

# The Reiki Times

Volume 12, Issue 1

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Harmony of  
Body, Mind  
and Spirit

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# The Reiki Times

## Volume 12, Issue 1

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Wishing everyone a  
Happy New Year and as always,  
the highest of Reiki Blessings!

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## **Harmony of Mind, Body and Spirit**

*By Malcolm Hollick*

### ***Why Am I Here?***



We long for life to have meaning. Without it, we suffer mental, emotional and physical disorders, and civilization becomes lost in the swamps of hedonism. But where and how can we find it?

Our lives are meaningful when we have a place and role in the world, and when we know and do what is worthwhile and important. In the past, we imbibed meaning with our mothers' milk from the structures, myths and beliefs of our culture. But the modern world has lost contact with its roots. Our culture has been diluted and fragmented by materialist science, individualism, secularism and consumerism. We are left to find our own way through a world without deep meaning or purpose. We urgently need a new mythology that reintroduces meaning and purpose to life. The science of oneness can help fill this void.

### ***The Meaning of Life***

A vision of the cosmos has emerged from our long journey together which bears many similarities to ancient spiritual traditions. At its heart is the Mystery of Spirit, a creative Potential that shattered the primal One, bringing matter and consciousness into being. But even as the unity shattered, its fragments were being reintegrated into a complex, connected whole that is infinitely richer and more beautiful than the Void from which it sprang: a whole with the capacity to know itself in all its richness and beauty.

We are creatures of this process, as both independent organisms and integral parts of the whole. And the meaning of our lives is to be found in these contradictory roles. We value ourselves. We care what happens to us. The very essence of our being urges us not only to survive, but also to perpetuate our kind, and to fulfill our potential. But those who live purely for themselves often find their lives are hollow shells, empty of joy and true meaning.

Paradoxically, the pursuit of personal happiness often brings mental and emotional suffering. We cling to life, while dreading death. We pursue pleasure and success, while fearing pain and failure. We hunger for love, while feeling deeply unworthy. In our efforts to escape these negative feelings, we try to eliminate their causes by conquering death, banishing pain, and vanquishing evil. Hence was born the ideal of progress which has so singularly failed to make western society happier or more content.<sup>1</sup>

This desire for progress is doomed to frustration by the principle of yin and yang. Pleasure and pain, goodness and evil, life and death are like the troughs and crests of waves. No matter what our absolute quality of life, positive and negative emotions continue to alternate. Rather than trying to eliminate pain and suffering, the way forward is to enter fully into the richness of life with all its joys and woes. In doing so, we risk being overwhelmed - as much by joy as by suffering - but it is only by taking this risk that we can truly live and find the meaning of life. As Joseph Campbell expressed it: "You've got to say 'yes' to life and see it as magnificent this way... It is joyful just as it is. ... The ends of things are always painful. But pain is part of there being a world at all."<sup>2</sup>



Buddha teaches that the way to avoid suffering is through detachment - a term that is often misunderstood. Most of us repress painful memories and emotions, pushing them away into remote recesses of our being. We build almost impregnable psychological walls around them, and pretend to ourselves that they don't exist. This is not detachment. It is attachment. It is clinging on to the pain and binding it to us until it is reflected in our postures, gestures, movements, illnesses, emotions and attitudes. Detachment is not reached by hiding from the pain, but by going through the fire. It is the reward for the hero's journey when he or she returns home, having survived their ordeals, and finds peace; the peace that comes from knowing who we truly are and why we are here. It took Jesus a symbolic 40 days in the wilderness, the Buddha years on the mistaken path of asceticism, and Thich Nhat Hanh the horrors of the Viet Nam war and exile from his beloved homeland. Detachment is acceptance of the horrors and traumas and failures as parts of life and of ourselves. But detachment is not indifference. It is a place of deep love and acceptance of both ourselves and others - warts and all. A place from which we can launch forth into service, giving ourselves to the whole, not in a spirit of martyrdom but from the strength of our love and oneness.

Paradoxically, detachment is a state in which nothing ultimately matters. All is illusory, impermanent. And yet it is a state in which everything matters deeply. Every person and being matters as if they were our own child or partner, or our very self. Detachment from our individuality brings a deeper meaning as integral parts of the whole. Our well-being depends

largely on the well-being of every other individual, and hence on the extent to which our actions serve others. Selfishness, hatred, injustice and intolerance weaken the links which bind the whole, while love, compassion and cooperation strengthen them. Thus the basic value emerging from the systems view matches the fundamental moral value of all spiritual traditions: love your neighbor as yourself. But we can now see that our neighbors include not only our tribe, but all humanity, all beings, and Gaia herself.

