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5-8-2024

Participant 004: Reiki Master with three years of experience (Java and Indonesian; Female; Dubai, United Arab Emirates)

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Participant 4: Reiki Master with three years of experience (Java and Indonesian; Female; Dubai, United Arab Emirates)

Participant Agreed that they were over 18 and that it was okay to proceed with asking questions.

Transcript

May 8, 2024, 2:05PM

● Lindsey started transcription

Lindsey 0:05

Wonderful. Can you start by telling me a little bit about yourself.

Participant 4 0:11

Ah yeah. Thank you, Lindsey. First of all, thank you and I'm so happy. I'm really happy I can participate in your research, so I hope it will be helpful in the future for us, for you, and whoever come into Reiki practice, practitioner, or master, whatever it is. So my name is [redacted]. I'm Indonesian. I'm [between 30-35 years old], but I was living... at the moment I'm living in Dubai, UAE since 2021, and I'm single mother for my son, nine years old. I think that's the story of me.

Lindsey 0:49

Awesome, no, thank you. That's perfect. So you kind of touched on this a little bit, but when were you born and where did you roughly spend most of your childhood years?

Participant 4 1:00

So I was born in the city is called Jakarta, which is the capital of Indonesia.

Lindsey 1:07

OK.

Participant 4 1:07

So I've been in the same house with my family until 14 or 15 years old, and since 15 years old, me and my family, we keep moving from place to place because we don't have like a settle house, so we keep moving. And since 2018 I travel abroad to Malaysia for three years and then 2021...

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Lindsey 1:33

How cool.

Participant 4 1:35

I come to Dubai for the last three years, yeah.

Lindsey 1:40

Ohh cool. Thank you. Can you tell me how your family or cultural background may have played a role in shaping your perspectives on spirituality and healing?

Participant 4 1:43

Yeah. About family background, because I was born as a Muslim, and everything is mostly Muslim as we know it, there is like right or wrong or black and white.

I can say my family, not religious, neither spiritual, especially about spiritual things. Because my mom, my, my mom and my dad, there is literally from a good Muslim.

Lindsey 2:19

Yeah.

Participant 4 2:25

So they don't believe in spirituality. And if you feel something, there's like feeling that feeling, they just deny you. No. *"You should pray your prayer, prayer, prayer,"*

Whatever a problem you been to say... OK, go pray to God.

Prayer, prayer, prayer. There is... There is no. I can't find any answer *because ohh and this is God give you punishment. You do this. You're ready.* So everything else?

Yeah... Some of my family they're not quite, I can't say not so strong, but about spiritual [matters], they're not into at all. Yeah, really nice, but not spiritual, right?

So there's two different things between religious and spiritual.

Lindsey 3:12

Yeah. No, I totally agree with that. I really do. Umm, thank you for sharing that. Were there any experiences or influence in your life that you believe set the foundation for your own interest in holistically based practices?

Participant 4 3:28

Ah, there is experience, I think. And so I have my experience like, I don't know why, like why God attach a male rose from me, like my dad, my brother, my ex-husband, like my boyfriend. And I'm not really connect with myself at the time. Yeah, like, just keep blame me. I keep blaming God because what my family taught about *God, God, God*. So in one, even as it works for me, I've been to God, I've been to God. Like I deny, I don't accept the failed things, which is I've been through... and I think it was 2019, 2019 something.

Lindsey 4:16

Yeah.

Participant 4 4:22

Yeah, 2019. And I started looking for the answer. Uh, you know, like uh, what? This has happened to me. What is God feeling and why we have to connect and there's like, one moment I found from Najwa Zebian, and if you know about her, she's writer from Malabanan, right. And she mentioned like in her book "Welcome Home" and it's like when you decorate the home you put everything... like love, attention affection, everything... but what we doing is we build home in someone else, you know?

Lindsey 5:13

Yeah.

Participant 4 5:14

Yeah. And when the person, when the home is gone, we don't have anything, you know. So I think that's 2019, like the rock that dropped for me and it just slapped me hard. OK, so I start to finding home in myself and I'm looking for another healing practice, like yoga, Reiki, and everything. So 2019.

Lindsey 5:42

Ohh, beautiful. Thank you for sharing that. Conversely, do you think there were any influence that might have suppressed your interest or pursuit in holistically based practices like Reiki?

