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0885: Reiki and Well-Being Interviews

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**Participant 007: Reiki Master with 1.5 years of experience
(Navajo, Spanish, and White; Female; Arizona, USA)**

Lindsey M. Harper

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Participant 7: Reiki Master with 1.5 years of experience (Navajo, Spanish, and White; Female; Arizona)

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

Transcript

May 16, 2024, 2:03PM

Lindsey started transcription

Lindsey 0:06

So can you start by telling me just a little bit about yourself?

Participant 7 0:10

Umm, I'm a mom of two kids. I have very—I mean, my kids are very...kind of tuned in to things. And so, it because of them, it's kind of led me down this journey of energy work, and things to help them in better ways. And so that's kind of where it all started, and it's just kind of become a passion to be in energy work and in this area. And I don't know, it's just kind of developed from there.

Lindsey 0:43

Sure.

Participant 7 0:44

And yeah, I just it's and it's so cool. And I like, I I just everything about it is just like it lights me up and I just feel so like *"This is it! This is where it was meant to be. This is what I'm supposed to be doing!"* Like, but... I just... I get so excited to talk about and do Reiki things be like, *"Oh my gosh, do you guys know what Reiki is?!"* *Laughs*

Lindsey 1:07

I love that, and your energy and your enthusiasm for it is showing through this video. So thank you so much for sharing that. UM, when were you born and where did you roughly spend most of your childhood years?

Participant 7 1:19

I was born in Arizona, and I spent all my life here until I was... until about seven years ago or so and then we moved away and came back. So I'm in Arizona again. *laughs*

Lindsey 1:32

Oh, very 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 7 1:43

So I... it's interesting. I was raised without any one religion. My dad is Catholic. My mom is Mormon, and we just went to both events without being baptized or actually a part of either. And, so we knew about God. We knew, you know, the basic stories, but we never were told...like you have to do this in order to be approved or accepted by others, and it led me to just kind of be open to all of it. And as I as I've grown up and kind of delved into this Reiki area, I realized that both of my parents are a little bit more spiritually filled. They don't understand that, and they don't see that. And I think it all played into me just being so open to it, and and just finding that you know what it's not just one religion, it's so much greater than that. There's so much more to it than we're allowing it to be when we say it's gotta be this one thing. And so it just kind of all, I think... I tried to think about this all the time because I'm like, *"How did I come here? Where did I get this?"* And I think it's just all of that. They were just like, *"You know what? When you're ready, you'll decide."* And that's all they left it to be.

Lindsey 2:59

I love that so much. That's really beautiful. Thank you so much for sharing that experience. Were there any experiences or influences in your life that you believe may have set your foundation for your interest in holistically based practices like Reiki?

Participant 7 3:14

Umm. Probably the biggest thing would just be having kids. And, I like, I believed in the spiritual side of life my whole life. I thought there were ghosts. I thought there were other things out there. I knew there was more to it, but what really confirmed it is having children and then trying to find a way to incorporate their...their just everything. Holistic health, their spirits as a whole.

Lindsey 3:45

Sure.

Participant 7 3:48

How do we connect to them? How do we help them in these areas that are so big? And we're just like, oh, they're just a kid just, you know, they just need to have school and be sent off and be away. And I'm like, *"No, there's there's more to this, and we're missing...we're missing a huge factor."* And, so when my kids started becoming, you know, they just have emotions and there's so much more to them. So I started researching everything organic and how can I help them emotionally, and how can I help them physically develop in all these ways and it just came right around to how does their spirit feel? What does their energy like? And that brought me deeper into, you know, Reiki and energy healing like that. So it's just kind of all the the delving into it part was just once my kids were born and searching for answers. That's what... what now? How do I help them the most?

Lindsey 4:36

For sure, that makes so much sense and I really respect that. Conversely, were there any influences that may have suppressed the pursuit of holistically based practices?

Participant 7 4:46

I don't really...I don't really let things like bother me. How it kind of started, and when I would have an experience energetically or spiritually, and I would want to tell somebody about it. I just... I knew it might sound weird, but I just started the conversation with: *"You don't have to believe this for it to be true but..."* and then I said what I had to say, what had happened to me... and it just helped me. So it doesn't even matter what someone else is thinking or saying or feeling or believes in. It was still so true for me. It was 100% true and that doesn't change anything if they don't believe it.