Love, wrote Darryl Reaney, is expressed when two separate entities abandon their individuality to achieve a greater selfhood in union.<sup>3</sup> Alongside the evolution of the many from the One is the parallel process of uniting the many, destroying their independent selfhood in the creation of richer, integrated wholes. Love in this sense is a fundamental principle of the universe. When hydrogen atoms combine to form helium they forsake their own identity, but in doing so they ignite the stars. And when Gandhi, Mother Teresa, or Nelson Mandela forsook their own lives for service, they ignited the world.



As we come to understand this, so the boundaries of our identity move outwards, encompassing more and more until we are the Whole. As we move from love for ourselves to love of the whole, so our caring and protective attitude extends until it encompasses our community, our ecosystem and our planet. And as we draw other people and nature into our circle of love, so we lose our alienation and

isolation, gaining joy and a sense of being at home. Here lies the great paradox of existence. He who would find his life must first lose it.<sup>4</sup>

Meaning comes from wholehearted participation in the cosmic process. It ceases to be something we create for ourselves, and is found in the purposes of the whole. When we act selfishly, we foster dis-integration; but when we act with love, we promote integration and harmony. The deepest meaning is thus to be found in our capacity to co-create our planet and the cosmos.

### ***The Purpose of Life***

Purpose and meaning are closely interwoven. If we discover the meaning of our lives, we will find our purpose. And if we find a deep purpose, our lives will have meaning. Buddhists believe that everything we are and experience is an illusion, a product of our minds like a

dream. And modern science sees matter and consciousness ephemeral manifestations of underlying fields, no more solid than the reflection of the moon on water. But if everything is an illusion, does it matter what we do! Why shouldn't we do whatever pleases us?

The Buddhist response again parallels that of science. Everything we do creates karma which influences our future like cause and effect in the material realm. In the words of the Buddha: "What you are is what you have been, what you will be is what you do now." In the Christian tradition, we are told we will reap what we sow. And if the stories of our lives that we spin are to be self-consistent, then who we were in the past largely determines who we are now, and who we are now strongly influences who we will be in the future. Or yet again, in Rupert Sheldrake's terms, we resonate with the morphic fields of our own past thoughts and actions, and are thus channeled in similar directions in the future. There is but one conclusion: we will never find future happiness and fulfillment unless our present actions are right.

The evidence from near-death experiences suggests that this influence of the past may extend beyond death. According to one account: "For me, it was a total reliving of every thought I had ever thought, every word I had ever spoken, and every deed I had ever done: plus the effect of each thought, word, and deed on everyone and anyone who had ever come within my environment or sphere of influence."<sup>5</sup> And those who have returned agree that they encountered absolute and unconditional love. This suggests that at the moment of death our lives are measured against the yardstick of love. And we are judged, not by an almighty 'God', but by our own inner critics.

Similar ideas can be expressed in more scientific terms. The record of our lives may persist beyond death, encoded in the implicate order, psi field or morphic fields. So, even if we are not literally reincarnated, our shadow stretches down the generations and across the cosmos. When we recall the sensitivity of chaotic and evolving systems to small disturbances, it is not too far-fetched to imagine that an individual life could be a trigger that changes the future of humanity, Gaia and the very cosmos itself for better or worse. None of us will ever know if that potential was realized, but we are nevertheless responsible for the effects that we have. We are co-creators of the cosmos and Spirit. Inevitably, whether we like it or not, it matters how we live because this will determine the quality of our experience in the future, and influence untold lives to come.

This conclusion implies that we cannot save the world by ideology or politics, science or information on their own. What really counts in the long term is the quality of each of our individual lives; whether or not they resonate with the deeper purposes of the cosmos, and

we nudge it in positive directions. The transformation of our society, our world, our universe, must start and end with the transformation of ourselves.

What does personal transformation mean? We have seen how we divide mind from body; the outer objective world from our inner subjective world; subconscious shadow from conscious ego; and individual consciousness from transpersonal and unity consciousness. Our lifelong task is to heal these splits, and integrate the various aspects of ourselves into a



whole being; to integrate that individual being into the fabric of society, planet and cosmos; and to learn who we truly are. We each must find our own unique spiritual path towards this destiny. There are many false trails, so we must choose our way carefully, looking for evidence of its fruits in the lives of our fellow travelers as well as in our own.

Whatever our path, it should lead to a life of love, compassion and service for all creation rather than the pursuit only of our own happiness, salvation or enlightenment. Indeed, we cannot succeed in our quest for personal transformation if we ignore the wider whole. And transformation to a society of higher beings can occur only if the community, economy, technology, government and other factors are transformed too. As Joseph Campbell expressed it, "The Indian yogi, striving for release, identifies himself with the Light and never returns. But no one with a will to the service of others and of life would permit himself such an escape. The ultimate aim of the quest ... must be neither release nor ecstasy for oneself, but the wisdom and power to serve others."<sup>6</sup>

Our ultimate purpose is to co-create a whole person, a whole community, a whole civilization, a whole planet, and a whole universe. This is our responsibility, but we do not bear it alone. We cannot create a whole self on our own, let alone a whole planet or universe. But we can play our parts. Collectively and with Spirit, we have the power to guide the future of our planet and cosmos into the paths of love and truth, beauty and wisdom.

