

Audio file

[EP14 Casual Temple Christine Freeland_2023-12-16.mp3](#)

Transcript

00:00:03 Merrily

Welcome to the Casual Temple podcast, and you're listening to episode #14, and I'm your host, Marilee Duffy. Here at the casual temple, we explore our profound connection to the world of spirit, which empowers us to know our true selves. If you enjoy our mystical and magical content, don't forget to show some love.

00:00:21 Merrily

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00:00:24 Merrily

Today, in this enlightening episode, we are joined by Christine Freeland, where we delve into the realm of subtle energy and learn how Christine's healthy skepticism has fortified the efficacy of her work with clients. She candidly shares her fascinating journey from teenage experiments with ESP that laid the groundwork for discerning subtle energies and her work today.

00:00:44 Merrily

Delivering profound messages to her clients, stay tuned for an insightful conversation ahead.

00:00:51 Merrily

Welcome to the casual temple. This week. My guest is Christine Freeland, who is a board certified Reflexologist massage therapist and Reiki master. Today, we're going to talk about subtle energy and how being skeptical has strengthened the work she does with.

00:01:05 Merrily

Her clients.

00:01:06 Merrily

Thank you, Christine, for joining us here on.

00:01:07 Merrily

The casual temple.

00:01:09 Christine

Well, thanks for having me. This is exciting and something that I've never done before.

00:01:14 Merrily

Well, well, happy to have you here.

00:01:17 Merrily

It's it'll, you know, usually it's it's.

00:01:19 Merrily

Fun I I you know I'm.

00:01:21 Merrily

Biased, but I have always enjoy my guests.

00:01:25 Merrily

So we're just going to kind of.

00:01:26 Merrily

Dive in get started.

00:01:28 Merrily

Can you tell me or can you start by telling us an early paranormal?

00:01:33 Merrily

Experience that you had.

00:01:37 Christine

Well, I think when we're children were much more open. And so when I was 13, I thought it was great fun to play.

00:01:47 Christine

ESP. You know extrasensory perception. And I had another friend.

00:01:54 Christine

Knew we were 13 year old girls in the 80s and so that meant that we just sat on the phone for four and five hours at a.

00:02:00 Christine

Time and so from across town, we used to play the guess. What number I'm thinking or guess what letter I'm thinking of. And we soon discovered that we had really good accuracy if one of us was.

00:02:14 Christine

You know, tracing the number.

00:02:17 Christine

So if she was drawing it with her finger, I could close my eyes and see her drawing it with my finger.

00:02:24 Christine

And so.

00:02:26 Christine

Likewise, if I drew with my finger, she could see it on her end, and so we spent hours playing. Guess the number, you know, we start with one digit and we were really accurate. And then we started with two digits and we were really accurate. And then we got to 3 digits. Really accurate.

00:02:44 Christine

We got up to.

00:02:46 Merrily

We said, well, let's switch to the letters.

00:02:49 Christine

Same thing. As long as she was drawing it.

00:02:51 Christine

With her finger.

00:02:52 Christine

I could close my eyes and see her.

00:02:54 Christine

Drawing it like.

00:02:56 Christine

If, like I had a blackboard and she had.

00:02:58 Christine

A white pen.

00:03:01 Christine

So I didn't see her. I just saw the White pen on the blackboard.

00:03:05 Christine

And so those are trading words where she'd write a whole word.

00:03:11 Christine

And we were really.

00:03:12 Christine

Accurate this this is over months and months. We we would play this game all the time.

00:03:17 Christine

And then suddenly I realized that when she wasn't drawing, I could feel in my fingertips what her fingertips were feeling.

00:03:27 Christine

She had a.

00:03:28 Christine

This was the 80s, so she had, like, a velvet couch.

00:03:31 Christine

And I could feel her hands on the.

00:03:33 Christine

Arm of the couch.

00:03:34 Christine

And then we would say, oh, well, I'm going to touch something else and guess what?

00:03:38 Christine

I'm touching, you know.

00:03:40 Christine

And we could sense.

00:03:41 Christine

Things like it's wood. It's cold, it's ceramic, it's bumpy. It's smooth.

00:03:49 Christine

And so I think that around that time is when we said this has gone too far and it's getting too creepy.

00:03:56 Christine

And so both of us just agreed to stop because we were feeling each other's fingertips.

00:04:04 Christine

And also around that time when I was about 13.

00:04:08 Christine

I was really into the idea of astral travel because I thought how cool would it be to be able to be invisible and go see things? Maybe hear things I don't know.

00:04:20 Christine

How cool would that be? So I was really practicing really trying to do astral travel.

00:04:27 Christine

And of course, I'm just learning from some book that I found at the library.

00:04:32 Christine

Really really trying and I would get so that my body could kind of levitate.

00:04:37 Christine

But my core like where my umbilical cord is wouldn't come.

00:04:41 Christine

Up. So I would I would always end up folding upwards, you know.

00:04:48 Christine

And this is months of trying and I finally one day popped out my umbilical released and I was able to levitate a bit.

00:04:58 Christine

And it was such an uncomfortable feeling to have my astral body outside of my physical body that I panicked and shut the whole thing down. And it was about that time when I just said.

00:05:10 Christine

This is all.

00:05:11 Christine

Too much for me. Too big for me to feel. What other people are feeling or to.

00:05:17 Christine

Move my body, my astral body outside of my physical body. So at that point I just said, you know what, this is all too much for a 13 year old kid, so.