Lindsey 5:21

Mhmm.

Participant 7 5:24

And so it kind of nothing has really stopped me going through it, or even made me hesitate. I mean, there are judgments from other people, and that human side always goes well.. *Am I doing something wrong? Am I bad?* But I still go. *"I've never felt more right and with my spiritual self like I've never felt so connected as I do now, that can't be wrong, right?"*

Lindsey 5:50

Sure, Sure! Absolutely. I really love the phrase that you just shared about... and you said "this is still true to me, so it doesn't matter if you believe it or not."

Participant 7 6:02

Yeah.

Lindsey 6:03

This is my experience and this is right. I love that. So I'm gonna steal from that. So thank you for saying that.

Participant 7 6:08

Yeah.

Lindsey 6:09

Can you tell me a little bit about your work history and what you do now without identifying any places specifically?

Participant 7 6:16

Yeah. So I I just work from home. I work with friends and family. I do distance healing. I do... you know, in person, if people ask for that. But since we just moved, I don't have a practice or anything anyways. So I've just really reached out to people around, and and I had people in the past that would come and and, you know, word of mouth. And if I had to start working on people that way, and I just started Reiki about a year ago or so, and it's just been life changing and so, umm, it's more just a friends, anybody...Anybody that wants to talk to me about it. *laughs*

I just... I'm like, *"Yeah, absolutely. I'll work on you. Who do you know, know that it could help out"* and and just kind of informal helping whoever wants it, needs it, reaching out and can kind of offer it too.

Lindsey 7:07

Yeah, absolutely. Thank you so much. I'm gonna move into the experiences with Reiki set of questions. Can you tell me about the moment or event that first sparked your interest in Reiki specifically?

Participant 7 7:20

And... so, I started yoga training, and one of the classes we had to take a classes outside of yoga to finish our hours. And I did chakra drumming, and I wanted to bring drumming into my yoga. And I took it from a Reiki teacher, unknowingly... like that wasn't my goal, and I did this chakra drumming class... I loved it. I just fed off of the energy from it so much and was like, *"Holy cow, what was that! Like, that was incredible!"* We drummed for hours, and the energy there was just vibrant, and after I left, I started drumming and I thought *"This is so cool!"* And then I just started going... *"But what's Reiki? What does that do? How does that come into drumming? Should I have that? Should I incorporate that more you know?"*

And then, my son was having like, just very large and emotional outbursts. And I would drum him, and we would do some breathwork stuff. And then I thought, well because, I was gonna get him Reiki-ed. And then I thought, *if I'm gonna be Reiki-ing him, what if I...* like how much is that gonna, you know, go down the line... where... *Are we gonna do it monthly? What is it gonna look like? What if I just become a Reiki practitioner...* And then I can use it on all of my family, and myself, and this will be cool, and I'll have a skill and be able to, you know, not have to go somewhere else all the time for it. And so, that was like... key point. And it *just* was calling me, and it just was like, *"I should look into Reiki, I should look into Reiki!"* And so finally, I was like... I really... you know, I told my husband like, *"I really need to do this. Like it is absolutely what it's pulling my heart."* And he was like, *"Alright, cool, go do it."* And so, I got my Reiki one and two within umm, like a month or so from me deciding I was finally going to do it and then... waited about six months after practicing, and I became Reiki Master. And yeah. I'm like, *"OK, how else do I... what else do I? What else can I use this?!"*

Lindsey 9:24

Oh, that's awesome. That's awesome. Thank you so much for sharing that. And I'm so glad you had that initial support from your from your husband. I think that that makes all the difference.

Participant 7 9:33

Ohh huge, it's huge.

Lindsey 9:35

So can you share with me your first experience with receiving Reiki?

Participant 7 9:40

My first experience *was* in training. I'd never done Reiki, got Reiki, nothing. I'd only heard of it. And it was one of the students, you know, it was time for us to practice on each other and um, the student... we're just like, "*OK, what do we do? And I don't know.... Hold your hands over each other*" and that was it. And it just felt so like... Comfortable in yourself in that moment...

Lindsey 10:09

Yeah.

Participant 7 10:13

...to just like, Be. I want to say *heal*, like it allowed myself to go... "*Wait, I can take this moment like this is my moment. I have this opportunity*", and it just was cool. It was just, you know, I was like, *OK wow, that was Reiki. That was interesting*. So is.. nothing more and nothing less, it just felt like being comfortably home in yourself.

