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0885: Reiki and Well-Being Interviews

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**Participant 005: Reiki Master with four years of experience
(Indian; Female; India)**

Lindsey M. Harper

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Participant 5: Reiki Master with four years of experience (Indian; Female; India)

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

Transcript

May 14, 2024, 9:58AM

Lindsey 0:04

OK.

Can you start by telling me a little bit about yourself?

Participant 5 0:09

Yes. Umm. So my name is [redacted]. You can call me by that name.

I'm good with that. I work as a cloud engineer. And I am associated with Reiki since I think 2021. So I firstly completed a level one and level 2 together and then after a year or so I did the Level 3 and the Masters. So yeah, uh, that's in brief about me.

Lindsey 0:53

OK, that's wonderful. Thank you so much for sharing. So when were you born and where did you roughly spend most of your childhood years?

Participant 5 1:01

OK, so I was born in this town called [redacted] and it's in Uttar Pradesh, India and I lived in a family more of like a joint kind. Not with the nuclear these days that we have... so according to our culture, Indian culture, it's basically that everybody lives together, stay together. But like I, I grew up and then my parents like they shifted to another place and then were a nuclear family.

Lindsey 1:32

Yeah.

Participant 5 1:42

So yeah, then I like, completed my education and all. Then I moved to like here in Noida. Now I'm living. So yeah, that's so pretty much.

Lindsey 1:58

Thank you. Thank you. I love, I love intergenerational living. That is something that I think that we don't appreciate very much on these days, especially where I'm at with

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like an individual culture. So thank you so much for sharing that perspective. Can you tell me how your family or cultural background may have played a role in shaping your perspectives on spirituality and healing?

Participant 5 2:22

Ohh my family culture, I would say in spirituality not that much, but they're very religious.

Lindsey 2:30

Yeah.

Participant 5 2:30

Uh, and they have religious views about because I've seen my mother, my father, like this is the practice that we follow in Hinduism. So when we start our day, we take a bath, then we do like we worship gods. So I've seen my mother and my father doing the same. So my family has always been religious, and I was more of a kind like "I'll do it when I feel like it." So it's like the practice that is follows that you have to do it regularly because like you know, they talk about the mental well-being and physical well-being, but then I didn't knew the importance of it, so I used to think like *I'll do whenever I feel like doing it*. So I was not a like a religious person in the start I would say, but when I started questioning everything and the answers... like brought me back to spirituality, religion. So now I can connect those points and like I really know that why, why, my mother used to tell me that you should do this, so yeah.

Lindsey 3:45

Oh, that's great. Thank you so much for sharing that. Umm. Were there any experiences or influence in your life that you believe set the foundation for your interest in holistically based practices like Reiki?

Participant 5 3:59

Ohh sorry, can you please repeat your question?

Lindsey 4:05

Yeah. Were there any experiences or maybe influences in your life?

Participant 5 4:08

Experiences. Yeah. So the first time I heard about Reiki, there was ohhh, there was a behavioral training that I attended in my office so that corporates people go went through.

Lindsey 4:22

OK.

Participant 5 4:25

So there was a there was a teacher and in like her introduction she told us she is like, that she practices Reiki. So I don't know, I just resonated with the that word and I got home and researched about it...everything. And I was so connected to her also that later on she like became my therapist.

Lindsey 4:52

Cool.

Participant 5 4:58

And yeah, and like she she was not her Reiki master. And so she, like, told me that "*I cannot teach you Reiki you have to like find a teacher who can do that.*" But yeah, I think that time that was not my calling and maybe I was not ready for it. And uh, so it was 2019, I suppose that I started going into therapy and then I learned that you can heal yourself through Reiki. So I was interested to learn that so in 2021 I got the fortunately, I got a teacher to learn, and that's how it started. So yeah that my first like therapist, she was the influential person in my life whom I like, actually got it from. So yeah.

Lindsey 5:45

Oh, that's so cool. Thank you so much for sharing that. Conversely, do you think there were any influences that might have suppressed the pursuit of holistically based practices? So did something stop you or prevent you from maybe engaging in this practice at another time.

Participant 5 6:07

Uh, not stop, as in, but you know when you start practicing Reiki or any other modalities like growing spiritually, you have lot of questions, and it messes up with your mind and all. So, I guess sometimes we used to think so I haven't had like that much awareness and I was a fool back then. *laughs*

Lindsey 6:20

laughs

Participant 5 6:27

So that was OK, but now that I have more questions and you know it's like you, you just always search for it because you question yourself also...So it's more of *the self* that you are exploring.