Participant 4: Reiki Master with three years of experience (Java and Indonesian; Female; Dubai, United Arab Emirates)

Participant 4 5:56

Sorry. Can we?

Lindsey 5:59

Yeah. Umm do you think there were any influence that might have suppressed or prevented you from pursuing holistically based practices?

Participant 4 6:09

It was a my yoga teacher in Jakarta in 2019 or 20, so I was in the rock bottom at that time and I'm just divorced in 2017 and I have a break up in 2020.

Lindsey 6:20

Mhmm.

Participant 4 6:23

So everything is [inaudible] is love energy. For me, Reiki is love energy. I call to people, I will send you love energy.

Lindsey 6:35

Yeah.

Participant 4 6:35

So just in 2020 my yoga teacher said to me, "[redacted name] *you're a very sensitive person. Sometimes you can feel people, they're bad or good. You can smell something from them and why you not use your sensitivity for something good which can help you and* [inaudible]. And she mentioned there's like modality. It's called Reiki.

So, by 2021, in January or February, I know about Reiki.

So there's like 21 my yoga teacher [name redacted], second one is my Reiki Master [name redacted]...so two persons like influence me about Reiki.

Lindsey 7:21

How beautiful. Beautiful. Thank you. Can you tell me just a little bit about your work history and what you do now, and please don't identify any like specific places that you might work, but just I'm curious about what you do, what you do.

Participant 4: Reiki Master with three years of experience (Java and Indonesian; Female; Dubai, United Arab Emirates)

Participant 4 7:38

So basically, since I was childhood like I like to sell a product... sales, I like to sell so much, and I love to talk with people, I love to meet new people. Uh, so at the moment I'm working in sales for the perfume company [redacted] in Dubai.

Lindsey 7:56

OK.

Participant 4 7:56

And you know, meanwhile Reiki... just part time like if people need, I will give. But I still love like a regular commercial. So whatever they need, they will drop message to me, mostly like close friend. And I do part-time meditation and yoga teacher as well.

Lindsey 8:16

Oh, that's awesome. Thank you so much. I'm gonna jump into the second series of questions, so I want to hear more about your experiences that are directly involved with Reiki. Can you tell me about the moment or event that first sparked your interest in Reiki?

Participant 4 8:26

So for the first time, my teacher mentioned to me about everything and she said it's just healing energy. And... I don't believe at all, and I'm not searching any Google. I'm not doing any searching everything because if you do some research searching on the Google and your mind will be like "Why the Google say like this. But what I experience is different" and actually believe extremely believe like spiritual thing is different person, different experience.

Lindsey 9:05

Mhmm.

Participant 4 9:12

So we cannot, we cannot make save, you know, and it was a Portugal lady, her name [redacted]... So I went to her apartment in Dubai and she was really, really, really,

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really amazing. So I can feel her energy even from 5 minutes or, you know, like 3 meters. See just like this and it's like amazing and she hosted me in her apartment and she come... The plug is like blue, you know, like like like, wait, when she's far away, like sleep? Yes.

Lindsey 9:57

Yeah.

Participant 4 9:57

OK and doing the first session, I feel like she's hugging me, but she's not. But she's not, and after the session, I feel like someone hugged me like it's a really warm hug. So yeah, since then I tried 2 or 3 times Reiki, and then I decided to take a Level 1.

Lindsey 10:29

That's wonderful. Thank you so much. Can you share any transformative moments or experiences that reinforced your commitment to your Reiki practice?

Participant 4 10:44

So in September, I think if I'm not wrong, I took my level one Reiki. Before I was taking yoga classes like every day, like three times in a week, and I want to learn more. *Why? Why my hand should be like this? *does hand motions**

You know, I'm curious person and when I decide to take teacher training to know what's the philosophy, what the anatomy means, it's sending [inaudible] with Reiki itself. I say *why? Why her hand is like magic?*

What's the whole thing in my [inaudible] at that time, right?

Lindsey 11:27

Yeah.

