

when practicing *asana*; it is this eye that sees. Remaining focused on the vision of your third eye, your *Brahman's* eye, is where you look, and it dictates what you see during your *asana* meditation. Uniting with infinity means looking within, because all energy is a single energy. This is why we begin our practice with the greeting, *Namasté*. This greeting means, "Your energy and my energy as one."

Every breath is an act of refining *prana* — life force. See it with your third eye. Look within. Focus on the inhaled energy, glowing bright, golden-white. When you exhale, it is like blowing on a hot ember — the glow increases, taking over your entire body; extending beyond the body, because to inhale is to become one with the infinite, and exhaling expands that relationship of uniting *Atman* and *Brahman* throughout the universe. You are Cynthia, but that is not all you are. If that is all you are, you're *maya*. So, that is not all

remove your shoes, and the meditation begins. It starts with the greeting, "Namasté." Then you inhale *prana*, refine *prana*, and envision a golden-white light. First is *Tadasana*, Mountain pose. When we do *Tadasana*, we do not stand with our arms hanging at our sides. We stand, feet together, the center of gravity over our heels and we slowly lift our arms in a wide angel's arc. As the arms lift we inhale, *Brahman's* eye sees the golden-white light of *prana* we are pulling from the universe outside of ourselves, and when the fingertips touch overhead we pause, holding our breath, 'seeing' our bodies flood with light. The fingertips separate, the arms slowly come down, we exhale and 'see' the ember glow intensely. Our arms now rest at our sides. In *Tadasana* we are microcosm and macrocosm, finite and infinite, *Atman* and *Brahman*. This is yoga, to yoke the finite and infinite, to become conscious of the unity of *Atman* and *Brahman*. Then we real-

you are. You are infinite. You are also drinking water during our session, and that's against the rules."

"We're not practicing, we're talking," Cynthia furrows her brow. "This is not exercise."

"You walk into the room,

ize that to look within is to see everywhere. Sitting in *pranayama* — breathing exercise — is meditation. Moving with each *asana* becomes a joining now with the Supreme Godhead."

Shadow leaps off the sill, and softly pads across the hardwood floor. Yoga Cat stops in front of Cynthia. He gazes outward again, however, we have established that he is actually looking inward. Without warning, a single gray leg shoots straight into the air over his head. Whatever Yoga Cat does next will be frightening, and Cynthia and I have decided that we will not notice. "Youngbear, how do I judge the depth of this mystical experience?"

"It's a matter of balance. When all the colors of the spectrum are balanced they achieve white. When you practice *asana* on your right, you practice it on your left, and front to back, and a contraction with a stretch. One day you find yourself walking down the street, and using your eyes you see 'things' — the relationships between molecules — energy differentiating itself. Simultaneously, using *Brahman's* eye, you see only non-differentiated energy — the many in the one, the one in the many. Incomplete truth, *maya*, exists side by side with complete truth — *dharma*. The finite and the infinite are one. They are two, and they are one."

Shadow, the Yoga Cat, now leads all three of us in a ten-breath extension of Downward Facing Dog. Lest one think that yoga is easier for cats, around breath five, he discovers a pesky ear-mite. However, he is focused on his inner light, and without missing a beat, completes the last five breaths with three paws grounded and one busy. *Namasté*. ▲



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# By the Grace of God

“Amazing grace, how sweet the sound... .

“I once was lost, but now am found, was blind but now I see.”

- JOHN NEWTON  
*Amazing Grace*, (hymn)

*G*rowing up down south, a phrase that I heard often from my paternal grandmother (usually when I had just been caught doing something I wasn't supposed to be doing), was, “It's only by the grace of God, child,” implying that it was only through God's Grace that she wasn't throttling me for my childhood sin. Even today, several decades later, this phrase is one that still pops into my head, from time to time.

Last night, as I was taking stock of my busy day, I tried to reach my husband on his cell phone. Because we are in the process of moving, our home phone has been disconnected, and, since he didn't answer his work phone, I called his mobile but to no avail. As I continued working my day, having coffee with my best friend, doing some more work, going to the grocer, and even dropping off some things at my father's home, I continued calling him — never receiving an answer. By the time that I arrived home, I was nuts. Had he been in a car accident? Had something terrible happened? Why wasn't he answering his phone? As I pulled into the driveway and saw his car, a wave of relief (immediately followed by a wave of irritation and anger), washed over me. He was safe. He was fine. Everything was alright.

I went into the house, and stomped back to the office where my husband sat, completely oblivious to my frustration, playing an interactive video-game. For the life of him, he couldn't understand why I was so upset with him for not answering his phone. “You could have been in a car accident!” I tried to explain, but we couldn't see eye to eye. I found my mouth opening to say, “But by the grace of God...” and I stopped.