00:05:30 Christine

So I I shut it.

00:05:31 Christine

All down at that time, yeah.

00:05:34 Merrily

So what would you? So if you shut it down at that particular time?

00:05:39 Merrily

When were you?

00:05:41 Merrily

Kind of more inclined to look at that energy again, which I guess goes into sort of your current practice but.

00:05:48 Christine

Yeah. Yeah, so.

00:05:50 Christine

I I had never intended to look at it.

00:05:53 Christine

Again, it and to be Frank, I kind of forgot about it for you know, 20.

00:05:57 Christine

Or 30 years.

00:06:01 Christine

So it all kind of started when I went to reflexology school.

00:06:05 Christine

And then that led me through to.

00:06:08 Christine

Energy work as part of a healing modality where I again thought.

00:06:14 Christine

You know, I remember that I had a a talent for ESP and I wonder if that means I have a talent for energy.

00:06:22 Christine

So that's that's when I started experimenting.

00:06:27 Christine

As part of reflexology school, we took a class called Energy Awareness.

00:06:33 Christine

And it was taught by this wonderful man from Seattle named Neil McNeil. He's a ghost hunter and a reflexologist. And he's.

00:06:43 Christine

A kind and gifted teacher.

00:06:48 Christine

And when I got to class I was really.

00:06:52 Christine

Like excited.

00:06:54 Christine

And I could feel my whole body like Wah Wah wah like pulsing through my whole body.

00:07:01 Christine

And I always interpreted this as like nervous feeling.

00:07:07 Christine

It happens to me all the time when I get, like, really nervous or I'm around a lot of people.

00:07:11 Christine

Sometimes I'll get this whole thing.

00:07:12 Christine

Wah wah. Kind of feeling.

00:07:15 Christine

So in that class we were.

00:07:17 Christine

Talking about energy work and I was really nervous and I was really pulsing.

00:07:22 Christine

And one of our early exercises where we, we all the students got up and.

00:07:26 Christine

We stood in the circle.

00:07:28 Christine

And we put our hands on each other's.

00:07:30 Christine

Shoulders to try to see if we could make an energy loop or like pass energy around the circle.

00:07:36 Christine

Right. Like our very first experiment experiment.

00:07:40 Christine

And I just have to be in the loop next to the teacher.

00:07:43 Christine

And when I put my hand on his shoulder.

00:07:46 Christine

He turned it was he.

00:07:47 Christine

Was like, whoa, someone's really pulsing today.

00:07:53 Christine

That was the first time I realized that like.

00:07:56 Christine

But that's not just nervous energy.

00:07:59 Christine

But it it really was energy.

00:08:01 Christine

And that someone else?

00:08:02 Christine

Could feel it was like a huge wake up for me because I had always thought that like, that's just what nervous feels like, you know?

00:08:11 Christine

It's funny, you never you don't know how it feels to be in someone else's body, you know, so.

00:08:16 Christine

You don't know.

00:08:17 Christine

Other people's.

00:08:18 Christine

Like what? Nervous feels like to someone else, but.

00:08:22 Christine

Yeah. And so.

00:08:24 Christine

Like right away, that really got me that.

00:08:27 Christine

That this pulsing that I was feeling was my energy, and that it was perceptible by others.

00:08:34 Christine

So that alone kind of got me really interested in pursuing energy work further.

00:08:42 Christine

And then that.

00:08:43 Christine

Class was just an amazing class. It was just a one day it was.

00:08:46 Christine

Like 6 or.

00:08:47 Christine

8 hours.

00:08:48 Christine

And all we did was experiment in different ways of sensing energy.

00:08:52 Christine

So he took us through each of the.

00:08:56 Christine

You know, seeing energy, smelling energy.

00:09:02 Christine

The feelings in our palms, maybe the feelings and the rest of our body sent, you know. And it was so fun because we would have, like, one student would be the on the table.

00:09:16 Christine

And then all the other students would, you know, smell their aura from head to foot and see what what we notice.

00:09:25 Christine

And it was such a fun experiment.

00:09:28 Christine

Because at one point I smelled gasoline like over the clients.

00:09:32 Christine

Hip I smelled the.

00:09:34 Christine

I was like, well, that's weird.

00:09:37 Christine

And it turns out that most of the students over who were observing that client.

00:09:43 Christine

Smelled something stinky or unpleasant? Oh, that's really interesting. That we all got a scent at the same location on this person's body.

00:09:55

Right.

00:09:57 Christine

And normally I would just discount that. Oh, I smell gasoline. Whatever. It never occurred to me that, like, maybe there's information in that.

00:10:05 Christine

Right, but that the random things I smell throughout the day might be more than just random smelling.

00:10:13 Christine

Yeah. So that class really got me curious.

00:10:18 Merrily

It's interesting about one of my other guest, Tiffany Reeds, who's also a Reiki practitioner. She talked.

00:10:24 Merrily

Quite a bit about.

00:10:27 Merrily

How her opinion is that anxiety is most likely empathic or intuitive.

00:10:35 Merrily

Feelings that you're picking up around you.

00:10:38 Merrily

Which I thought was really fascinating and then ever since I think back.

00:10:42 Merrily

And I was.

00:10:42 Merrily

Like you know, it kind of makes sense.

00:10:44 Merrily

Because it's kind.

00:10:44 Merrily

Of why, at least for me and from my perspective as well, is that you know, when you do feel anxious.