Lindsey 6:37

mhmm.

Participant 5 6:40

So yeah, that thing... Sometimes I get like "I should have not done it" at first, like now that I'm into this and I have more questions, so yeah, but it's it's really good like knowing oneself. So yeah, sometimes it's it is difficult so then you think like that... But yeah, that's influential.

Lindsey 7:06

I I totally can resonate with that. That makes a lot of sense. Can you tell me a little bit about your work history and maybe what you do now without identifying any specific places of employment?

Participant 5 7:18

Uhh so like I told before that I am a cloud engineer by profession. And this this this was something that you know the people follow a career path they are supposed to. And because like we have to go out and earn money and everything like that, but I think that is something that I do for like the living... but Reiki something which like I've done it for myself. And so yeah, like uh, I keep both of those things separately, so yeah.

Lindsey 8:03

No, I totally get that. We'll touch more base with that after this interview is over, but I've got stuff to tell you about that too. That's cool. So I'm gonna move into the experiences with Reiki questions. Can you tell me about the moment or event that first sparked your interest in Reiki? I know you kind of touched on that, but if you wanna delve a little bit more into that, I would love to hear about that.

Participant 5 8:25

OK, so I was into a bad relationship which was for like which were around for like 8 or 9 years. So I was unable to like get myself out of it due to some of the other reason. But when I started going to therapy... and my therapist, like she also practices NLP [Neuro-linguistic programming] and she gives the spiritual guidance as well. So, I was more like it's going logically also in spiritually also. So I was very much interested in that, and so that interest was like because I know because I'm experiencing it like the guided meditations that she was like letting me through. So I found it like, it was really good for me... and I don't, like when I look back now, I see a significant difference on how I acted and what I was before.

So back then I was not realizing I was just going with the flow. So my personal experience is with Reiki has been always like that, that everything just comes to the surface level and it flows.

So there are not any like hiccups or challenges. Sometimes there are, but again those go with the flow... like it resolves on its own. So yeah, that sparked my interest more on that topic.

Lindsey 10:09

Thank you so much for that vulnerability and for sharing. Can you share your first experience with receiving Reiki?

Participant 5 10:18

OK, so now I remember it was a guided meditation that we went through and uhh I don't exactly, because there were a lot of them, so I don't exactly remember which one it was... but I remember the first one felt like something happening in like the third eye chakra. So there was something happening here and when I was receiving

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Reiki I was like going through a lot of emotions because I remember like coming back from the workshop and then crying.

Lindsey 11:03

Yeah, yeah.

Participant 5 11:03

So it was more of a cleansing uh like when receiving it so because like we have to do the hand positions also and we follow that... So, uh, like if I would to describe it in like few words it was... it was something divinely guided and it just like happened and I felt at peace when it was happening so that is what I could recollect.

And if you want like more on this so I can like... take take out my journal and then I can like send it to you over the email because because whenever we used to do meditation we used to we used to write out experiences, so I can share that with you if you want.

Lindsey 12:01

Sure, if you'd like to include that. That's beautiful, but that's not a requirement at all, but thank you. I appreciate that offering. Umm, can you share any transformative moments or experiences that reinforced your commitment to your Reiki practice?

Participant 5 12:20

Like I said before that... while doing Reiki, because we used to follow that cleansing period and all... And like even after doing the master level, I used to do it one hour daily for like I think I continued it for like 2 months or so, but then like, I got... you know distracted... and I couldn't find time for it. But even after like not practicing it daily for like one hour or like sitting to do meditation with Reiki... even if it is not that, I use Reiki in my daily life. For example, like if I'm eating something junk, and I'm worried about like it should not like hurt my stomach and all...so like, I'm putting Reiki on it and I'm eating it. *laughs*

So it's just the little things that you do with the Reiki, so I think it's more of putting it to use... like and obviously the meditation of one hour and that practice is very useful, but like I would say I'm not dissociated with Reiki because I use it every day. So even like my I help my friends with that also, so sometimes they are here at my

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place and they say that they are having some issues, so I give them Reiki. So yeah, it's it's like that.