### ***Setting About Our Task***

In the past, our power was limited and largely unconscious but science and spirituality have brought awareness of our potential, and all but made us omnipotent. We can transform ourselves, humanity, Gaia and the cosmos, whether for good or ill. And we must seek the wisdom to find the right way. ... Such action flows from the heart, from loving identity with the whole. Ultimately, when our sense of self expands to include the whole, we care for the



whole, acting beautifully rather than morally. How can we best set about our task? The ancient Taoist concept of wu-wei provides a clue. Often translated as 'non-action', it is better rendered as 'refraining from action contrary to nature'.<sup>8</sup> According to Lao Tzu, everything can be done by wu-wei, by 'going with the flow'.<sup>9</sup>

*The Tao goes on forever  
wu-wei - doing nothing  
And yet everything gets done.*

*How ? It does it by being,  
And by being everything it does.*

*If people and rulers go by this  
then every living thing will be well.*

### ***In Conclusion***

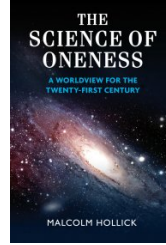
Our purpose is to create harmony. Harmony of mind, body and spirit within ourselves. Harmony amongst all parts of ourselves, including those of which we are ashamed, and which we repress. Harmony with family and friends. Harmony within communities and our larger societies. Harmony amongst diverse races, cultures, tribes, and religions. Harmony with nature and planet. If we live in harmony with the song of the universe, we will help harmonize the discords of the world. And if we are in harmony with ourselves and each other, we will be supported and sustained in our purpose by the whole of which we are harmonious parts. Harmony is multi-dimensional and dynamic; a blending of diverse notes and colors and movements into a beautiful whole. Our purpose is to seek that ever-changing mix of tones and tints and flows which creates the most beautiful symphony.



#### *About the Author:*

*After a long academic career spanning many disciplines, Malcolm Hollick left the University of Western Australia in 1997 to join the Findhorn Community in Scotland. He was foundation Principal of Findhorn Foundation College, and is currently a member of the Steering Group for the University for Spirit Forum in the UK. Mr. Hollick has won the Scientific Medical Network 2006 book prize for his book *The Science of Oneness*. The Network has recognised Malcolm's tremendous contribution to the open-minded dialogue between science and spirituality.*

Article excerpt from *The Science of Oneness: A Worldview for the Twenty-First Century* by Malcolm Hollick, published by O Books. © 2006. Available at bookstores worldwide or visit [http://iarp.org/others/Products\\_guide.htm](http://iarp.org/others/Products_guide.htm) to purchase this recommended book.



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9 *The Tao Te Ching, Chapter 37*  
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## **Dreaming Your Joyous Path**

***Interview with Robert Moss***

**Author of *The Three “Only” Things***

### **What is the single most important gift dreaming has given you?**

I learned from a dream guide in my childhood that the most important knowledge comes to us through *anamnesis*, which means "remembering" the knowledge that belonged to us, on the level of soul and spirit, before we came into this world. Dreaming is the best way I know to practice *soul remembering*. We live differently when we remember that our lives have a purpose, one we consciously accepted before we came here, and that the ups and downs of our present lives are part of a bigger story.

### **You say, “We dream the future, maybe all the time”? How can we learn to work with dreams of the future to make choices?**

First off, we watch to catch as much dream material as we can, and *scan* all of it for possible information about the future. Future messages may be literal or symbolic. They may be for us or for others, even for the world.

We’ll need to learn to recognize that while some of our future dreams are precognitive, showing us events that *will* happen, many offer glimpses of a *possible* future – sometime scary, sometimes wonderful. We can learn to use information from early warning (or early opportunity) dreams to change the future for the better. I think it’s like this: if you don’t know where you are going, you are likely to end up where you are headed!



Say you dream of a plane crash, or a car accident. You want to try to stick your head back inside the dream and see whether the dream feels more literal or symbolic – is the airplane dream about “flying too high” or “being on another plane” or does it feel like you are on a literal aircraft? If the dream feels literal, you want to look for *time markers*. See if you can

figure out when this might be happening. Get more information. In this way, you may be able to escape an unwanted future event, or help others avoid an unhappy future.