00:10:50 Merrily

It doesn't really feel like.

00:10:51 Merrily

It's you, you know, that's, I think what is going on is you don't feel like yourself.

00:10:56 Merrily

So you're just kind of absorbing other information?

00:11:01 Christine

And you don't know what?

00:11:01 Christine

To do with it.

00:11:03 Christine

That's a really that's a really good insight because I certainly now when I feel that really strong pulsing of energy.

00:11:09 Merrily

Right.

00:11:11 Christine

I associate it with nervousness.

00:11:15 Christine

And it helps me be aware that I am nervous or I'm overwhelmed or whatever that so it kind of works.

00:11:20 Christine

Both ways that.

00:11:23 Christine

Yeah, I can.

00:11:25 Merrily

Yeah, I think that. And so yeah, we talked a lot about sort of being introverted and I, you know, I've known you a long time. I feel like we're probably pretty fairly introverted people, but it doesn't mean that we're not fun to be around that kind of thing. It's just that, you know, for us to get that energy back, it's like you kind of have to, like, release everybody's energy that you're absorbing.

00:11:45 Merrily

Constantly is how I've become very aware of it.

00:11:49 Merrily

And doing the grounding techniques really help to like release and pull out that energy that isn't yours that you don't need. Yeah, it's good for information. That's what how I look at it. I think those things are just pieces of information.

00:12:03 Christine

Yeah, I totally agree. Yeah.

00:12:06 Merrily

And as you know now, I'm tracing back as you talked about, like Asheville projecting you talked about like folding up like me, which is really funny, I.

00:12:17 Merrily

Started read I was.

00:12:18 Merrily

Also experimenting with astral projection in my teenage years and also got freaked out.

00:12:23 Merrily

I was like.

00:12:25 Merrily

I share that with you.

00:12:27 Merrily

But I started experimenting again in my early 20s.

00:12:31 Merrily

And also having more experiences but my like not wanting to get out of the body was I was turning. I woke up in the middle of the night, but I was turning around and around inside of my body.

00:12:42 Merrily

And I was.

00:12:43 Merrily

Say that it was like a gas station hot dog. I was like around and around and around.

00:12:48 Merrily

And I was like.

00:12:49 Merrily

OK, I really don't want to leave or or similarly to you. I would have like.

00:12:53 Merrily

One leg.

00:12:53 Merrily

Would go up one arm would go up like this. The core did not want to leave saying it was.

00:13:02 Christine

It was very much my coral and I I.

00:13:04 Christine

Would say like come on.

00:13:04 Merrily

We're so close, yeah.

00:13:10 Merrily

Yeah, actual projection that is also something.

00:13:14 Merrily

I I've had some other intuitive friends tell me that. Oh, yeah, you're going to be astral projecting. And I'm like, Are you sure though? Cuz it's kind of freaky and kind of hard to do, at least for me.

00:13:25 Merrily

UM.

00:13:26 Merrily

But yeah, so it's been sort of an interesting.

00:13:28 Christine

No, I I haven't tried since I'm. I'm still not ready to try again. Yeah.

00:13:33 Merrily

I feel like.

00:13:33 Merrily

If it's, I don't know. Sometimes I'm.

00:13:35 Merrily

Like I don't.

00:13:36 Merrily

Know if you're.

00:13:36 Merrily

Not ready? Maybe you're just not ready in this lifetime, and that's OK.

00:13:43 Merrily

So I know you talked about.

00:13:45 Merrily

The experience of taking the Reiki classes was there and starting that process was there a specific life event or experience that wanted you to seek that out as like an alternative?

00:13:59 Christine

Yeah, it's a. It's a beautiful story and it's kind of a long story. So I I hope you'll.

00:14:03 Christine

Bear with me.

00:14:05 Christine

So I was working in a corporate job, a nine to five. I'd been there for long time, almost 15 year, 10 or 15 years by that point.

00:14:18 Christine

And I was a data analyst, you know.

00:14:22 Christine

Very cerebral. Lots of.

00:14:25 Christine

Reading and spreadsheets and all day, every day reporting and analysis.

00:14:34 Christine

Just it just made me so unhappy and I would spend all my day and all of my thought energy at work. I'd come home and I would just crash and burn. I had no.

00:14:48 Christine

Thought power left for, you know, arts or reading or socializing with friends. I just really spent all my brain power at work.

00:14:59 Christine

And also I was in a corporate environment which as a introvert is a little challenging sometimes to be around that many people all day, every day.

00:15:12 Christine

And I I was really getting computer back I.

00:15:15 Christine

Was moving forward with.

00:15:17 Christine

My neck hyperextended and like my body really started to hurt.

00:15:25 Christine

So I started to see a massage therapist to help me help my body feel better, right?

00:15:31 Christine

And she was amazing, she.

00:15:33 Christine

Totally helped me get my back in shape so that I could keep going to the office so I could keep spending all my brain power there, you know?

00:15:41 Christine

And I had seen her for maybe.

00:15:44 Christine

Two or three years at that point.

00:15:46 Christine

And then we had a standing appointment. You know, every two weeks.

00:15:52 Christine

Into Infinity on the calendar and she called me and she said, hey, I have to cancel my appointment with you because my dad's in Hospice and it looks like he's.

00:16:02 Christine

Going to pass.

00:16:04 Christine

And so I said, of course, you know, go, go take care of your family and.

00:16:09 Christine

And she says, well, you know, I have to fly back to.