Grace. I am grateful that I have a home to come home to. In the United States alone, it is estimated that 1% of the population is homeless. I am fortunate that I have a husband, who is my dearest friend and greatest beloved; there are many who are trapped in

loveless relationships or roam the world lonely looking for that ‘special someone.’ We both have jobs that afford us the luxuries of a middle-class lifestyle, while giving us satisfaction in our employment endeavors. But even more, we share the comfortable state of feeling content in our spiritual beliefs, and ever walking on our journey towards the Divine Spark. We have a wonderful family and circle of friends. Our lives our full, and our happiness is measured not only by our moments of laughter but also by our instants of quiet ease. This, to me, is grace.

The grace of God cannot be measured by the moments when we hold our tongue, or, worse off, our fists. Rather, it can only be measured by the moments of pure, unadulterated love. It is not something to be bartered with, or to be tossed around in frustration. Instead, it is the tenderness with which we hold our children, the love that we make with our partners, or the laughter that we share with our friends. In this way, this *amazing grace* truly can save us all, in all of the ways that we need to be saved.

I walked away last night, as my husband looked at me with wide eyes, trying to figure out why my first thought when not being able to reach him went to his demise, rather than his relaxation at home. I stood at the kitchen window for a long time, and looked out into the black night, taking stock of all the things I am grateful for in my life. In that, I realized that grace is not a gift with which we are given, but a choice that we make. We choose to accept the peace that the Great Spirit offers us, just as we choose to impart that to others who share life's mystery.

A phrase that I've commonly heard, is that grace is what we get, even when we don't deserve it, but I disagree. Grace is always available to us, even when we can't see it. Perhaps it is even what opens our eyes. ▲



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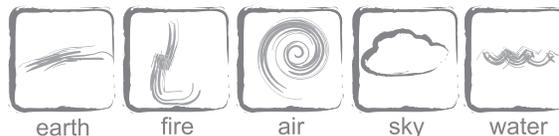
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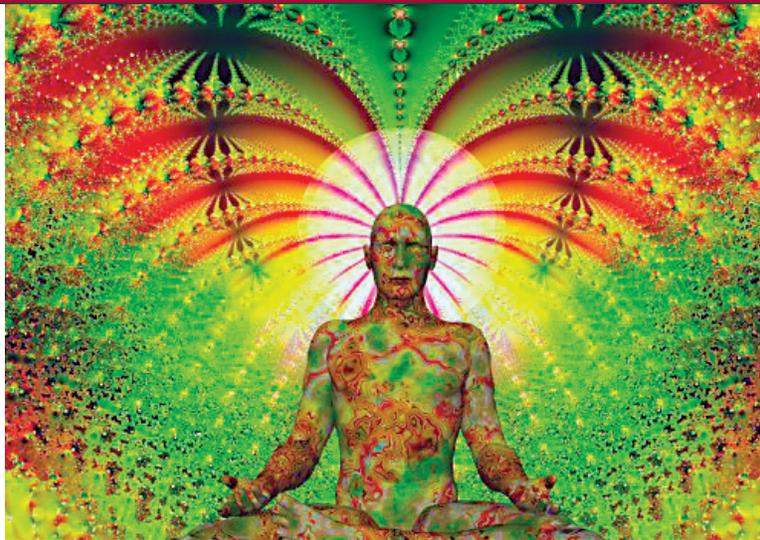
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**I**F THERE WERE ONE QUALITY, THAT BRINGS US FACE-TO-FACE WITH THE QUESTION OF OUR BELIEF IN A LOVING GOD, IT WOULD BE THE QUALITY OF GRATITUDE. In other words, when we are grateful to *Someone* for our lives, **who is it to whom we are grateful?** With this perspective, it can also be considered that our deepest experience of gratitude suggests that we believe in a personal, rather than an impersonal, God.



being loved, loving others, having self-motivation, and other positive traits and qualities. There were those who were grateful for their education and opportunities that were given to them. There were those grateful for having found their true passion in their career choice. One shared, “I am grateful for my girlfriend, who shows me that there is still goodness and light in my life.” A deeply thoughtful young woman said, “I am

We often feel profound gratitude — when we encounter a life-threatening danger and then are rescued by others — by God, or by good fortune, or by grace. For me, this occurred two-weeks ago, when my doctor informed me that I would need a certain, urgent, medical test. As we often hear (and I was no exception), I began to see life differently, appreciating and giving the most to each moment. So I had the test, and waited a week for the results. My doctor called me back, two minutes before I was to begin teaching an academic class, at The Restaurant School, Walnut Hill College. My group was a blend of Culinary Arts, Pastry Arts, Restaurant, and Hotel Management students, and the course I was teaching was Psychology. In the spirit of teaching a course that observes, describes, and explains human thoughts, feelings and actions, I brought them into my experience. As they listened to my conversation, they knew the result was a good one, and there were smiles and applause.