Dreaming the future is also about claiming a brighter and better future that is sometimes revealed in dreams. My book *The Three "Only" Things* contains a beautiful story from a schoolteacher, Marybeth Gurske, who dreamed of "Mr. Right". She saw him in a doorway. In the dream, her heart was opened, and a beam of loving energy streamed from her to the heart of her dream guy. She painted that scene to hold its energy in her life, and imagined herself hauling herself along that cord to her dream lover. For fourteen months, she checked the energy of guys she met against what she had felt in the dream, and rejected all of them because they fell short – until she met the man she was sure was the one in the dream. They are now very happily married. This is a lovely example of how we can follow the energy of a dream of the possible future.

**Talk to us about how dreaming has been central in the history of scientific breakthroughs and discovery.**

Many of our greatest scientists and inventors – Newton, Einstein, Niels Bohr, Wolfgang Pauli – have been world-class dreamers and imagineers. Kekule dreamed the secret of the benzene ring. Elias Howe dreamed up the modern sewing machine needle, ushering in a new phase of the industrial revolution. Modern cryptography and the first military aircraft were both inspired by dreams.

Wolfgang Pauli, a Nobel laureate and one of the pioneers of quantum physics, said that throughout his life dreams were his "secret laboratory." Pauli's dreams coached him on his scientific work, and in dreams he frequently found himself holding discussions with colleagues that took them beyond their current level of understanding. His dreams helped him to pursue an immense life project: a unified theory that would explain that there is no separation between psyche and physics at any level of reality. Its nature became clear to him in his mid-thirties, when he dreamed that Einstein came to him and told him that must accept a new dimension to reality, the psycho spiritual depth of things.

**You write that the idea for monster.com came to its founder, Jeff Taylor in a dream and that dreams have been the source of many other great business ideas. More, please?**

Jeff Taylor woke in the middle of the night from a dream in which he created an electronic bulletin board that was lit up with eager job-hunters logging in from all over the map. He



scrawled the phrase “Monster board” on a pad in the dark, then rushed to an all-night coffee shop and roughed out the plan for what became the stunningly successful Internet job agency, Monster.com.

Great entrepreneurs and innovators are dreamers, in one sense or another. Nineteenth-century financier and railroad baron Arthur Stilwell got the plans for his railroads and the site of Port Arthur, Texas from his dreams. Starbucks founder Howard Schultz says of himself, “My most marked characteristic is the ability to dream more than most people think practical.”

**You say, “the body believes in images and those images can make us well.” Tell us more.**

An image sends electrical sparks through your whole body. This shows up when an EEG records brainwaves. At the same time, an image sends a stream of chemicals washing through you. If you dwell on images of grief and failure, you are manufacturing “downers”. If you can shift your mind to a relaxing scene you produce a natural tranquilizer whose chemical structure is very similar to Valium. If you summon up images of triumph, you mobilize neuropeptides that boost your immune system.

In its internal workings, the body does not seem to distinguish between a strong image and a physical event. There is immense potential for healing here – as is increasingly recognized in the healthcare community, if we choose to give our focus to positive images that are right for us.

**You say that dreaming is not so much about sleeping as about “waking up” and that this has been the understanding – and the survival strategy – for most human cultures before the modern era. Have we lost contact with ancestral wisdom?**

In the language of ancient Egypt, a dream (rswt) is literally an “awakening”. For many ancient and indigenous cultures, dreaming is not fundamentally about what happens during sleep. Dreaming is fundamentally about WAKING UP to a deeper reality. This can happen when we are asleep or when we are awake, or in an altered state of consciousness.

From this perspective, being a “dreamer” (a highly respected function, by the way) not only means that you are active in your sleep dreams and remember them, but that you can

embark on wide-awake conscious dream journeys and that you are constantly alert to the dreamlike play of symbols and synchronicities in everyday life.

Another shared understanding of ancient and indigenous traditions is that in dreams, we go traveling, and we receive visitations - that in dreaming, we are not at all confined to the body or the rules of physics, but can fly off to other times and other dimensions and may play host to visitors who are similarly unrestricted by physical laws.

Go into the words used for "dream" in different cultures and you'll find that - as with the Egyptians - the ancients were quite clear that dreaming is about far, far more than Western psychology generally grasps. For example, an Iroquois phrase that means "I dream" also means "I bring myself good luck". The implication is that if you don't dream, you will be unlucky because you won't be present at the creation of the events and situations that will manifest in your life.



Our ancestors – in *all* cultures – were dreamers. By reclaiming our dream life, we reclaim access to ancestral wisdom.

### **You say you “live by coincidence.” What does this mean, in everyday life?**

I play the game of assuming that *anything* that enters my field of perception could be a message from the universe, large or small. I love playing simple coincidence games like opening a book at random and seeing what pops up on the page, or scheduling five minutes of *unscheduled* time a day to pay attention to whatever is going on around me – on a busy street or a quiet wood – and see what the world is saying.

