in the diagram. Tell them to resist and push gently down on it. The arm will not move that much.
2. Hug them with your head to the left.
3. Muscle test them again and their arm will be quite weak.



Remember - hug the 'right' way.