In the preceding week, I confronted my own thoughts and feeling about faith, and I did come away with the belief in *Someone*, or *Something*, that guides (or, at least, collaborates with us in), our destinies. With that belief, came the acceptance that whatever may happen, was for my best development as a spiritual being. So when I got the news, I was prepared to genuinely experience the quality of **gratitude**. Although the idea of God is still somewhat vague, undefined, or nebulous in my mind, I do believe in Its (or His or Her) Presence. After the phone call came the idea — to invite my class — to share their own ideas on how and why they experience gratitude in their own lives.

Many of them shared their gratitude for their family, friends, and significant others. Others shared experiences, such as

# Gratitude, Spirituality, & Meditation

by Anthony Michael Rubbo, MHS

grateful for my family, and how even as a family members passes through death-to-life, my utmost thankfulness comes from the knowledge, that we will be a family again for eternity.” In the spirit of this Thanksgiving issue, I’ll share the following quote from one of my male students, “**I’m grateful for a roof over my head, and food on my table.**”

As I read through the papers, I found one from a young, female stu-

dent, who also shared my experience of having to take a certain kind of urgent, medical test. However, her test results were different. She shared her feeling of gratitude with the class, “I’ve since beaten it, and I am now healthy and tumor-free, so I am grateful for that.”

Lets now look at how the *quality of gratitude* can be cultivated in the practice of meditation. When a meditator takes a posture — from which they can dispassionately observe their own thoughts, feelings, and movements, their body will gradually become still, emotions quelled, and with practice, thoughts will eventually subside. If the meditator is consistent and true in his practice, he eventually reaches a point, in which he experiences a shift in his identify, from his everyday self to something deeper — more intrinsic, more essential — his spiritual self, or his soul. It can be said that one’s soul is the individual aspect of the spiritual, and God is the collective, all-encompassing aspect. When we experience the source which gives us life, and of which we are a part, the quality of gratitude arises most spontaneously. Therefore, although gratitude can be spoken about in temporal, everyday terms, its foundation may be intuited from our essential spiritual nature.

German theologian, philosopher, and mystic, Johannes Eckhart (c.1260-1328), widely referred to as *Meister Eckhart*, said it succinctly, “If the only prayer you said in your whole life was, *Thank you*, that would suffice.” ▲

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# Dreamer Dan: GRATEFUL MAN

**D**AN KNEW THAT THE ONE WHO MOVED IN GRATITUDE FOR EACH MOMENT, WAS A RARE ONE, INDEED. Dan wondered how this sublime state could be possible. For starters, Dan searched the DreamTime.

**1. Feeling One's gratitude becomes a very Powerful magnet for further Blessings.**

**As I taught in my classroom, I saw the fall-colored leaves on the trees swaying in the sun and the wind. I expressed gratitude for the wonderful opportunity to teach in this environment. I felt great joy and happiness.** The Dream places Dan in his classroom, the place that has grown his teaching Energy over his many years of Service. The Energy growth had heightened Dan's awareness. Dan re-cognizes the Sacred Masculine Energies of the sun and wind, the elements of fire and air respectively. In this Dream, Dan unifies the opposites of focus and change. The sun represents the burning focus of the Father. The winds represent the breath of the Father releasing change into the world. The unity of these two seeming opposites bring Dan great joy and happiness. Feeling in the DreamTime is very special. With this feeling, Dan Knows that more joy and happiness Will accompany his future steps.

**2. Gratitude comes as we re-cognize the unique value of each individual.**

**I serviced my own business. The recipient was very grateful. I explained to him the value of the machine that I had built for him. He Trusted me in his house.**

Dan builds the machine specifically for his customer. Dan would not have been able to customize the machine if he had not appreciated the man's individual Gifts. The man responds with great gratitude for this great affirmation of his unique worth. As a result, the man Trusts Dan in his house thereby Trusting Dan with his Inner Light, his person-

al awareness, and his Path of Chosen Service. Gratitude had opened the door and welcomed Dan.

**3. Great Blessings come when we feel gratitude for our Chosen Path of Service.**

**I had been a teacher for 21 years. I felt very grateful for that role and would keep it.**

This Dream shows Dan that he appreciates the role that he has chosen on Earth. The digits of the number 21 add to a 3, the number of manifestation. Dan is very grateful because he has actually become a teacher and has been effective in that role. Dan affirmed himself as a teacher, a realization that filled him with gratitude. He had remained steadfast where others may have changed their course. His perseverance had brought great fulfillment for him and benefit for others.

**4. Gratitude acknowledges the True Gift of what we have received.**

**I attended a class where we read a book that I had not read. I understood it as I read it. I felt grateful to the teacher who chose that book.** For Dan, reading in the DreamTime told him that he was reading the Records of Creation. This reading would help him understand individual experiences spread on the larger backdrop of the story of Hu-manity. He punctuated this Great Gift with gratitude for the Great Teacher who had offered him the Sacred Records.