I've learned that coincidence may be wild, but it's never truly random. It follows certain rules. One of these is that every setback offers an opportunity. Another is the law of attraction: our thoughts and feelings are actions, and they produce results. We are ready for a juicier, more creative life when we take that concept further and recognize that the passions of the soul work magic, and will draw fabulous events, people and opportunities to us if we can only trust ourselves to follow our deepest and truest desires.

## How can we learn to “navigate by coincidence”?

We can invite coincidence to be our guide by putting our questions to the world. Say there is an issue in your life on which you would like guidance. Write it down as a request. You may want to use this simple format: “I would like guidance on –“ (and keep it simple). Now give yourself a fixed period of time – ten minutes, half an hour, the length of the commute – and see what comes up during that period. Play the game of pretending that anything unusual or striking that enters your field of perception will be a response from the world.



This game generally works best when we are in motion. I especially like to play it when I am in my car. As you are driving along, your message from the world may come through the vanity plate on the car in front of you on the road, or the pattern of traffic, or the flight of a hawk, or first song or commercial that comes on the radio.

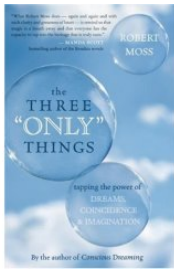
**You have pursued several careers – as a foreign correspondent, a bestselling thriller writer, and a history professor. What inspired you to follow your present path, for which – as you say – “there is no career track in our society”?**

Although dreaming has been central to my life, I did not take the decision to become a dream teacher - a path for which there is not (yet) a career track in Western society - until I moved to a farm in upstate New York in the mid-1980s and started dreaming of an ancient Iroquois Indian *arendiwanen*, or "woman of power", who insisted on communicating with me in a language that was not my own. This proved to be an archaic form of the Mohawk language. The Mohawk dream shaman reminded me that dreaming is all about soul - that our dreams show us what the soul wants, as opposed to the clutter of the everyday mind and the petty agendas of the ego, and that it is the duty of decent people in a humane society to create and hold a space where dreamers can tell their dreams and can then be helped to take action to honor the wishes of the soul.

My dreams of the ancient woman healer and of soul recovery led to a BIG dream - a watershed dream - that finally gave me the courage to give up previous definitions of success. Over the past 15 years, I have helped more than 15,000 workshop participants to remember how to dream, and in so doing to find and follow the voice of the heart, and to recognize the deeper stories of their lives.

## When did your interest in dreams and coincidence begin?

As a child, growing up in my native Australia, I survived three near-death experiences that made me very strongly aware that the physical world is not the only reality. The first person I knew who was able to confirm my experiences was an Aboriginal boy who came from a tradition that teaches that the dream world may be more real, not less real, than the world of ordinary physical existence, and that our true spiritual teachers - and the nature of our soul's purpose - are to be found in the Dreamtime.



**Robert Moss** is a world authority on dreams, a bestselling novelist, and a former foreign correspondent and professor of ancient history. His latest book is *The Three "Only" Things: Tapping the Power of Dreams, Coincidence and Imagination*. Visit his website [www.mossdreams.com](http://www.mossdreams.com)

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## **The Reiki Life**

*By Celeste Bradley*



One day I was in my cousin's backyard during one of my great-grandmother's visits, I looked up at her and said, "It all ends with me." She seemed puzzled, so I said it again, "This, this all ends with me." She seemed concerned, but then smiled gently and closed her eyes, nodding as if she agreed with this statement about my life's purpose. It was indeed an odd declaration for a ten year-old to make in the middle of a play date with shrieking children, but my great-grandmother got it.

It was that I refused to repeat the same fear-based behavior that had produced such suffering for my mother's family. Something within me knew, intuitively that it could be healed, and that I had the power to change my life for the better. Through Reiki I have discovered the value of the intention I expressed years ago, and realized the importance of that revelation to my life experience.

I also know through my Reiki practice the impact of Mikao Usui's words:

***Just for today, do not get angry.***

Anger has a vibrational impact on our bodies. And according to Dr. Wolfgang Linden, a clinical psychologist at the University of British Columbia in Canada, it redirects the blood flow so that up to eighty-percent of it is sent to the muscle tissue or the brain. The rest of the body is deprived of blood and oxygen during periods of anger, and long-term anger can lead to heart problems.

***Just for today, do not worry.***

Worry causes undue stress on the body, which can manifest as headaches, insomnia, weight fluctuations, and immune system malfunctions, among other problems.

**Be grateful.**

Gratitude is a way of being mindful of and expressing appreciation for all that we have experienced and all that we share with the rest of the planet.



**Work hard.**

Devoting ourselves to work and or having some sense of a purpose is paramount to being human. Having a purpose engages us and allows us to share with others, which, of course, has the potential to change the planet. Work is the seed to a better consciousness.