Lindsey 10:36

Oh, I love that... being comfortably home in yourself. I love that. Can you share any transformative moments or experiences that reinforced your commitment to your Reiki practice?

Participant 7 10:48

On others or for me, myself or both?

Lindsey 10:51

Either.

Participant 7 10:52

OK, UM. Well, my very first time giving Reiki in Reiki, on the class... was it was fascinating to me because I'm going *"Am I doing this right? What do I do? Is it channeling through me like...What is this?"* And the guy I was giving Reiki to, it was his first time receiving Reiki. And I felt... I had my hand, I think my hand was on his heart and his stomach, I think. And I felt the ZAP from one hand to the other. I just felt it go like that. Right. And I'm thinking, *Whoa, you know, what was that? This... is this it?* You know what I mean? Like holy cow. And then I do it again. I feel his knee and I get like, you know, I get signals.... *OK, Yeah. No, his knee needs it and I'm doing the Reiki* and and I'm just like, what is 'cus... I'm feeling it from one hand to the other *gestures energy moving between both hands* and I'm just thinking it's so crazy and so when we're finished, he said... *"Ohh my gosh, what was that?"* He's like, *"I felt like a laser beam ZAP in and go from hand to hand"* and I said, *"That's exactly what I was feeling like. That was crazy!"* I didn't know it would be that obvious, and it hasn't always been, so that was a pretty unique experience. I do still get sensations, but that the line of connection, just so distinct... was so cool and it was... You know when you're being your very first time, it's pretty like rememberable, a great memory to to, you know, experience just to start.

And then I've had, I've just had...I mean, so many of them have so many amazing points. I'm very like empathic so I can feel what they're feeling during it. And there's times when being a mom, I've been working on another mom, and I feel the... you know, angst and anxiety and stress she has for her child and those moments like, they just... they really, they just make you feel holy cow. Like, there's so much going on here, and if I can just help her a tiny bit just from even acknowledging that I can feel what you're going through and it hurts, and I get it... And I'm doing that because I'm holding my hands over her with Reiki. Then, my gosh like it just gives her so much relief and it just is transformative for me to sit and be in that moment with her. And just, I don't know, just... help move that energy. Help her get rid of it and acknowledge it. I know that she can be safe there, and those moments I think are just

so incredible. It just. Yeah, it makes me want to cry. I just... it just... is you... I don't really... there's no experience like that.

Lindsey 13:52

I think that's incredibly validating. The first experience you shared because you were receiving that from someone that you didn't know and you didn't have otherwise have a relationship to, I'm assuming... And I love how that validation in term transforms or transferred to that second experience...

Participant 7 14:03

Mm-hmm.

Lindsey 14:08

...you just shared because you're providing validation to someone you may or may not have a close relationship to, so I think that it's really beautiful how you're able to use Reiki to kind of... are able to channel Reiki and be Reiki and become Reiki to be able to work with others in a way that's really beautiful and meaningful to them. So thank you for sharing two different experiences like that. I appreciate that.

Participant 7 14:30

Mhmm.

Lindsey 14:31

Have you seen conversations surrounding Reiki evolve over the years, both in your personal practice and maybe the broader community?

Participant 7 14:42

I think... I think so. And again with my personal practice, I just, I seem to immerse myself in that area. So I just am surrounding myself with more people that believe in and see it and you know, find it as valuable. And so I just see it escalating in this beautiful way where, *Wow, everybody seems to know what Reiki is*. But then if I if I slightly ask others that I'm not... you know, I'm normally talking that to,

Lindsey 15:07

Yeah.

Participant 7 15:09

I realize it's not as obvious, but I do notice that people are going *"Oh well, what's that?!"* You know, they aren't just being like, *"wow, you weirdo."* You know... *"What's this weird stuff you're doing?"* Like *"Ohh, it's with the devil"* and stuff. *laughs* That seems a little bit more far off then I see people accepting it and going, *"That sounds amazing. That sounds beautiful."* And I really feel like it's kind of where all um healing is meeting too, because the frequencies that we all are just pure energy. There's... I'm seeing more health centers that are just about feeling with energy, whichever methods and you know, modalities they're choosing. And being in Reiki, I so much know and believe that that's the same thing we're working towards. And that they're just slowly going to intertwine with this, you know, medical healing facility that wants to do it all this way *gestures with one fist* And then Reiki *gestures with other fist* is also wanting the same goal, and like that's pretty cool because I can see that connection.