**5. Only the One who Knows gratitude can help instill it in another.**

**A famous movie actor entered our car. He said he would never make another movie. I told him to feel proud that he gave us so many meaningful and touch-**



**ing moments. I transmitted the Energy of gratitude and appreciation to him. He felt grateful and thanked me.**

In the DreamTime, entering a person's car shows that he has entered the owner's Energy field in an intimate manner. The driver and visitor can now participate in the same Energy field. The comfort of this experience prompts the actor to share that he Will stop acting in movies. Because Dan re-cognizes the worth of everyone's contribution, he allows his integrated gratitude to speak to the actor. The actor receives the Energy of gratitude and can now feel that he has shared something special with the world.

The DreamTime had taught Dan that gratitude attracts future blessings, re-cognizes gifts when they come, respects One's Chosen Path of Service, affirms the unique value of each individual, and multiplies Itself by instilling in another. Dan felt such gratitude that the DreamTime had added so much Light to his Path. Dan smiled and Knew that his gratitude ensured that he and his Great Friend, the DreamTime, would continue to walk their Sacred Path together. ▲

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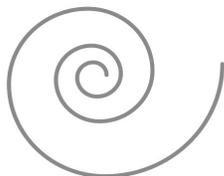


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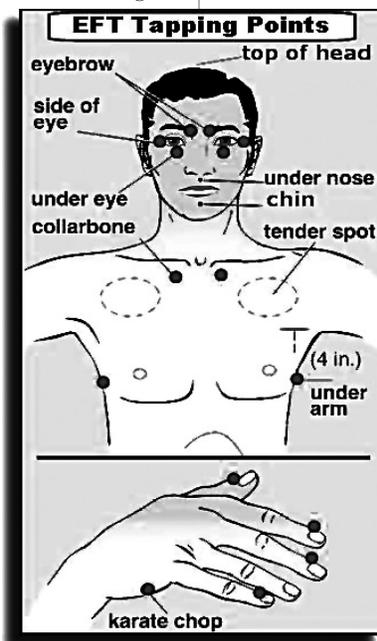
# Understanding & Correcting Hidden Energies Behind Self-Sabotage

**WE HAVE ALL BEEN THERE.** You say you want to lose weight, or do yoga more often, and then... You don't really do it. Or, in your relationship, you know it would be better if you were to make a certain behavioral change (maybe it is listening more, or having sex more often), but you just aren't motivated, and you do not know why. Or, you know you should let go of being angry with your partner, or someone at work. You know you would feel better. But, if you pay close attention, you realize that you almost like being angry. What do all of these things have in common? They are all symptoms of self sabotage, and they are all symptoms of an energetic condition called *psychological reversal*, or PR. I also call them *blocking beliefs*. PR is a concept familiar to practitioners of Energy Psychology or EP. Energy psychology is a growing field that integrates psychotherapy and energy work. It focuses on directly influencing different aspects of the body's energy system, while working toward eliminating emotional problems, or helping people reach new heights of functioning.

Psychological Reversal is perhaps the single, biggest factor in why people fail to achieve their goals, or fail to get benefits from various health or change practices, such as psychotherapy or yoga, because PR prevents people from having the motivation to do the work that needs to be done. The good news is that PR can easily be treated, and you will learn a self-help method by the end of this article. There are four major types of PR.

**The first type of PR is known as Major Reversal.** PR is diagnosed through the use of kinesiological muscle testing (KMT). There are various forms of KMT. To assess if a person has a major reversal, he or she says the phrase, "I want to be happy," and pressure is applied to the arm muscle. If the muscle goes weak, that is a sign of major reversal. If the subject has a major PR when he or she says the phrase, "I want to be miserable," the subject will test strong. So what is going on? In PR, it is as if the energy circuits of the body are cross-wired.

The black line is on the white pole, and the white line is on the black pole. In effect, your energy system is wired to respond the opposite of how it should respond. The problem is the person can't really help responding the way he or she responds, until the problem is corrected. When a person has massive PR, life is like canoeing upstream without a paddle. You make all the wrong choices. You zig when you should zag. You find yourself desiring to do things that are bad for you. Most attempts to correct your life fail, because of this "energetic wiring problem." It is crucial to, and easy to correct, this problem.



**The second type of PR is known as a Safety Reversal.** The test phrase for this PR is, "I believe it is safe for me to \_\_\_\_\_ (fill in the blank)." Examples might include losing weight, putt better, make \$100,000 a year, let go of my problem. If the person has this reversal, he or she will test weak to this phrase. Note, that PR is an internal, energetic reaction. It is not a comment about the *Truth*. Nor is it necessarily conscious or reasonable. How reasonable is it, to have the unconscious belief that it is not safe for to putt (golf) better? Many people can intuitively relate to the *felt* sense that it is not safe to change some specific thing. If your energy system resonates with the belief that changing something or achieving some goal is not safe, why would you allow yourself to change it? You wouldn't. This is one of the main sources of self-sabotage. It is a common reversal with chronic problems, such as weight management.