Participant 4 11:28

But when I decided to take level one.... There's like a really, really amazing because Reiki, everything is about intention and yes, I really, really happy. Also challenging for me because you should keep your mind, your heart, is like totally honest. So I take [inaudible] because I want to keep uh my intentions always pure to people, and not

Participant 4: Reiki Master with three years of experience (Java and Indonesian; Female; Dubai, United Arab Emirates)

only people but to every situation in my life. So that's the commitment I want.
OK, I should take this because this thing help me to make my intention always pure.
That's the thing.

Lindsey 12:22

Absolutely. I agree with that. Thank you for sharing that perspective. Okay...
How have you seen conversations surrounding Reiki evolve over the years, both maybe in your own personal practice and in the broader community.

Participant 4 12:41

So I take all the level in Dubai, UAE, uh and there is one teacher in Indonesia since she is there every week and we are totally different lineage.

Lindsey 12:58

Mm-hmm.

Participant 4 12:59

OK, so I've done the Master. I met her in Jakarta and I just because for me attunement is like blessing. It's like the universe opened a gate but uh, there should be few ways to open the gate. You can get attunement from the teacher. You can do like some such thing you know and I talked with [teacher name] daily and she's really, really, really nice Master. And I spoke to her.
I did my Reiki Master in Dubai—I said *"if you don't mind, can I do Reiki circle with your students?"* Because I should ask her like this, my teacher as well.
And I think I did 2 or 3 times weekly should call in my country Jakarta even, we are from your really nice and it's really, really wonderful.

Lindsey 13:53

Yeah.

Participant 4 13:58

And I think the first time is like 5 people join in the mini workshop of Reiki. And I give Reiki to 7-8 people and my partner she gives to four or five people as well.
So yeah, we do.

Participant 4: Reiki Master with three years of experience (Java and Indonesian; Female; Dubai, United Arab Emirates)

Lindsey 14:17

Very beautiful. Thank you so much for sharing that you did answer this, but I'm gonna ask this again just so I have a concrete answer. What level of Reiki certification do you hold--so level one typically involves working with the self. Level 2 involves working with others and Level 3 involves being able to teach and attune others to Reiki.

Participant 4 14:38

So I complete all the level. The last one is... there's something like for Master, for give attunement. Yeah.

Lindsey 14:46

OK, perfect. Perfect.

Participant 4 14:47

So I've still not attune anyone. Maybe soon.

Lindsey 14:53

That's OK, that's OK.

Participant 4 14:56

Yeah. Like it's like it's cold, you know, because one time the person was really, really like: *I want attunement from you. I want attunement from you.*

I Reiki myself 2-3 nights every night.

Lindsey 15:13

Yeah.

Participant 4 15:13

I wrote the like step by step, but as you know when you do Reiki you can you get like visual things, you hear voice, or you can like [inaudible] and it's no....

Lindsey 15:24

Yeah.

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Participant 4 15:29

So I told her. I prepare. I sent her a picture of the paper I use for attunement, but I don't think this is the right time and she agreed because she's also into healing energy and that is OK.

Lindsey 15:40

Mm-hmm.

Participant 4 15:45

Maybe this is not the right time for me, so it's fine. So yeah, I did my teacher training I think January or December.

Lindsey 15:56

Awesome. Thank you for that answer. I haven't attuned anyone yet either. Reiki is more about my own continuing education versus working with and giving... like that's a lot of responsibility to give to someone else if they're not ready.

Participant 4 16:00

Yeah. Thank you.

Lindsey 16:08

So I totally agree with that. How many years have you been practicing?

Participant 4 16:11

Like that...

Lindsey 16:13

Go ahead.

I'm sorry.

Participant 4 16:15

More, Reiki, I think I'm not doing like every day, you know? Like maybe 2 or 3 times in a week, but for grounding I do every day like I do every day. Reiki--3 years.

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Lindsey 16:32

OK, three years. Perfect.

Lindsey 16:34

I'm gonna move into...

Participant 4 16:35

Ohh yes.

Lindsey 16:36

I'm gonna move into Reiki's relationship in your daily life. Do you have a self-Reiki practice and if so, what does like the practice you have with Reiki with yourself look like.

Participant 4 16:49

So basically like I do like just short treatment for myself. Mostly I just sit in the bath, you know, just very short treatment like maybe 5-10 minutes maximum 15 minutes, and my favorite symbol is like "Dai Ko Myo" because for me it's like really powerful.