00:16:12 Christine

Where he is.

00:16:14 Christine

We don't know.

00:16:15 Christine

When he's going to pass.

00:16:16 Christine

I want to stick around for the funeral. I want to help my mom, like, get readjusted, and of course, of course. And she says I don't know how long it's going to be till we can reschedule.

00:16:28 Christine

And so I said.

00:16:29 Christine

Well, don't worry about me. You know, I'm going to be your client. I'll be here when you're when you're back, you know.

00:16:37 Christine

Two weeks later, she calls me and she's like, hi. I'm ready for you this Thursday.

00:16:42 Christine

And I you know.

00:16:44 Christine

I was thinking if.

00:16:45 Christine

If I was with my dad when he passed, if if I had to, you know, deal with his funeral and all the stuff that comes after passing.

00:16:55 Christine

Would I be ready to go back to work?

00:16:56 Christine

In two weeks.

00:16:58 Christine

You know, and that's my office job that's at my desk. And. And I thought like, I wouldn't, I wouldn't want.

00:17:00

Right.

00:17:04 Christine

My coworkers to.

00:17:06 Christine

Talk to me about my father's passing. You know I wouldn't.

00:17:09 Christine

Want to have?

00:17:12 Christine

People in my space that quickly.

00:17:13

Right.

00:17:16 Christine

And then her job is a touchy feely job. I mean, her job is, like, really getting up in people's personal space. And so I was asking her, like, hey, you don't have to rush. You know, I'm. I'm OK. I don't. We can wait.

00:17:22 Merrily

Right.

00:17:32 Christine

And she said to me, no, no, you don't understand. My job heals me.

00:17:37 Christine

MM.

00:17:39 Christine

I'm going to say that again, my job heals me because it stopped me dead in my tracks because my job was not healing me. My job was taking everything I had. My job was hurting my body. I looked around at my coworkers, you know, and one person has a.

00:17:57 Christine

You know, chronic migraines and another person has a terrible stomach and, you know another person has high blood pressure and all of us are suffering.

00:18:07 Christine

Both from stress as well as physical ailments, and I just looked around and.

00:18:11 Christine

I thought like.

00:18:12 Christine

This work is not healing any of us.

00:18:18 Christine

And God, I really sat with me for a long, long time. Like, what am I doing?

00:18:24 Christine

Yeah. So I I really started my journey just because I wanted a piece of that puzzle, the.

00:18:30 Merrily

You know, I thought.

00:18:32 Christine

Could I be part of work that's healing?

00:18:35 Christine

Could work be healing for me?

00:18:38 Christine

UM.

00:18:40 Christine

Yeah. So I thought I.

00:18:40 Christine

Wanted to be a massage.

00:18:41 Christine

Therapist at first, but.

00:18:43 Christine

Because I had the corporate job Monday through Friday, I had to find a class that was on the weekends.

00:18:51 Christine

The class I found was a reflexology school, so quite by accident I ended up going into reflexology instead of massage, but.

00:19:00 Christine

I still think about that to this day, but.

00:19:04 Christine

How many of us are in jobs that don't heal us or don't serve us, you know?

00:19:09 Christine

I had a great paycheck, that's for sure.

00:19:14 Christine

But I don't. I don't know that money is worth it. You know, I I don't know. That's it's really sits on my heart.

00:19:21 Christine

My work heals me, yeah.

00:19:25 Christine

So I would.

00:19:25 Merrily

Rather, I don't know if it's a strange question, but you know, as you know, I was also in.

00:19:31 Merrily

The corporate world for a while.

00:19:34 Merrily

And also in transition to start up businesses which its own kind of animal and destructive in its own way is in my opinion, how.

00:19:43 Merrily

Would you if you had a perfect world?

00:19:45 Merrily

Well, not perfect, because in this world people still have to work these jobs. Like how would you if you were to structure the world where people still.

00:19:55 Merrily

Had to work these jobs. How?

00:19:58 Merrily

Would you make it healing for them? If that makes any sense? Like how would you incorporate healing?

00:20:02 Christine

They have fuller.

00:20:04 Christine

Totally so.

00:20:07 Christine

As I you know, I finished reflexology school and I opened my business and then I was working in the corporate job 40 hours a week. Plus my business on the weekends and.

00:20:17 Christine

And so I was working like 70 hours some weeks.

00:20:21 Christine

And it really got to a point where what I loved doing was the reflexology. But what paid the bills was the corporate job. So I really was in a pickle that I couldn't let go of.

00:20:28

Right.

00:20:32 Christine

One or the other, right?

00:20:35 Christine

And through a lot, a lot of lot of begging and working up the chain of command, I finally got approval to work part time at my corporate job. So I started working 20 hours a week at the corporate job.

00:20:49 Christine

And then you know, 10 to 15 at my reflexology job and that still left me a whole weekend. That still left me time to run my errands and do all the things that humans need.

00:21:01 Christine

To do in the week.

00:21:04 Christine

And I tell you my joy at the office.

00:21:08 Christine

With so much greater working just 20 hours a week.

00:21:12 Merrily

Oh yeah.

00:21:13 Christine

My my boss says that.

00:21:15 Christine

What I was able to accomplish.

00:21:16 Christine

In those twenty weeks.

00:21:18 Christine

Was about 75% of my full time job.

00:21:22 Christine

So even though I wasn't.

00:21:24 Christine

Working a full 40 hours.