**The third type of PR is known as an Identity Reversal.** Identity reversals reflect a belief that a person will lose his or her identity if they make the change they are trying to achieve. If your sense of self is tied to being a certain way, and you find yourself unable to make changes in this area, it is likely that this reversal is at play. I often hear people revealing this type of reversal when they say something like, "This is just the way I am." Or, "I am just the kind of person who is always anxious." In fact, we are more than who we think we are. Identity reversals are the energetic stickiness that makes us feel that it is just beyond us to make a certain

continued on page 32



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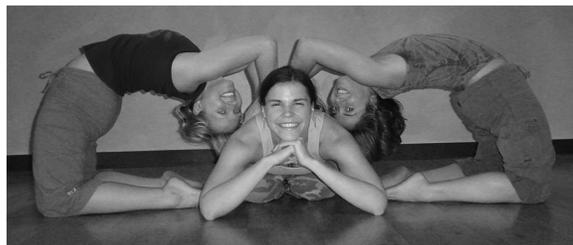


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type of change. A recent example was a woman I worked with, who developed a great deal of anxiety when considering buying her first house. Nothing was taking away her anxiety. She grew up poor. She resonated positively with the muscle test to the statement, "I will lose my identity if I am a home owner." Correcting this reversal led to rapidly solving her anxiety problem. She also bought the house.

**The final PR is a Deserving Reversal.** As you may have guessed, the test phrase is, "I believe I do not deserve to achieve this goal/get over my problem." All of these reversals are energetic. The problem with cognitive interventions, or talking to oneself, is that it simply does not easily influence the energetic reversal, which is often at an unconscious level. Many clients are aware that they feel they do not deserve something. They are often highly challenged to talk themselves out of it. Other clients are completely surprised when muscle testing reveals that they have a block. However, it usually is a relief, because the client now has a reason why they failed, as well as a way to solve the problem.

**Correcting Psychological Reversals.** There are actually a number of different methods to correct these reversals, some are more powerful, some are easier. In this article, I am going to give you the easiest way to correct these problems. The process includes both stimulation of energy acupoints, and saying an affirmation three times.

**For Major Reversal:** Rub the NLA point in a circle, while you say the following affirmation three times, "I deeply and pro-

foundly accept and forgive myself with all my problems and limitations." Since one does not know how long this correction will last, I recommend that people do this once an hour for at least two weeks.

To correct the other three Reversals, the energy point you use is the SH point on the side of either hand. You tap the point, while you say the following affirmations three times. **1) I forgive myself on all levels for believing that it is not safe for me to change, 2) I forgive myself on all levels for believing that I will lose my identity if I change, or, 3) I forgive myself on all levels for believing that I do not deserve to change.**

You can add a more specific goal, such as to lose 30 pounds. You are probably wondering, "Why these particular affirmations?" The full answer is beyond the scope of this article. The simple explanation is that the energies behind the intention to accept or forgive are powerful healing forces, especially when combined with accupoint energy activation.

As a self-help technique, it is sometimes difficult to know whether or not you have a reversal. What you can do is simply treat yourself for all four, every day. You should treat the second set of three affirmations several times a day, and/or just before you try to do anything else to achieve your goal. It only takes a few minutes, and you will begin to notice subtle shifts. Other resources for using Energy Psychology include the book, *Energy Tapping* by Gallo and Vincenzi, and *Energy Tapping for Trauma*, by Gallo. ▲

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**Carol Bowman, MS,** past life regression therapist for fifteen years, is the internationally-known lecturer and author of *Children's Past Lives* and *Return From Heaven*.

Carol has been featured on national TV and radio including *Oprah*, *Good Morning America*, *The Art Bell Show*, *Unsolved Mysteries*, *ABC Primetime* and as reincarnation expert on A&E and The Discovery Channel.

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# Mat Pilates CAN HELP EASE BACK PAIN

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According to Joseph Pilates, “You will feel better in 10 sessions, look better in 20 sessions, and have a new body in 30 sessions.”

## ROBERT’S LIFE BEFORE PILATES

Robert started taking Mat Pilates in 2002. He had a serious car accident in 1999 that left with him severe back and neck injuries. Prior to the accident, Forman was an avid walker, swimmer, biker, rower and yoga participant. After the accident, he spent most of his time with numerous physical

therapists (that gave him counter-productive advice for treating his injuries) and taking painkillers and injections to deal with the constant pain. “The physical therapists told me to do regular sit-ups, swimming and biking on a recumbent bike, all things that aggravated my injuries, increased my pain and did nothing to heal my back,” says Robert.