Lindsey 17:10

Yeah.

Participant 4 17:13

And I do mostly from the 15 minutes I do like 5 minutes for grounding on my knees on my leg, and I just make uh, you know, like "Raku" for like, something with people like we ourselves, you know, like, OK, you cannot touch me.

Lindsey 17:29

Yeah.

Participant 4 17:35

You cannot touch me. You cannot touch me.

Yeah, I do like 2-3 times in a week, but for the grounding... Actually for the

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grounding, I can say I do this maybe more than three or four times in a day because sometimes I just imagine the whole you know from the root chakras and down.

Lindsey 18:00

Yeah.

Participant 4 18:02

Or so I have like pendulum, an amethyst crystal, that I have located on my heart chakra. So, my head is clean, I do gassho and everything, so sometimes I talk with people...I just touch my amethyst and just be like this *clears energy motion.*.

Two minutes, three minutes, it's enough for me.

Like, yeah, but I do grounding every day.

Lindsey 18:21

All right, I totally that I get that. I respect that. How would you say how did becoming a Reiki practitioner or master integrate with your daily life? Can you provide any noticeable changes in your own well-being or your perspective?

Participant 4 18:38

This is... I don't know. I feel like it's magic. And Lindsey, have you ever felt like Reiki is like, amazing tools, but sometimes also... Like I do manifesting and I'm using Reiki and I ask myself "*Am I ready for it.*" And I stop it...

Lindsey 19:05

Yeah, yeah.

Participant 4 19:08

Because I believe if you really want this, you do Reiki for yourself like manifestation energy.... And it's like... and then it makes me little bit scared actually so. *laughs* I don't know. Like uh, I gifted one [a Reiki session] to three or four people and they were my friends, you know...

Lindsey 19:39

Mm-hmm.

Participant 4 19:40

I always say "*For my highest good, for their highest good*", because some people say "*ohh I have problem with my family*" and so with this sentence I use this slogan from my heart to say I don't know what I don't know. So I keep saying I don't know what I don't know... maybe she's right, maybe this is right, I don't know.

So whatever my intention is for their highest good, but magically yes.

Ohh, Your friends is like just fade away from me... I don't know why, like 3-4 friends like the universe showed their true colors, you know, like when you ask the universe to give you good intention, like protecting you... one by one. Your friend is like, yes. Go with you, unless they're really connected with you in the same vibration and the same energy, there will still connect with you. But it's happening... to filter people who connect with me.

Lindsey 20:51

Yeah.

Participant 4 20:52

On a daily basis of you to automatically filter. Without this I notice....

Lindsey 21:06

Thank you so much.

Are you still here?

Participant 4 21:09

Yeah, yeah, yeah. I'm still here.

Lindsey 21:10

OK. OK, perfect. Your your face is frozen, so I'm not able to see your movement right now. So I'm glad that you're still here. Thank you for sharing that. How has practicing Reiki affected your mental health and your overall personal health?

Participant 4 21:31

There's like Reiki psychic surgery, right?

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Lindsey 21:35

Mhmmm.

Participant 4 21:36

OK, so for my mental health, I can say I'm more stable, more more stable.

It does say my... some people say I'm heartless. Some people say I am emotionless.

So what I understand is... I don't take it personally.

You do you? I do myself.

Lindsey 21:59

Yeah.

Participant 4 22:00

You do you, I do myself. You understand, right? So people say "*Why you don't say anything?*" And I say "*For what?*" There is not... there is no... No, because when you do bad things to people, it will come back to them, right? And Reiki is always keep reminding me to have good intention, pure intention. So this doesn't mean I don't have negative thoughts...*laughs* believe me, I do have. But then I do gassho, or I just shift my mind.

Lindsey 22:29

Right.

Participant 4 22:38

No, no, I'm good. No, no, I'm good. So it's like this... *moves hands back and forth to indicate she's letting stuff go* It's like for my mental heart is really, really good and for my personal health...

Lindsey 22:48

Yeah.

Participant 4 22:52

Before like 2019, I have like some bruises on my body, you know? Like every week, just different places like bruises or something.

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Lindsey 23:01

Yeah, yeah.

Participant 4 23:02

And since I know Reiki, it's nothing, there is nothing at all. There is nothing there.