00:21:26 Christine

I was more productive per hour by working half as much and having the time off to rest to have enough brain power to enjoy the rest of.

00:21:37 Christine

My life.

00:21:37 Merrily

Right.

00:21:39 Christine

So for me, I'm I'm a big proponent of.

00:21:41 Christine

Less hours at work.

00:21:46 Christine

I I was at my corporate office towards the tail end of COVID, so I got that like instantly. Everybody's working at home time.

00:21:57 Christine

And that also was nice for introverts.

00:22:01 Christine

I I really found it was easy and I never like not that I missed my coworkers. I certainly did. I I enjoy.

00:22:10 Christine

Some of my.

00:22:12 Christine

You know, but.

00:22:14 Christine

Just to be able to.

00:22:17 Christine

Rise slowly and not jump into the traffic and the commute, and to be able to do my laundry while I'm working.

00:22:25 Christine

To be able.

00:22:25 Christine

To make a nice lunch for myself while I'm working.

00:22:30 Christine

You know to how to be in control of the noise around me, that if I want it noisy, I can make it noisy and.

00:22:34 Christine

If I want it quiet, I can make it quiet. So right?

00:22:38 Christine

But I I know a lot of my very extroverted coworkers really suffered during that time. So I think there has to be some sort of balance where a workplace could be suitable for both introverts and extroverts. And I don't. I don't quite know what that.

00:22:51 Christine

Formula is but.

00:22:53 Christine

But for me?

00:22:53 Christine

Working part time was huge, hugely beneficial to me.

00:23:00 Merrily

I would say.

00:23:00 Merrily

That you're going back to sort of the health benefits as also an introvert man, you know for, you know, it's the unfortunate things that happened during 2020. But the fortunate thing for me at least, because I actually have blood work done literally right before the lockdown. And then the following year.

00:23:20 Merrily

When we're all back, you know, we could go back to see the doctor. I had more blood work done and my cortisol levels, which is like the stress hormone.

00:23:30 Merrily

Was, I think, before, before COVID was like 150%.

00:23:34 Merrily

Of what they.

00:23:35 Merrily

Should have been, but after like that year it was like down to very normal very comfortable levels and my doctor was like look at this and I.

00:23:44 Merrily

Was like I know exactly. Yes, yes.

00:23:50 Christine

And I think that.

00:23:51 Christine

Especially like the corporate office environment is totally geared towards extroverts.

00:23:56 Merrily

Oh, 100%, yeah.

00:23:58 Christine

And and there really isn't like an.

00:24:00 Christine

An option for introverts at the office. I know you and I have talked about this a bunch that like one of the things we hate the.

00:24:07 Christine

Most is the forced corporate fund the largest. Let's do social games instead of working, and I know that you and.

00:24:17 Christine

I both agree.

00:24:18 Christine

That we would much rather just get our work done and get some stuff.

00:24:21 Christine

Hard To Do List is right the fulfill fulfilling.

00:24:24 Christine

Then you know.

00:24:26 Christine

Playing bowling and then.

00:24:29 Christine

Making sock puppets about our personality or what you.

00:24:32 Christine

Know you know you.

00:24:33 Christine

Know the corporate events I'm talking about.

00:24:34 Merrily

Yes, I do.

00:24:38 Merrily

Yeah, I would rather. Yeah, exactly.

00:24:40 Merrily

I'd rather just get work done and then go.

00:24:41 Merrily

Home like could have that option. That would be great.

00:24:47 Merrily

Let's see, there's something else that you mentioned. See you're talking about. Oh.

00:24:52 Merrily

Oh, the whole like the nervous. What is it? They call it like?

00:24:57 Merrily

There's like a term people use nowadays where it's like.

00:24:59 Merrily

Taxing your nervous system. There's a specific term.

00:25:02 Merrily

So it's basically like our nervous systems and I'm not even talking about like, for sure introverts in this sort of corporate culture. But like everybody, your nervous system is just tapped out like it's just tapped out and there's no time to relax it. So I I totally agree with that.

00:25:22 Merrily

And as far as yeah, I agree about the the time because literally you have 8 hours of work. That's like 1/4 was it 1/4 every day? I don't know. It's so 1/3 of your day.

00:25:35 Merrily

And that's devoted to, you know, something that isn't fulfilling you. But to your point, it's like I can devote this much time, like to earn a living and contribute to a group effort or whatever the situation is. But yeah, I.

00:25:50 Merrily

Like this vision.

00:25:50 Christine

Yeah, and we're.

00:25:51 Christine

We're entering that time of year when you know.

00:25:55 Christine

When you work 8:00 to 5:00, will you wake up in the dark and you come home in?

00:25:59 Christine

The dark yeah.

00:25:59 Christine

You know in Seattle, that's for months at a time and.

00:26:04 Christine

You know, it's really.

00:26:05 Christine

Hard on the soul when you don't see the sun for three months, yeah.

00:26:11

I know.

00:26:13 Christine

I kind of want to circle back to my nervous Wah Wah Wah so it's kind of a.

00:26:21 Christine

Sidetrack, we're jumping ahead to when I was in reflex or Reiki school when I was learning how to work with energy.

00:26:30 Christine

One of the biggest things I learned there was we spent a lot of time getting to know our personal energy.

00:26:36 Christine

Like our own bubble of energy and then distinguishing that from other people's energy.

00:26:44 Christine

And then distinguishing that from the Reiki energy because.

00:26:46 Christine

When you're a Reiki practitioner, they say you become like a straw or a funnel or something that that Reiki flows through you.