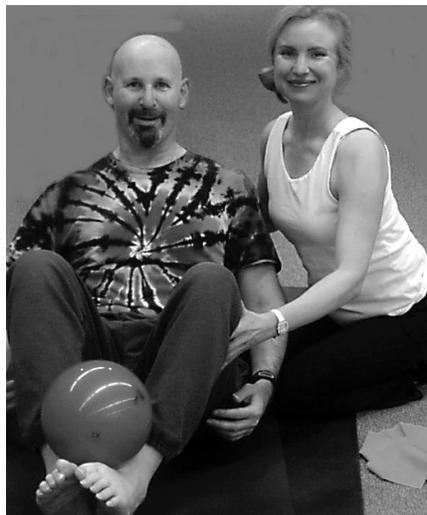
## ROBERT’S GOALS

“I was searching for a safer way to exercise that could keep my back secure while building up the muscles that support the back and neck.” After reading an article about how Mat Pilates can help with low back pain, Forman decided to attend a class because it was close to my house and sponsored by the township that I live in.”

“On a pain scale of 1-10 (10 being the highest), my daily pain level was a 4/5 even with all the physical therapy, medication and injections. These only gave temporary relief while just treating the symptoms. I wanted to learn which muscles could strengthen my back for the rest of my life so I could return to my pre-accident lifestyle.”

## ROBERT’S RESULTS

“After trying Pilates, I discovered an effective way to strengthen the muscles that



support my low back.” Forman claimed. “Pilates taught me that there are several layers of abdominal muscles, and to build a strong and flexible back, you must exercise the layers closest to the spine,” Forman said. “Regular sit-ups only work the surface muscles, but the Pilates exercises work the layers underneath the surface, closer to the spine.” He continued, “I learned where these muscles are and then how to engage them and then strengthen them without strain, pain or injury.”

Forman described Pilates, “It was a huge catalyst in my recovery. My daily pain level dropped to a 1-2 and I am now able to do a 300-mile canoe trip and walk up a mountain.”

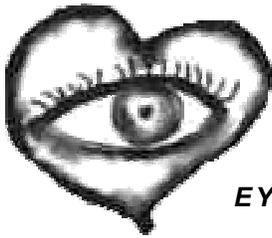
“Overall, Pilates showed me which muscles support my low back and how to strengthen these muscles, so I could have my life back,” Forman added. “Many think it is not a macho-workout however, I feel stronger and confident after each class. It keeps my mind and body running at peak performance.”

“Having a knowledgeable and engaging teacher is a must, says Robert. My Pilates teacher walked around giving hands on corrections, encouragement and modifying the exercises to meet each student’s needs. Without these corrections, I would have not understood how to properly engage the abdominal muscles closest to the spine. “I took other classes where the teachers stood in front of the class, doing the exercises and shouting out commands and I was amazed how little impact the same exercises had when taught in a different environment.”

## ROBERT’S TIP OF THE MONTH

Pull your belly button into your spine, while keeping your shoulders level and not letting them ride up towards your ears. Hold for a few breaths and then release. Repeat a few times throughout the day. Slowly work up to holding for 30 seconds. Perform this exercise while you are working at your computer, stopped at a red light in your car, watching TV or before you lift something. ▲

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# What is REIKI Energy Healing?

**D**R MIKAO USUI, FOUNDED REIKI IN THE MID 19TH CENTURY, WHILE HE

WAS SEARCHING FOR THE ANCIENT SECRET OF HEALING. It was in the Indian *Sutras*, written in Sanskrit, where he discovered a formula for contacting a higher power, that could bestow healing. During a 21-day fast and meditation on the mountain of Kort-Yama, he followed the formula, and experienced a beam of white light that had the consciousness and healing power he had been seeking. This beam of light struck him in the forehead, and rendered him unconscious. During this state, he rose out of his physical body and was shown beautiful, colorful bubbles of light that contained the Reiki symbols. As he contemplated each symbol, he received an attunement for each one, and the knowledge of its use. This was the beginning of Dr Usui practicing Reiki energy healing around Japan for the remainder of his life. There is much more about the history of Reiki. I encourage you to check out *The Spirit of Reiki*, by Walter Lubeck, Frank Arjava Petter, and William Lee Rand; *Reiki: Universal Life Energy*, by B. Baginski and S. Sharamon; *The Reiki Handbook*, by L. Arnold and S. Nevius; *Empowerment Through Reiki*, by P. Horan; and *The Reiki Touch*, by J.C. Stewart.

Reiki is *hands-on* energy healing. It can also be done a few inches off the body, as well as absentee, long-distance healing. Traditional Usui Reiki attunes practitioners to different levels of Reiki, with the symbols Dr Usui was shown on Mt. Kort-Yama. This allows the universal life-force energy to flow through our bodies, and out our hands into our clients. Our hands may get hot, or our clients may feel heat flowing from our hands into their bodies. With long distance healing, we are sending the energy through an ether-tube to our client. With Reiki, we are really just conduits for the universal energy of Love. This healing energy is channeled into different parts of the body, for the highest, healing purpose of the client, the Reiki practitioner, and the universe. We are not doing any healing. The client decides whether or not to heal, with the help and healing power of the universe. We are just facilitating the energy process, and witnessing the results! Reiki has been shown to facilitate many types of miraculous healings. It can, and may, happen. However, to practice Reiki and claim healing of sickness or disease, or any other illness, is in error and out of integrity. Healing energy is always present with Reiki; it's just that we, as ego-based, carbon life-forms, do not know what the real healing is for each individual client. Much healing is associated with the lessons we are to learn in this incarnation. I urge you to not be attached to what you think, healing is for each individual. It will not benefit you or your clients. Love is the only thing that is real when it comes to healing.

