



Continuation of ... **Meeting in the Middle of Our Experience**

I decided to surrender to the question. Perhaps it is something that some of us in Reiki have given thought to...something that we can explore together...sometimes where two or more are gathered...

At times I have wondered what, if any other, spiritual experiences come close to what one has of receiving Reiki and especially the Reiki attunement. The Japanese word Reiki meaning *universal live giving energy* can translate into

many languages, but what about the actual experience? Was there something “out there” that even came close?

We have referred to the peace we feel receiving Reiki energy and from transferring it. How at times a sense of oneness prevails and we lose ourselves to another. In fact, what I tell my students is that the greatest gift we can experience in Reiki is when we no longer feel separate from anything; instead we feel in full communion with everything.

Like many others who have been traveling this road to Oneness, which some call enlightenment, I have looked in scores of places during my travels and spent time with many spiritual people. Each time I have experienced profound moments of peace and oneness, some lasting longer than others. In Poland, I was given an attunement by one of the well-respected healers in the country. For the next 21 days, I lived in an expanded state of all there is, one with all there was. I was the color, sound, form of everything. But, when I came back to “just Mari,” I crashed and felt confined in this body. In Czechoslovakia, I received pure light that came in through my crown and third eye and continued through me like a bolt of pure energy and love. All this happened during a Reiki course and as a result I spent the next four years in a state very similar to my Polish experience. This was also the time I received the ONE Energy and the One Energy system that I teach to people who are in Reiki.

Having these experiences helped me to realize that it was I who eventually disconnected from the source and lost that bliss for whatever reason. After all, if one thinks you can not maintain nirvana, one does not. Experiencing Oneness is maintaining a constant state of being present. What I do know is that Reiki is and has continued to be the single most profound long lasting spiritual experience I have had and continue to have.

When I am transmitting Reiki, I have found that I am present in the moment, still, relaxed, open and aware. I breathe in and out; everything is without effort. There is a sense of love and peace that prevails in a room where Reiki is present. Wouldn't you agree?

Over the years I have talked with people who do other forms of hands-on therapy and spiritual healing, asking them what they experience in those moments of treating others or themselves. The answers are as varied as the people. I have read books describing other healing techniques and I have also talked with lay preachers in churches where hands-on healing takes place. It was there that I could see a connection. The people in those moments are instruments for Source to enter into and pass through to another person, thus bringing about harmony. But the biggest difference I could see was that afterwards they are back to whatever their normal is. While I am sure that the experience itself does bring change on levels for them as well, perhaps it is because they do not believe it is also for the person giving the healing too.

You might ask then what the importance of the question I had was. Why go out there to find an answer that is already here inside? All I can say is this. We human beings are explorers. We search for better or other ways to get from one point to another, especially when we have taken the same route for years. Why do cows think the grass is greener on the other side of the fence when it is principally the same pasture? I was not looking for something better than Reiki. What I had hoped to find was that somewhere in this wonderful world of ours people had the opportunity to experience the deep peace and clarity I receive with Reiki. It is like meeting people from another place in the globe and finding out you have similar interests, just with different names.

Do we have to do or be the same to have respect for another human being? Isn't there a beauty in the diversity of people? What is important to me is that we can meet somewhere in the middle of our experiences and know we are the same. We are ONE.

Blessings,
Mari