**Be kind to others.**

Kindness and compassion have profound effects on the immune system, and their practice increases serotonin in the brain. Kindness helps the recipient as well as the giver in similar ways, according to some researchers.

*About the Author:*

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## Eye Yoga

by Diana Manilova

**Looking for a quick pick-me-up from the eyestrain of holiday bills?** Read on for some quick tips from Diana Manilova for eye yoga, which are beneficial all year round.

**Eye Yoga:** Simple procedure for strengthening and exercising the eyes

Eye ailments often accompany a time for you to have new vision about your life or a situation that you are currently presented with. If you have an eye ailment, the exercises below may serve as a complimentary practice to any other treatment.

Eye Yoga is best performed while sitting with straight spine - once in morning, once in evening.



### 1. Side to Side and Up and Down

- With Eyes Wide Open. Look all the way (ATW) to the left. Look ATW to the right. 4 times (x) then close eyes and rest.
- With Eyes Wide Open. Look ATW up. Look ATW down. 4x then close eyes and rest.

### 2. Diagonal

- With Eyes Wide Open. Look ATW to upper left. Look ATW lower right. 4x then close eyes and rest.
- With Eyes Wide Open. Look ATW to upper right. Look ATW lower left. 4x then close eyes and rest.

### 3. Around the clock

- With Eyes Wide Open. Look ATW to 1:00, Look at 2:00 all the way to twelve. 1x then close eyes and rest.
- With Eyes Wide Open. Look ATW to 11:00, Look at 10:00 all the way to twelve. 1x then close eyes and rest.

### 4. Focus practice

- Hold up one finger in front of your nose and focus on your finger print. Then look out the window and focus on the horizon. 4x then close eyes and rest.

### 5. Eye cupping

- Most important and can be done all throughout the day. Cover your eyes and sockets with the palm of both hands. Overlap your fingers on your forehead. 1 minute. Repeat

all day many times. Sit at a desk and put your elbows on the table top for support. You may then perform eye cupping for 5 to 10 minutes. Let the Reiki flow!



*About the Author:*

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## **Reiki Pilot Program**

*By Connie Bunting*

In the year 2000 it was my honor to earn my Reiki Master Teacher designation. Since that time Reiki has been an important part of my life. From 1999 through 2002 I was in a battle with breast cancer. I won that battle and am now a survivor and cancer free. Reiki energy was an important part of my success with this life threatening disease.



As is the case for most of us in this world, I grew up in a dysfunctional family. A large portion of the dysfunction was due to the family disease of alcoholism. I tell you this so that you know it is important to me to help those battling this deadly disease. In the year 2003 I lost my beloved brother to alcoholism. There are people in my biological family that continue to succumb to this destructive behavior that continues to rule their lives.

I have taught Reiki for several years and continue to enjoy sharing this beautiful energy with others. I have seen many, many lives improve with learning and experiencing Reiki and it continues to be inspiring to me. I am a witness of the positive influence of Reiki in the lives of those that are open to the experience.

In February, 2007, I read an article explaining how the writer, a Reiki Master, became a provider of Reiki for a clinic in the eastern United States. I thought to myself, if he can do it, why can't I do it here in Indiana?

The universe knew the answer to my question, and it became apparent to me when the right people were provided at the appropriate time to make this dream a reality.

Jessica Buescher and I researched Reiki programs offering Reiki sessions that have been successful in various facilities and hospitals. The research began in March, 2007 and we were ready to present a proposal to hospital administrators in May, 2007.

Our first proposal was presented to a drug and alcohol abuse hospital in central Indiana. This proposal offered a four week pilot program with five Practitioners, each completing two or four sessions each week.

The Reiki pilot program was completed with significant, positive results from the patients. We provided 64 sessions from 9/17/07 through 10/12/07. All Practitioners involved in the pilot program agreed it was the most rewarding experience we have witnessed while sharing the Reiki energy.



The statistics from the pilot program was impressive with 83% of the patients displaying improvement with stress, 67% displaying improvement with pain and 86% displaying improvement in how they felt about their health. A Likert scale was used pre- and post-sessions to determine levels of stress and pain management before and after the Reiki session had been administered.

I also had the opportunity at the same facility to present a lecture defining Reiki energy on October 8, 2007. The audience, inpatients experiencing different levels of their recovery, found the information to be enlightening. There were approximately 25 patients attending.

First I explained Reiki and described it as the life-force energy that flows through all things. Then I shared the history and gave details describing what a session encompasses. One older gentleman asked if I could demonstrate on him. He was sitting in a chair so I placed my hands on his shoulders, said a quick prayer and asked to be a true instrument for the Reiki energy. He began crying and later told me he felt God.

Patients began to sit in the aisle, waiting for me to share the Reiki energy.