In Reiki I, students experience the first level attunement, learn about the history of Reiki and their Reiki Master lineage, hand positions, kanji positions, grounding and centering, scanning and beaming, hands on clinical practice, and other specialized techniques. In Reiki II, students experience the second level attunement, learning Reiki symbols, long-distance healing, emotional healing, and balancing from the heart, root/sacrum, and the mental level, removing clouds



REIKI SHARE AT THE REIKI HEALING CENTER MEDIA, PA

from the emotional layer, hands-on clinical practice, and other specialized techniques. In the Reiki III, Masters Certification, students experience the third level attunement, learn the Reiki Master Empowerment Symbol, how to teach Reiki, attune students to all three levels of Reiki, how to Love and heal thyself, hands-on clinical practice, and other specialized techniques. Reiki has become so popular with many different teachers, and as a result, there are many different techniques and preferences that have been incorporated into Reiki, under the traditional

Usui Reiki umbrella. It is recommended to look for a teacher who will give you plenty of clinical, hands-on practice.

In addition, there are a plethora of other Reiki practices that have risen over the years. No one type is better than another. It is the intent and humility of the Reiki Master teacher and practitioner that is most important. It is how the different Reiki practices resonate for you. You are the only one who knows what works best for you. I have found over 30 forms of Reiki, other than traditional Usui Reiki, founded by Dr Usui. Read about and research them to determine your own Reiki path, or in finding a Reiki Master or Reiki practitioner that resonates with you. Here are a couple of useful places on the Internet to begin your search: <http://www.reiki-4-all.com/index>, and <http://www.medindia.net/alternativemedicine/reiki.htm>.

Here is a quick, partial list of the different types of Reiki: *Usui Reiki; Tibetan Reiki; Usui/Tibetan Reiki; Karuna Reiki; Gendai Reiki; Rainbow Reiki; Five Element Seichem; Seichim, Seichem, or Sekhem; Tera-Mai® and Tera-Mai® Seichem; Shamballa Reiki; Kundalini Reiki; Imara Reiki; Raku Kei Reiki; Shamanic Reiki; The Radiance Technique® (TRTAI); Reiki Plus®; Johrei or Jo Reiki; Men Chho Reiki® or Medicine Dharma Rei Kei®; Traditional Japanese Reiki; Satya Japanese Reiki; Reiki Jin-Kei Do®; EnerSense-Buddho; Golden Age Reiki; New Life Reiki; Blue Star Reiki; Mari el®; Saku Reiki; Sun Li Chung Reiki; Jinlap Reiki or Tibetan Jinlap Maitri Reiki; Chi Sekai Reiki; Vajra Reiki; and Violet Flame Reiki.* Do your own research! This will help get you started.

Once again, there is no one, best method. It is what you feel drawn to, the integrity and humility of your Master Reiki teacher, and intent. If a teacher says their method of Reiki is superior to others, then that is a red-flag of ego. Follow your intuition. All healing modalities have their place.

In closing, an empowering way to live one interpretation of Reiki and its teachings is to practice *The Five Spiritual Principles of Reiki Plus*:

**Just for today, I shall trust.  
Just for today, I shall do my work honestly.  
Just for today, I shall accept my many blessings.  
Just for today, I shall be at peace.  
Just for today, I shall respect the rights of all life forms.**

I'll leave you with a very simple quote from <http://www.reiki-4-all.com>, **"Reiki is simple. Giving Reiki is passive. By doing nothing everything is done."** ▲

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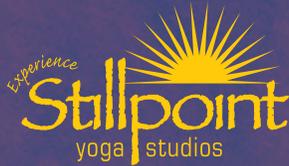
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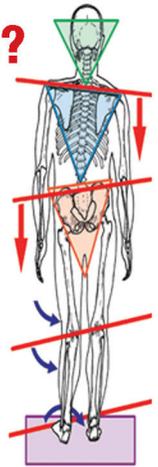
## Is Your Life In Balance?