Lindsey 13:51

Nooo, I think that's amazing. I love that you incorporate it into your everyday life in a way that's very practical to you. So I I think that we all kind of go through the early, the early Reiki stages where we're engaging with it very deeply like that....and then we kind of figure out how to integrate it into our daily lives. I love that you shared that.

Participant 5 14:16

Yeah, like even if I water my plants and like by watering them, I start giving them Reiki along with watering my plants...so it's like that.

Lindsey 14:26

Oh, that's so cool. I love that. Have you seen conversations surrounding Reiki evolve over the years both maybe in your personal practice and like the broader community?

Participant 5 14:38

Ohh yes, I think it has grown significantly because when I started, I was looking for a teacher in 2019... and then in 2021 I like, I actually got someone. But like, I would say there are a lot of good teachers out there, but there is this thing that you need to trust the teachers, so it is like difficult to find that teacher. So for me it was more about the teacher or guru I'm associating with. So it was like... nowadays it's online, also people are doing workshop. Although it can be done online.

Lindsey 15:23

Mhmm.

Participant 5 15:23

But like after Covid, everything has been shifted to like doing it online and everything. But offline what my experience was... I would say like for something like healing modalities, Reiki or any other thing. Like people should experience in person if they have like the resources available to do that, instead of doing it online.

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Lindsey 15:49

I totally agree with that. I did both modalities for my training, so I definitely agree about the in-person component in a lot of ways. That's... I totally get that these two questions just require one specific answer.

Participant 5 15:57

Mhmm.

Lindsey 16:02

So they're kind of quantitative based questions, but uh so what level of Reiki certification do you hold? And I know you've kind of already you've shared this... Level 1 involves working with the self, level 2 involves being able to work with others, and Level 3 or master involves being able to teach in attune, others to Reiki.

Participant 5 16:21

Yeah, Reiki Master.

Lindsey 16:23

Awesome. And like you've again, you've touched on this, but how many years have you been practicing Reiki?

Participant 5 16:30

So since 2021, I started. So it's been four years, I would say.

Lindsey 16:37

OK. Thank you. This next set of questions is moving into reiki's relationship and daily life. Do you have a self-Reiki practice now and if So what does that self-Reiki practice look like?

Participant 5 16:51

Ohh I am like... to be honest I don't do it daily. But whenever like it comes to my mind... So I am like, I will put on Reiki on myself irrespective of where I am or like where I'm doing it. So, I'll just quickly put Reiki on myself and all the chakras, and I'll just take Reiki. Take the control or whatever. So I just put it, and I'm like, "OK, now I

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will do my stuff." So, I followed this right now, but like earlier I used to like follow one hour meditation. I used to do that.

Lindsey 17:33

Thank you so much. How many days per week do you engage with this self-practice now?

Participant 5 17:42

How many days per week I will say... 2 roughly, yeah.

Lindsey 17:46

Awesome. OK. How did becoming a Reiki master integrate with your daily life? And you've kind of touched on this a little bit the will you provide examples of any noticeable changes in your well-being or your perspective?

Participant 5 18:03

Umm. In Well-Being like I already like mentioned also that the while practicing Reiki everything is like... you know everything goes with the flow. So, even if there are challenges or anything... any issues also, like we do fight with our like siblings or friends or anything. But you know, it doesn't bother your peace of mind that much...

Lindsey 18:35

Mm-hmm.

Participant 5 18:42

...and it resolves on its own because, like, overthinking is not involved, anxiety is not involved, which I I now can recall because when I used to do it, uhh... it like throughout the day I was very content. I was feeling very content. I was at peace and everything. But now that I don't do that one-hour meditation or that self-practice Reiki, so like I've seen there is a lot of, you know, overthinking involved over a little issue... and like so Reiki has helped like I would say regulating your emotions, I would say. So because it may be like it's it's about your well-being all at once because it it's working on chakras... so you are, you feel more controlled of your like emotions I would say.

Lindsey 19:35

Awesome. That's a great answer. Thank you. How has practicing Reiki affected maybe your mental health, or overall personal health?