00:26:56 Christine

So you're not working with your energy when you do rake heat.

00:27:00 Christine

You're just a vessel to work with Reiki, energy and so it's really important to be able to feel the difference between my energy and the Reiki flow of energy.

00:27:10 Christine

As well as my clients energy, you know? Yeah. So practicing that over so many years.

00:27:17 Christine

I think that's one of the most important things that came out of energy. Work for me is to know what's mine. What's someone else and what's Reiki?

00:27:28 Christine

It's really helped me when I encounter people who maybe there's someone else who's nervous and really pulsing at me to be able to just recognize like, oh, that's their pulsing.

00:27:40 Christine

And not my pulsing.

00:27:42 Christine

Has been really huge for me and it's it's made it a lot easier for me to be in crowds of.

00:27:47 Christine

People, because no matter how much other energy is around me, I still know what my energy is, what my energy feels like.

00:27:56 Christine

Yeah, and it helps me like.

00:27:59 Christine

I guess you would say energetic.

00:28:00 Christine

Boundaries that that.

00:28:04 Christine

That I can let other people like bump into it, but it's not. It doesn't have to blend into mine or like I can tell when I'm taking on someone else's energy. Yeah.

00:28:16 Christine

Through my own trial and error, like one of the things that I discovered that is really useful for.

00:28:22 Christine

Like what to do with that pulsing wah Wah?

00:28:25 Christine

Wah sort of energy.

00:28:27 Christine

As I've now learned that when I get.

00:28:29 Christine

Into that like.

00:28:31 Christine

Calm meditation. I got the Reiki flowing. I use it like I imagine. I'm like a boy on the water and I'm flashing a beacon and so I still get that kind of pulsing flash.

00:28:47 Christine

And I just let Reiki like roll out in the waves from my beacon.

00:28:54 Christine

And so I end up using that like pulsing feeling to spread Reiki through my neighborhood, through my city.

00:29:03 Christine

You know, so sometimes when I'm meditating and I feel that like.

00:29:07 Christine

Building excess energy. I just.

00:29:10 Christine

I make my way.

00:29:11 Christine

My ripples in the water and.

00:29:14 Christine

That that analogy has really.

00:29:16 Christine

Helped me just letting the waves.

00:29:19 Christine

Go away.

00:29:22 Christine

It's it's much more soothing now than that. Nervous, like almost like the lightning, you know? Yeah, that that now it's more ripple on the water and. And by practicing that I feel like I'm easier to tap into that when I am nervous. I I can give more into the gentle waves of it than the.

00:29:43 Christine

Electric pulse that. Yeah. You know. Yeah, yeah.

00:29:49 Christine

And so with that.

00:29:51 Merrily

I do have a question. So it's a really beautiful image of versus like kind of being attacked by energy and just kind of like uh, I need to, I make it all soothing from several of my guests. They communicated that they've left the city, which you have.

00:30:08 Merrily

Also done and move to sort of either.

00:30:12 Merrily

Out in the.

00:30:12 Merrily

Woods, a smaller town.

00:30:15 Christine

That sort of thing. Have you noticed a difference since you've moved from Seattle or I moved from Seattle to Des Moines, IA. So it's smaller. It's about a third of the size of Seattle, but I'm still very much in the city.

00:30:28 Christine

I'm still surrounded.

00:30:29 Christine

By people in traffic and so in that respect, no, I I don't think I've.

00:30:36 Christine

I feel much of a difference now, yeah.

00:30:39 Merrily

Yeah, I was just.

00:30:39 Merrily

Wondering if it.

00:30:40 Merrily

It if that was the case or not, but I guess the city is a city and you're kind.

00:30:44 Merrily

Of surrounded by people so.

00:30:47

Right.

00:30:48 Merrily

That's great that.

00:30:49 Merrily

You have learned sort of new techniques to.

00:30:53 Merrily

And manage your energy and everybody else's energy.

00:30:56 Christine

Totally. Totally.

00:30:58 Merrily

So with that question, have you experimented with?

00:31:04 Merrily

Kind of tapping into animals or pets or plants at all in your practice.

00:31:11 Christine

Well, one of the Reiki teachings is that.

00:31:14 Christine

You know you can use Reiki energy to heal all kinds of things in your life.

00:31:19 Christine

Yourself. Others animals.

00:31:23 Christine

Objects, right? My teacher always tells us to to rake our car so that we're less.

00:31:29 Christine

Likely to get into accidents.

00:31:29 Merrily

Yeah, yeah.

00:31:32 Christine

So I certainly I spent a year on the road traveling in my car, so I just raking on my van and nothing happened, you know, isn't coincidence, I don't know, but.

00:31:43 Christine

Perhaps that I I tried to experiment with plants to see if plants that were given Reiki energy would grow better or not. It turns out that I'm just terrible at keeping house plants so inconclusive there. Yeah.

00:32:00 Christine

And then in the last.

00:32:02 Christine

Maybe two years I've.

00:32:05 Christine

Taking a secret mission to try to give Reiki to trees and see what happens there.

00:32:08 Merrily

This is 1.

00:32:13 Christine

So if I'm on a hike and.

00:32:14 Christine

I'm alone.

00:32:16 Christine

And nobody's watching. Then I'll give Reiki to trees and and I ask them how they do healing.

00:32:24 Christine

I I don't have a conclusive answer because they don't and I don't. I don't hear voices. I don't get direct messages like that, but.