Lindsey 16:15

Absolutely, absolutely. Thank you for sharing that. So you've already answered kind of answered this question but umm so I can kind of code it a little bit like when I'm like looking at you guys individually, can you tell me what level of Reiki certification you hold... like level 1 involves working with the self, level 2 involves working with others, and Level 3 involves being able to teach in attune, others to break even if you don't ever do it.

Participant 7 16:37

Mhmm, so I am a Reiki master. I have attuned to my son as a Reiki practitioner to two, and I want to do that for my daughter as well. But I got... when did I become a Reiki Master? December of last year and just I want to... so I started home schooling my son. So instead of having him at school and what I thought would be this developing blossoming beautiful Reiki practice that I could spread all over the world to everyone that would listen to me...

Lindsey 17:12

Yeah.

Participant 7 17:12

It's just taken... It's taken a little side turn, and so now I home school him and I do Reiki kind of as a side thing and it's no longer like, *I'm gonna set up classes and teach the world*. It's just like I have incorporated this beautiful moment, but I can teach my kids and I can spread that slowly that way. So, but end goal would be to be teaching classes and and give this experience to so many other people.

Lindsey 17:35

For sure. Thank you so much. And how many years total, then, have you been practicing Reiki?

Participant 7 17:40

Uh, like a year and a half, I think.

Lindsey 17:46

Awesome, thank you. So I'm gonna move into the reiki's relationship in your daily life set of questions. Do you have a self-Reiki practice and if So what does that self-Reiki practice look like?

Participant 7 17:58

Um in the mornings I like to give very I like to...I kind of just tell myself all the time, like I give myself Reiki all the time, and will just like... *Reiki on*. Or, you know, whatever I need in that moment, just kind of turn it on. As far as like an actual, what am I doing every day? Um... I'm like what I do everyday. OK, I wake up. I either do yoga or meditation of some kind and then send to myself Reiki during that time; and then I like to make myself a cup of tea and just sit with my tea and Reiki my tea and just send so much love to this little tiny cup that is just going to nourish my body and I feel it feels so special and just so purposeful in that moment to just be there with my cup of tea and give it all my little symbols and just, you know, let *that* just flow through me.

Lindsey 18:47

Yeah.

Participant 7 18:54

And I really love that moment. I think of all things that I feel that are maybe and rituals...I like to sit with a cup of tea in the morning, just like look outside or whatever and feel Reiki, whatever I need for that time, and send it to myself.

Lindsey 19:02

Mm-hmm.

Participant 7 19:13

Or, you know, just kind of take in what I'm feeling and everything. So, but I do I use it... all day long. I don't know a time that I'm not turning it on or trying, you know, calling for it or whatever.

Lindsey 19:28

Yeah, yeah.

Participant 7 19:29

Yeah. In the shower, you know, put it on the water and just let it rain down on you. And let Reiki you rain down and just have those moments. Or even I'm like *I have a pool, what if I Reiki my pool water and we all swim in my Reiki you water* like *laughs* That's what my thought... my thoughts are like, *how do we get more of this?*

Lindsey 19:45

That's so brilliant. I love that. That intentionality is so important, but I'm glad that you made the distinction between like... always like embodying that versus like choosing to, You're turning it on at a certain time, so that's really, that's awesome.

Participant 7 20:04

Yeah.

Lindsey 20:05

So this next question is gonna feel really silly then, but how many times per week do you engage with this self-Reiki practice?

Participant 7 20:10

Yeah... and *laughs* I... every day I do it every day, so definitely... there is at least one moment every day that I'm sitting and purposely giving myself Reiki. Umm but yeah, we way more than that usually. *laughs*

Lindsey 20:28

Thank you, thank you.

Participant 7 20:29

I... it could be 10 times a day. It could, you know, it just depends on what's happening, but definitely there is a moment in the day that I have sat with intention to give myself Reiki.

Lindsey 20:39

That makes that makes perfect sense. So how did becoming a Reiki master integrate with your daily life? Can you provide some examples of noticeable changes in your well-being and perspective?