One younger female person had been in a car accident and was experiencing a great deal of pain. After receiving the Reiki energy for about three minutes she said the pain was gone in her leg. One young man (approximately 20 years old) said he sat down not believing there would be any feeling or results when receiving the Reiki energy. When he stood up after receiving Reiki he shared that he was in an altered state during the brief session. This was a very positive experience and proof again that most people have to experience the Reiki to believe.

During the sessions I only shared two or three minutes with my hands on their shoulders. I was also explaining to the audience during the brief sessions that I am only an instrument for

the energy to be shared through my hands to the recipient. Reiki sessions were shared with approximately ten patients with amazing results.

With three days remaining to see the patients there were no slots remaining for appointments due to the excitement created from the lecture.

A few comments that were shared from the patients on their evaluation forms after receiving a Reiki session:

- “Extremely relaxed and calm.”
- “Unstressed.”
- “I love doing this, it is a wonderful experience.”
- “The stress was cut in half.”
- “I came in with back pain and left with none. Remarkable, unexplainable.”
- “I feel fantastic.”
- “Amazing anxiety reduction.”
- “Your hands are a gift – thank you. God bless you.”

The Director of Adult Services at the hospital is now pursuing funding so that we may provide Reiki sessions as part of the recovery program.

*About the Author:*

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## **In the Stars**

### **Monthly Report for January, 2008**

*by Yahaira*

Happy New Year! This year promises to be full of drama, dynamism and intrigue, particularly through the winter and spring seasons.

This year will start off with a bang! Often times its only fireworks in the sky, but not this year. As always stay peaceful on New Year's Eve, but more so this year because of the potential for violence due to an aspect

between Mars and Pluto that continues to unsettle our nerves. This energy has been increasing for a month now.

This powerful opposition involves Pluto, the Sun and Jupiter all opposed by Mars. The tensions will ease a bit as we move into January. However, Mars and Pluto will oppose one another again in March.

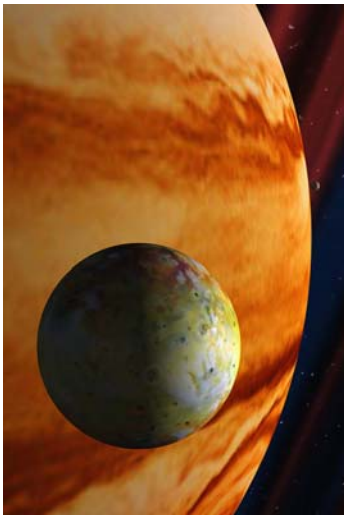
For January, it's important to realize that Pluto which signifies the power of transformation, death and renewal will move into the practical earth sign Capricorn on Jan. 27<sup>th</sup>. Pluto is finishing its 15 year transit of fire sign Sagittarius. And through this passage of time, we have been undergoing major global confrontations involving the struggle of nations for power and supremacy thru the agency of religious beliefs and the expansion of those beliefs by nations mutually imposing their wills on others who hold different religious beliefs and ideas. Sagittarius ruled by Jupiter, likes to expand ideas and philosophies in order to broaden and share views. Apply that quality to Pluto, which likes to use force, willfulness, destruction, transformation, the underworld and we have a good snapshot of the last 15 years.

The very last degrees of the sign are crucial to the energies meaning that a maturity has been reached. Hopefully, humanity has evolved during the last 15 years to have more wisdom regarding how beliefs affect one another and how to share for our mutual benefit. Getting back to this aspect between Pluto and Mars and the polarity of Sagittarius and Gemini. This aspect is transiting through the 1<sup>st</sup> and 7<sup>th</sup> house cusps of the chart of the USA, meaning it is impacting Americans at home and for relations over seas. This will be a year of either exploring who we are and what we want to become and communicating that to others or compulsively being thrown into chaotic world events that will force us to keep order and structure for others who may not agree with the global changes. Pluto represents the energies of transformation, destruction, desire, obsession and elimination. Also, cleansing, renewal, healing and catharsis. We see here in the mist of this quiet winter season an emerging compulsion which involves us and others to step into a change of order and



structure. We will have a glimpse of this new order when Pluto enters Capricorn January 27<sup>th</sup> through June 15<sup>th</sup>, 2008. Overtly, the change will appear to come from the global events that are now being orchestrated and highlighted abroad involving USA deeper into the chaotic events going on in the Middle East and Pakistan and possibly involving Russia. However, inwardly we have been sensing that the change is permanent only when it stems from within. A way of showing this is by taking care of our place on the planet (wherever that is) and allowing our sense of self-preservation to guide us. What this means for us is that we are part of global karma (cause and effect) - as much as we are "here" on this continent, we are "there" also. We are simultaneously all interconnected. We are one. Through this transit of Pluto thru Capricorn, we will realize that our governmental structures aim to show us that we are connected by the order imposed by Capricorn's ruler Saturn who rules governments. Saturn, known as the taskmaster, teaches by limitation and restriction and this is how we learn to value our time in this continuum. This interconnectedness of all may be the transformation that awaits us at the end of Pluto's passage of Capricorn. As always we move to express spirit in different ways. Pluto's passage runs from 2008-2024.