00:32:31 Merrily

Right.

00:32:33 Christine

But I feel like I'm on the verge of learning some healing information from trees I don't know.

00:32:39 Merrily

Cool. I like that trees are cool. Such cool. Oh.

00:32:44 Merrily

Anyway, yeah, I love that you're doing that experiment. I've.

00:32:48 Merrily

Tapped in personally with some trees.

00:32:51 Merrily

I guess that's one of maybe one of.

00:32:52 Merrily

The benefits that people move to the country.

00:32:54 Merrily

Because they have more tree contact.

00:32:56 Merrily

But yeah, trees have this like very.

00:32:59 Merrily

Stoic, soothing energy, and they're just not phased by things. Yes. Yeah, it's really interesting.

00:33:09 Christine

Some of them have been around for hundreds of years when they lose a limb, they heal it over.

00:33:16 Christine

It you know, some trees can lose their bark and still survive like slippers.

00:33:24 Christine

And and then they they're connected to their neighbors by.

00:33:28 Christine

Their root system.

00:33:30 Christine

You know, the fungi fungi system and.

00:33:34 Christine

I don't know they and they stand.

00:33:37 Christine

Through storms and through.

00:33:39 Christine

All kinds of weather events and I don't know.

00:33:44 Christine

So I give them Reiki and then I ask.

00:33:48 Christine

How do you do healing and?

00:33:51 Christine

I just don't know how to.

00:33:52 Christine

Speak Tree language yet?

00:33:53 Christine

But I feel like like somehow it's getting it's getting in my body of something I don't know.

00:33:58 Merrily

I think those things are very.

00:34:01 Merrily

Like kind of like you're. You're what you're doing is you're kind of keep exposing yourself to it, exposing yourself to, and then finally it'll.

00:34:09 Merrily

Be like, OK, here we go. Yeah, yeah, yeah.

00:34:15 Merrily

So my next question is.

00:34:18 Merrily

Related but it is around sort of your.

00:34:22 Merrily

Like kind of being more skeptical about, you know, the energy you're perceiving maybe or.

00:34:27 Merrily

Just kind of the woo in general.

00:34:31 Merrily

So can you talk about?

00:34:34 Merrily

Kind of being being more skeptical and then how it assists you with the energy work that you're doing.

00:34:41 Christine

Yeah, totally so.

00:34:44 Christine

I do feel very skeptical, I.

00:34:49 Christine

You know, I don't hear the voices of angels. I don't see auras. I don't get random images in my mind. So a lot of the.

00:35:00 Christine

You know ex paranormal, extra sensory information that people talk about is not my experience.

00:35:04 Merrily

If you.

00:35:08 Christine

And so even.

00:35:10 Christine

So I've done Reiki school. I did six years of schooling and then I've been a master for four years now. So I'm something like 10 years into experimenting with Reiki.

00:35:21 Christine

I have to tell you.

00:35:23 Christine

I'm still skeptical if it's even a thing, right?

00:35:29 Christine

But I I feel it sometimes.

00:35:33 Christine

When I'm receiving it, I feel.

00:35:34 Christine

It less.

00:35:39 Christine

But sometimes I feel it very strongly and sometimes my clients report very big experiences.

00:35:41 Merrily

Right.

00:35:47 Christine

So I keep going.

00:35:50 Christine

But overall, sometimes I think.

00:35:54 Christine

Is it just sitting and holding someone for an hour that's healing?

00:36:00 Christine

Is it listening to someone's pain and then holding?

00:36:03 Christine

Them is that what's healing?

00:36:05 Christine

Or is there Reiki energy that's healing after 10 years? I believe that there is Reiki energy that's healing.

00:36:16 Christine

But I'm still pretty skeptical and I'm still.

00:36:20 Christine

Unsure if it's placebo effect or.

00:36:25 Christine

I don't know, so I keep doing it and I keep experimenting and I get great results. Probably 75% of the time and I get 25%. That is no experience whatsoever and.

00:36:40 Christine

That's enough for me to keep going for me to keep experimenting with it.

00:36:44 Christine

Yeah. And the thing about Reiki.

00:36:49 Christine

Like I was.

00:36:49 Christine

Saying that Reiki means universal energy, so it's the energy that's all around us.

00:36:56 Christine

And it's a particular they call it a frequency like a particular wavelength, that is a healing wavelength, and it's only for healing. You know, it can't be used for winning the Lotto or for cursing your enemies. None of those things like this. This is only a frequency for healing.

00:37:18 Christine

And so I totally lost my train of thought. What was the question?

00:37:23 Christine

I'm being skeptical, yes.

00:37:28 Merrily

How does it assist your clients?

00:37:30 Christine

Here we go. I'm back. OK, so with Ricky energy.

00:37:37 Christine

It's universal energy. It's a healing frequency that's all around us and Reiki practitioners. We learn how to channel this energy, how to pull it in from around us and give it to our clients or to ourselves or whoever our target is.

00:37:54 Christine

So they one of the teachings is that Reiki has its own intelligence.

00:38:00 Christine

That Reiki knows how best to do her.

00:38:04 Christine

And so as Reiki practitioners.

00:38:07 Christine

We have a set of hand positions where we place our hands over other over our clients body or over our own body and.

00:38:17 Christine

Then the Reiki flows from you know from around through me, kind of like collected, strengthened, whatever compacted and then given.

00:38:27 Christine

To my client.