And my doctor said you should do like blood test when I was in Malaysia, because *why keep like bruising on your body, blah blah blah*.

And now...totally, it's clean. No more bruises. And I have back pain but you know... they finish, it's been like responsible, you know. So when you try to let it go, you'd like [do] psychic surgery, and everything is OK and yeah... everything is totally perfect for me now. Like Universe works on me, if even not in my way. I know that it's great for me. So no complaints at all.

Lindsey 23:55

Thank you so much for sharing that experience. I really I enjoyed that hearing about that personal experience. Can you describe whether and how Reiki helps you cope with stressful situations?

Participant 4 24:08

For distress. So for the stress there is like some symbol, *sei he ki*. So I'm using a lot from here.

Lindsey 24:19

Mm-hmm.

Participant 4 24:20

I'm using like... amethyst crystal because I'm very like "*keep calm and keep running. Keep running, keep running*," and somehow, I just put it back because I didn't want this again. But somehow if I meet up people, I'm wearing it...

But for strange... I don't have any stress to be honest.

But I know everything. There's nothing for my plan. There's no past, there's no future, there's only present.

Participant 4: Reiki Master with three years of experience (Java and Indonesian; Female; Dubai, United Arab Emirates)

Lindsey 24:54

Yeah.

Participant 4 24:55

So for stress, I don't feel any difficulty with stress because Reiki helped me a lot. So I don't have to do stress.

Lindsey 25:03

OK. No, that's a great, that's a great answer. Hearing that there's no stress is that that can be the answer, I love that.

Participant 4 25:13

There's no stress for me. Yeah, there's no stress.

Lindsey 25:17

How good! This is the last, the last one about Reiki's relationship in your daily life. Has it affected some of the relationships that you have or maybe not no longer have with other people? And if so, how is that affected your relationships with others?

Participant 4 25:36

Our relationship with others, I feel really.... Do what feels really great, and even now I have only two three friends, but they were supporting me a lot and they keep pushing me to do the best for the Reiki because they say it's really helpful and I'm enjoying it. But for personal growth? Ahhhh, last January I was thinking about....I really want to have a studio about Reiki, you know, a Wellness Center. And I don't know, it's like magic. And I found someone who was interested in doing this with me. And yeah, soon, very soon, maybe in three months, we will open the Wellness Center about the Reiki...about meditation, about yoga.

So as far as for personal go... like some people say, *"oh, you're working in sales, but you know about Reiki. You know about this and about this"*, so I can say since three years I know about Reiki. Like from 2020, my score for my satisfies about life...now I can say 95%. I'm really satisfied and all about the carrier, personal growth,

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everything... is it's not comparable at all. Yeah, please actually Reiki is good because one, you have your intention, everything works on you. It is really, really amazing.

Lindsey 27:34

Thank you. Thank you. I'm so... I just have some last questions and they're demographic questions just so I can kind of have an idea of who you are because I am de-identifying this transcript so your name isn't included. Can you tell me which state within the US or which country do you currently live?

Participant 4 27:54

Dubai, United Arab Emirates.

Lindsey 27:57

Thank you. Umm, what gender do you identify with?

Participant 4 28:02

Female.

Lindsey 28:03

OK, what is your race and or ethnicity?

Participant 4 28:08

Uhhhh. *thinking* Java, Indonesia and Indonesian.

Lindsey 28:13

OK. And what is your highest level of educational attainment?

Participant 4 28:18

High school.

Lindsey 28:19

Awesome. And is there anything else you'd like to share with me that we haven't covered in this interview?

Participant 4: Reiki Master with three years of experience (Java and Indonesian; Female; Dubai, United Arab Emirates)

Participant 4 28:26

I think that's all you cover, but yeah, keep spreading love... Keep sending love to people. Keep your intention always pure, and because this world just need love. So thank you so much for participating me in your research.

Lindsey 28:46

Thanks.

Participant 4 28:50

I hope it will help you and I can't wait to see more growth in your Instagram.

Lindsey 28:57

Yay. Well, thank you so much. Thank you so much. I appreciate you. I'm gonna go ahead and stop the recording and we can chat a little bit more.

Participant 4 29:05

Yeah, yeah, sure, sure, sure, sure, sure.

● **Lindsey** stopped transcription