The Sun continues its trek through earth sign Capricorn. An ambitious practical earth sign, Capricorn seeks authority, structure by being responsible and reliable. These are some of the personality traits for those born under Saturn's sign. This planetary rulership makes people under this sign very serious about pursuing their goals and ambitions; Achievement of those goals is the meaning of the goat climbing the mountain top. Overcoming their fears, Capricorn can do it all.



Happy Birthday Capricorns -you are all doing such good work! Also, Happy Birthday to those Aquarians who share their unusual insights for our common good!

The Sun enters Aquarius January 21<sup>st</sup> and this is an air sign that seeks to share knowledge and to understand the structure of the universe. Aquarius's symbol is the man pouring energy from a vase. This connects to the idea of the individual sharing his/her knowledge with humanity that spiritual energy that aligns us to the stars. Aquarians thirst for the unconventional, the new and innovative and many are trailblazers.

Other planetary phenomena to note this month: Saturn is retrograding through Virgo. This will be intensifying the processes of analysis, research and maintaining practicalities.

We may continue to have a slow economy until May 3<sup>rd</sup>.

Mercury will go retrograde beginning January 28<sup>th</sup> through February 19<sup>th</sup> through the air sign Aquarius. If you know your chart, the house that holds Aquarius will be the areas in life affected. *(Refer to the list below)*

Mercury is the messenger of the gods. This trickster of the planets moves through Aquarius during this retrograde. It will bring all types of information that could be unusual and computers will be especially affected during this time.

***The lunar phases are:***

The New Moon is January 8<sup>th</sup> in the earth sign Capricorn. A new energy arrives. The goal-oriented Capricorn Moon will urge us to follow a course of action methodically.

The First Quarter Moon on January 15<sup>th</sup> is in the fire sign Aries 25 degrees. This may be a time to assess if these new projects are developing well.

The Full Moon is on January 22<sup>nd</sup> in the fire sign Leo. During this lunar cycle people are likely to be seeking affection and desires will be magnetized by the intensity of the full moon. This is a good time to realize how the individual and the collective work together.

The polarity of Leo is Aquarius, the light bearer. Leo represents the urge and desire of the individual ego and Aquarius is the Angel that is the part that is connected to the whole stellar cosmos which we all have. This full moon is great for attuning to your personal angel self!

The last Quarter Moon is on January 30<sup>th</sup> in the water sign Scorpio at 9 degrees. Last quarter moons are a time to summarize the events of the previous four weeks. A good time to make evaluations. The water sign Scorpio is a deeply sensitive water sign. This Scorpio moon is perfect for meditation and listening to the inner teacher. Remember the adage; that a wise person is one who knows the stars and the fool is one who is ruled by them.

***Here is a list of some of the areas in life represented by the astrological houses.***

1<sup>st</sup> house represents the persona, the body, one's physical appearance, the early child environment and general path in life.

2<sup>nd</sup> - Personal resources, talents, self esteem, self worth, responsibilities, and wealth.

3<sup>rd</sup> - Education, short trips, daily activities. Communication and siblings. Concrete thinking.

4<sup>th</sup> - Personal emotional foundation, mother, home and security. Real estate and vehicles.

5<sup>th</sup> - Speculations, risks, love affairs, hobbies, creative intelligence and will power.

6<sup>th</sup> - Work, service, health, employers and employees.

7<sup>th</sup> - Partners, business, mercantile relationships and social connections.

8<sup>th</sup> - Joint finances, debts, inheritance, insurance, taxes, death and regeneration.

9<sup>th</sup> - Higher learning, marriage, law, foreigners, wisdom, abstract thinking, long journeys.

10<sup>th</sup> - Career, achievements, father, authority.

11<sup>th</sup> - Friends, groups, goals, ambitions, desires, and titles.

12<sup>th</sup> - Loss, sorrow, retreat, meditation, large organization, the unconscious, service and confinement.



*Yahaira is an internationally known clairvoyant medium with over 20 years experience in helping people gain insight and clarity through the use of her intuitive gifts. Her readings focus on relationships, career, life path lessons karma, past lives, and future probabilities. Her services include astrology, energy clearings, life readings and more. [www.yahaira.org](http://www.yahaira.org) For a reading of the transits to your natal chart call Yahaira at 928-505-5202*

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**Enjoy a great month and as always, highest of Reiki Blessings!**

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