Participant 5 19:45

Yeah, my mental health, of course, because I I was like, I used to overthink a lot. And, I was constantly anxious and I was dealing with the general anxiety back then. So yeah, it really helped at mental health level. Also, like when I talk about myself, I also see people associated with me. So, my friends are there and like so they ask me for like, "*Can you send Reiki? I'm experiencing this issue...*" or like "*Can you do that? My chakra healing. I am feeling this...*" so like it it makes you more productive I would say, and more useful to the people around you. So, that is a self-thing that I have like felt that that Reiki is something which does not only benefits you as a whole person, but because others are also a part of self. So you're helping others also, so yeah.

Lindsey 20:57

That makes so much sense. Thank you for sharing that. Um, can you describe whether or how Reiki helps you cope in stressful situations?

Participant 5 21:10

Ohh, in stressful situations I think recently I haven't used Reiki that much. I use it for like a daily basis like I told you... like watering my plants or doing something. In stressful situations I could remember....

Lindsey 21:24

Yeah, yeah.

Participant 5 21:29

I remember this one thing that like... there was something on my leg, there was like... I do have skin allergies in winter so... that that was one thing that I had. And I started giving Reiki to myself, and after a few days like it... it goes back to normal. So, that that that is one thing that I experience is even, because... the changes in your body, or the changes are physically, also impact your mental health also. So that like stresses you out like the why it is happening and this should go away.

Lindsey 22:09

Absolutely.

Participant 5 22:15

So yeah, one, one example that could be offered, yeah.

Lindsey 22:20

Thank you. Umm, this is the last kind of question before I move into demographics. Has Reiki affected the relationships you have or maybe no longer have with other people. If so, how?

Participant 5 22:34

I think after Reiki, my relationships with people have become more... sorted, I would say. Or easy I would say. Because earlier I used to be a very... I would say, uhh like easy to... Like I get angry very easily. I get frustrated very easily if something doesn't go according to my plan because I'm a very planned person. So that thing really used to affect me. But now, what I have seen in relationships I would say that... I I have become more of like in an acceptance state. So, because I feel this change after doing Reiki because earlier it was not there. I used to like fret and fume like anything or a little list of things...

Lindsey 23:26

Yeah.

Participant 5 23:36

So, I would say that even while in conflicts with people, I don't indulge in arguments. I'm more... at like conveying the things... part. Just that, like I I don't like regret it or that, just that. So not involving in the argument itself, or like I make sure that... I'm not saying something which is hurting people.

Lindsey 24:05

For sure, yeah.

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Participant 5 24:05

So these changes I have seen in myself after Reiki. Because earlier I was a different person. I was a difficult person I would say. *laughs* But now it it is, it is different.

Lindsey 24:26

I love that. Thank you for talking about how *you've* changed, and that in turn has affected your relationship and changed your relationship with others. That's a really, really awesome perspective. I'm gonna move into the demographic questions and then we'll be done with the interview. So which state within the US or which country do you currently live?

Participant 5 24:46

India.

Lindsey 24:48

Awesome. What gender do you identify with?

Participant 5 24:51

Female.

Lindsey 24:53

What is your race and or ethnicity?

Participant 5 24:57

I am Indian.

Lindsey 24:59

What is your highest level of educational attainment?

Participant 5 25:03

I have a bachelor's in technology.

Lindsey 25:05

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

Participant 5 25:13

So with Reiki I also have practiced Akashic records.
So level one and level two, yeah.

Lindsey 25:20

How cool. Oh, I love that. OK.

Well, thank you so much. And is there anything else you wanna say about the Akashic records before we wrap up?

Participant 5 25:33

Actually what my plan was to learn Reiki only, and I didn't know anything about Akashic Records. So when I went for level one level 2, I was, somehow I was...uh, like calling by Akashic Records. So there was this client which came, and I asked her like my mentor... *"Like what should I do?"* So she said that *"You open the Akashic records."*

So I said *"I haven't learned it. What is it?"*

So she said *"I I think you have done it.."*

So I I was like... *"No, no, I there, there might be some like other [redacted name] you're talking about because I'm not the one who has done so."*

She's like, *"OK, OK."*

But then, like, it struck a chord like, what are Akashic records, and what is all about?

So then I asked her and I enrolled for it in the next class that she was conducting.

So in the middle of Reiki, in one, two, and three, and four in the middle of that

I did Akashic level one and two.

Lindsey 26:46

Oh, awesome. Thank you so much.

Participant 5 26:48

Yeah.

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Lindsey 26:48

I appreciate you willing being willing to have this conversation with me.

□ **Lindsey** stopped transcription