Participant 7 20:51

Umm. I feel like... It is everything in daily life, like again, making tea, making tea for me, for my family, for the kids or whatever it is... for my husband when I'm making his tea in the morning, I'm sending it Reiki too. And then I'm gonna take it to him in his office, and he's gonna have his little cup of Reiki tea whether he *giggles* you know was wanting it intentionally or not. I think it's important, I I like to put it in the food when I'm cooking. Or you know if the kids are having a hard time or whatever, I will I will give them Reiki, and they even ask for it now, you know, *"Mom my foot hurts. Would you give it Reiki real quick?"* and it's just like, yeah... Yeah, I will. It's the sweetest thing ever and it's just made... It's kind of given us all these little tiny moments of connection to ourselves, to the greater Beings, Earth or everything.. Earth, Spirits, Self.

Because you sit with intention right? At that moment, to connect your intentionally connecting to God, to whatever you are pulling your Reiki from. And you're going, *"I believe in you so much. The faith is there so much so that I am channeling it right now*

to my child." And giving gratitude in that moment that this is working for you. And I think there... it's brought and gratitude into every day because of that. At all times I'm thinking you know... *Everything is so beautiful* and you pull energy from that. So those little glimmers of Spirit and of... of love, you see them more. And at those times I'm, you know, I it's almost like a little recharge, like that beautiful moment just connected me again and helped that connection one step further, it just deepened it one little bit more because of that pure gratitude that lit me up to see that butterfly right there, you know, as it's just fluttering around us, is it gonna land on us? You know, me and my kids were watching one just the other day, and we're just sitting there and I'm thinking like, *turn your Reiki on, you know, turn it on now and let's see where it's gonna go and what it's gonna do.* And so we just kind of sit and wait. But I think it really brings a gratitude to it because you can you just, you're doing things kind of purposefully to be happier. I get... I don't know if everyone does that, but that's how it feels for me... to find, you know, a little bit of a glimmer of happiness through it.

Lindsey 23:22

Oh, I love that I could listen to you talk all day. I'm... that's such a great answer. Thank you for that perspective.

Participant 7 23:28

laughs You're welcome.

Lindsey 23:30

How has practicing affected your mental health or your overall personal health?

Participant 7 23:35

Oh, I just think it's the best. *laughs* I just... It just lights me up. I just can't get enough of it. I don't know how I was ever without it. If there's a situation, you know and the kids are, you know, not listening or not whatever is going on that's causing a stressful environment... I'm able to just go *hold on*. *does quick Reiki hand positions* Like even if I'm just going to right now, in this moment, *I'm gonna Reiki myself. I'm gonna find something. I'm gonna Reiki myself...* just to give me a breather. Even if the chaos is still happening, I can now go "*Hold on*", and just gather myself at the very least, to be able to turn to them and approach them again in a way that is better

than getting mad and screaming and and you know, *"No ones listening to me!"* or anything like that. I can at the very least just go *"Fill this room with Reiki."* Like, if that's all we're gonna, this moment, then we're gonna do that. And I think it's really let me step outside of the chaos. And I don't, you know, sit in it and I can notice. You know, like this is, this is a a human feeling that's happening in passing through me, the kids, my husband, whoever else, whatever is in that room... that's just a human moment that's going through. But our Spirit right now is is OK, we are safe, we are fine, this is OK, and this human side is allowed to experience that and let it go. And it's really just let me have a little bit more sanity, a little bit more calm in the storm, and I can step outside and be the calm in the storm when when that stuff happening. So I think it's just... I don't know if it's perspective or connection? A little of all of it, I think, and knowing that we're yeah... it just really opened me up too, knowing how much we are connected and how much God is in every moment. And I... can separate myself to be there instead of the chaos, even though you know I'm human, I'm still gonna feel that. That I can go... *This is okay too, this is okay.*

Lindsey 25:51

Thank you so much for sharing that. And you did just touch on this, but can you describe whether and how Reiki helps you cope with the stressful situations?