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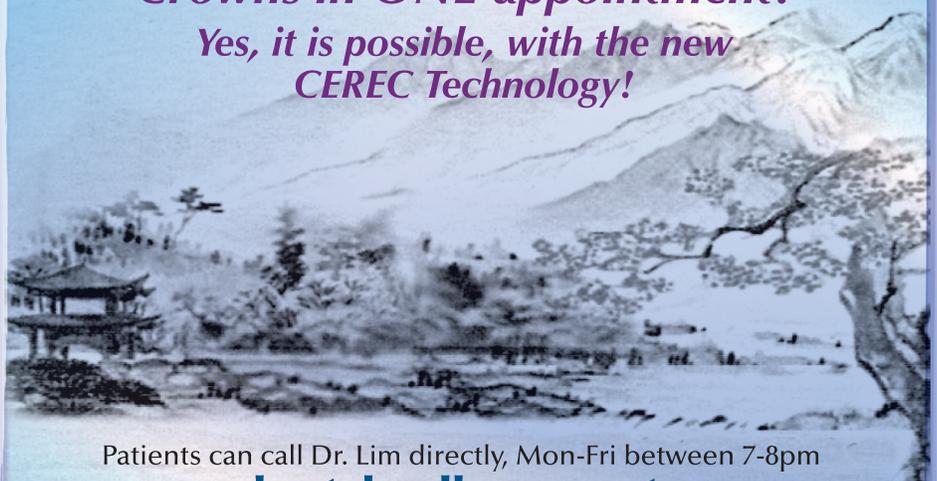
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by Michael Cheikin, MD

# Arthritis is Reversible

## TURNING A SLIPPERY SLOPE INTO A LADDER

aching pain in his knee. He went back to his orthopedist who told him he was now developing arthritis in his knee and there was nothing more to do. He said to me, “Why did I go through all of that, just to develop arthritis and pain?” I asked him to show me the exercises he was doing. He was essentially doing strengthening exercises, but no stretches. The muscles and soft tissues around his knee were so

strong and tight, that they were forcing his knee-surfaces to rub on each other excessively. I showed him some yoga stretches, and his pain resolved within weeks.

A similar situation occurred with a colleague, an avid squash player, in his early 50s. He already had numerous surgeries on both knees, many courses of PT, and Synvisc injections (a substance that is supposed to help cartilage repair). He was taking so much Motrin (Advil, ibuprofen) that he was chronically bleeding from his gastrointestinal tract, and was risking a fatal bleed. When I examined his knee, though it showed some wear and tear, again, I found excessive tightness in the muscles around his knee. In fact, his quadriceps muscle (the front thigh muscle), was so tight from over-zealous PT, that he couldn't even bend his knee to 90 degrees. He was a disciplined athlete, with lots of motivation. He enrolled in my yoga class (*the only male there!*), and followed the program of medical acupuncture and nutritional supplementation that I designed for him. Within four months, his pain was so improved that he was able to stop his Motrin. He is still playing, almost ten years later.

The next story is a 60+ year-old woman, overweight, who had severe arthritis in her low back. She had already done everything

except surgery — including PT, epidural injections, and medications. I found her blood-levels of Vitamin D were very low, and her diet/supplement program was not providing enough anti-inflammatory support. A combination of diet, acupuncture, and a special yoga-based PT helped her heal in six months. She has remained pain-free for years.

There are many similar stories — involving shoulders, thumbs, necks, ankles, and other joints. The process of degeneration is the same, as is the process of regeneration. Many people still don't know about the work of Dean Ornish, MD, a yogi who became a cardiologist. He proved, despite initial ridicule by the medical establishment, that clogging of the coronary arteries is reversible with diet and stress reduction. If these small vessels that supply blood to the heart can repair themselves, why shouldn't a joint be able to also? The process of degeneration, (*and aging*), should be out-paced by the process of re-generation, (*and “youthing!”*)

### WHAT IS OSTEO-ARTHRITIS (OA)?

OA is a wear-and-tear of the cartilage and bone of the joints. Unlike non-living things, when a joint is stressed through use, the body attempts to make it stronger. It does this by removing and then replacing collagen, in cartilage and bone underneath the cartilage. In fact, bone and other tissues are designed to be constantly “re-modeled,” in response to the forces placed upon them. With every stress, bone, muscle, and surrounding soft tissues are torn down and rebuilt. It's how we get stronger with exercise. We start this process of breakdown and repair very early in life. If this process goes right, we are stronger and more limber; if it goes awry, then we form “bone spurs,” and the soft tissues get too tight or loose. (This

“But, Doctor, my xrays show advanced arthritis...”

“But, Doctor, I've already failed with physical therapy (“PT”), medications and injections...”

“But, Doctor, the TV commercials tell me that I all I can do is deal with the pain, not correct the problem...”

“But, Doctor, my doctor told me that surgery is inevitable...”

“But, Doctor, I'm “\_\_\_” years-old, what can I expect?”...

**R**ECOGNIZE ANY (OR ALL) OF THE ABOVE? So, how can I make the claim, that common osteoarthritis (“OA”) is reversible? Because science and experience tells us so. I have seen hundreds of patients, of all ages, improve their conditions dramatically. Yes, some will need a joint replacement; or are unable, or unwilling to make the investment to heal their arthritis; but the *process* of developing OA is proof of the body's wisdom, and attempt to repair.

### TRUE STORIES

The first evidence of healing was with my brother-in-law, over 20-years ago, when he was in his early 30s. He had knee surgery to repair a torn ligament, followed by months of PT. He then developed a new,