Participant 7 25:58

Yeah. Yeah, it's just um... Learning it for my son was to help specifically with stressful situations, and it had to... I asked my teacher. I said, *"What do I what do I do in those moments?"* And that's when she said, *"Don't Reiki him, Reiki you."*

You know, you're the one that needs to stay calm and rational and, yeah... And I thought, *OK...* because I'm sitting here getting frustrated and, you know, trying to Reiki him like, *this has gotta help him and stop, and what do we do?* And just like, no, just Reiki you if you can just stay calm through it, his will pass, it's okay. And so I think that's probably one of the big factors that helped me go, *"Oh yeah, wait a second. I can be calm. This is okay,"* and just let the chaos happen and I don't have to get worked up too. I don't have to...their emotions don't have to affect mine, whatever it may be, and it's really helped with so many moments in our life, you know that that there can... you can choose chaos, you can choose anger, or any of those you know negative emotions. Or you could choose to just wait a minute and let it pass.

Lindsey 27:17

I love that. And I loved the example of kind of focusing on the internal environment instead of trying to control the external. I think that's a really a really, really awesome reminder for folks. So thank you for that. Has Reiki affected the relationships that you have or maybe no longer have with other people, and if so, how?

Participant 7 27:36

So... I, okay... with people um, that are completely... and in the know, agreeing with Reiki, and you know they've already... they've already kind of bought into it... I don't know the term, just believers of it, I guess. With those people, I think it's just it's grown, our relationships have grown stronger. It's been... something that's beautiful and I can share with them, and we can really connect and be like, wow, did you, you know... that experience, or this or that... and just *look how it plays out in our lives* and the *holy cow*, those amazing moments.

And then I have had one experience where I feel like I've kind of...tiny little wedge has happened because... it's someone I would talk to constantly all the time. And I did Reiki on her, and I got this beautiful message from her brother that passed away, and she validated it, and it was amazing. And she was she was impressed, and she was just like, *"Holy cow."* Like, *"This is incredible."* And she told her husband about it... And he said, *"Ohh, the Bible says you shouldn't do that, and that's wrong. And you really need to... You need to pray if you should still be talking to her."* And, this is her husband saying it to her and she relayed it all to me, and it's somebody that I... I loved dearly, and didn't think that would ever, because... she was, she's spiritual. She grew up with me and she very much knows that there are Spirits and they communicate to us all the time, and it was very simple things like *"Ohh that coin you saw here, that was from him... and you know those birds when they are in your backyard, that's the time he's with you most."* And those kinds of things. And she had stories that coincided with it, and so I didn't think I was doing anything wrong at all. And then she came back and told me all of that. And I thought, *"Holy cow, what?"*, like it shocked me. So, I...I don't really get to talk to her about any of it anymore, which is *so sad because I love it*. *laughs a little bit*

Lindsey 29:32

Yeah... Yeah... Thank you. Thank you for sharing that personal story. *pauses and holds up fingers indicating just a moment and we'll circle back.* I want to move to the demographic questions really quick, but I did want to say thank you for that vulnerability and for um, sharing some of maybe the the benefits of like how relationships can grow, but also the some of the loss that can sometimes occur in that. So thank you for that, I do want to acknowledge that and, I...

These are the boring questions that I have to ask at the end. Can you tell me which state within the US or which country do you currently live?

Participant 7 30:10

I'm in Arizona, yeah.

Lindsey 30:13

Can you... what gender do you identify with?

Participant 7 30:15

And female, yeah.

Lindsey 30:18

What is your race and or ethnicity?

Participant 7 30:20

Umm, so I'm part Navajo and Spanish and white Caucasian.

Lindsey 30:27

Awesome. Thank you. What is your highest level of educational attainment?

Participant 7 30:32

Some college.

Lindsey 30:34

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

Participant 7 30:40

Pauses Hmm. I'm not sure. I think we've covered a lot. I think I think we're good. I think the main thing for Reiki and Wellness is, I think, probably... to set moments aside, you know, and I think Reiki gives you a reason to, because you're stopping to give Reiki. Umm and I kind of feel like if we did that, even if we didn't call it Reiki... and I know some people will say prayer or meditation or whatever these words may be. But I think more so is what Reiki has given us is that intentional moment to to go, *What's going on?* Just kind of reevaluate what... in that moment stop. *What are you feeling? What are you processing through? How is it going to guide your day?* And I think it's just one more thing that helps us get get there.

Lindsey 31:53

That that makes so much sense, and that's really beautiful. Thank you so much for sharing and thank you so much for agreeing to interview with this topic and share your own personal experiences. It's meant a lot to me.

Participant 7 32:05

Thanks. *smiles*

● **Lindsey** stopped transcription