00:38:31 Christine

Because I have my hands maybe on their shoulder. Let's say clients have some shoulder pain, so I put my hands on their shoulder.

00:38:40 Christine

Just because I put my hands there.

00:38:43 Christine

And Reiki is supposed to come through from our palm chakra, right?

00:38:47 Christine

So I put my hands there.

00:38:50 Christine

And if Reiki is needed there, then that's where Reiki will stay.

00:38:54 Christine

But if Reiki is needed somewhere else, Reiki will flow to wherever it's most needed.

00:39:00 Christine

And so.

00:39:02 Christine

Coming with a skeptical mind with a curious mind.

00:39:07 Christine

Allows me to be more open to witness the flow of Reiki.

00:39:14 Christine

And I always think it's kind of interesting, you know, if I'm at the shoulder with someone who's complaining of shoulder pain, I think it's really interesting when Ricky moves off.

00:39:24 Christine

And I where is it going? And then?

00:39:28 Christine

Sometimes I feel it like a a breeze across my palm. That's how I know which direction it's going.

00:39:37 Christine

This is like one of the big concepts of Reiki is that we're.

00:39:43 Christine

We're a channel for Reiki, but we're not the healer right facilitator for Reiki to do the healing.

00:39:51 Christine

And so if we come with a curious mind and we allow Ricky to flow and do what it does.

00:39:58 Christine

That's where the healing occurs, and that it's not my job to direct the healing or making it happen.

00:40:04 Merrily

Hmm hmm.

00:40:07 Christine

And the.

00:40:08 Christine

The teaching here is that I'm not doing.

00:40:12 Christine

I'm not expecting the outcome.

00:40:16 Christine

And I'm not judging the situation. Whether the Reiki is working well or working poorly, or whether the client is perceiving it the way they should, right? And so.

00:40:30 Christine

This was probably the hardest part of my Reiki journey, was getting to this non doing and I know it sounds really easy to not do.

00:40:40 Christine

But actually very very difficult and I would probably say two months into my journey, I was trying, I was given it the college try to to do Reiki.

00:40:50 Christine

And nothing was happening. I barely felt anything in my hands. I barely felt anything. My my clients barely felt anything, and I was like, I'm here and I'm putting the Reiki right here. I'm putting the raki.

00:41:07 Christine

And as soon as I realized like ohh that's wrong.

00:41:11 Christine

That I I'm I'm not putting the Reiki and instead I'm offering the raki and seeing what it does.

00:41:18 Christine

That, that alone, that realization that.

00:41:22 Christine

Letting go of my desire in this situation, my desire to be the healer or to call Healy.

00:41:31 Christine

That that really flipped my outcome, and as soon as I let go of that.

00:41:35 Christine

I was experiencing a lot more sensation during Reiki sessions. My clients were experiencing a lot more.

00:41:43 Christine

And my teacher has a phrase that I always hear her in the.

00:41:46 Christine

Back of my.

00:41:46 Christine

Mind, let go. Let flow that when we when we let go of control of the situation that that's when the energy flows much better.

00:41:56 Christine

In Reiki teaching.

00:41:58 Christine

This was probably my biggest my biggest lesson because because I came from such a.

00:42:04 Christine

Analytical thinking. Logical.

00:42:10 Christine

And if you know me, you.

00:42:11 Christine

Probably know I'm a little controlling.

00:42:13 Christine

I'm a little type A.

00:42:15 Christine

I need to know how it's going to be and to turn out the way I expected it to be.

00:42:22 Christine

So it was a.

00:42:23 Christine

Huge shift for.

00:42:24 Christine

Me to to let go of a lot of that ego driven.

00:42:30 Christine

Wanting a situation to be a certain way and then judging, judging it good or bad, depending on if it was that way or not. So.

00:42:44 Christine

So like being skeptical helps me stay curious and let the flow happen rather than knowing I can do this, I am the doer, right? That that. I really think that that.

00:42:59 Christine

Curious Nature really helps Reiki practice.

00:43:07 Merrily

So with that is interesting. As you were talking.

00:43:10 Merrily

About the flow.

00:43:12 Merrily

Because when I I happen to work with my clients, the thing that keeps coming up.

00:43:17 Merrily

For me is that I'm just. I'm really.

00:43:20 Merrily

Just there to be like.

00:43:23 Merrily

Open up the possibility, right? Like I'm here to say we're going to do this.

00:43:27 Merrily

Energy works.

00:43:30 Merrily

Ultimately, my opinion is you know if it's in the the clients highest and greatest good that they receive healing or they don't.

00:43:39 Merrily

It's, you know, it's whatever's gonna happen.

00:43:42 Merrily

Is gonna happen.

00:43:43 Merrily

For that client.

00:43:46 Merrily

And I do feel.

00:43:46 Merrily

Like it isn't necessarily like a.

00:43:48 Merrily

Thing that's coming.

00:43:49 Merrily

Through me, I'm just like a portal for, like, it's just like, OK, it's just kind of moving through and it's occurring. So it's interesting that you come with the perspective of.

00:43:59 Merrily

Reiki works in a similar fashion like it's just this energy that's there and accessible and.

00:44:07 Merrily

Yeah, very interesting. Yeah.

00:44:12 Merrily

Yeah, and I.

00:44:13 Merrily

I do. Yeah, I like that, really.

00:44:15 Merrily

But you know, whatever is needed.

00:44:17 Merrily

For the client is.

00:44:19 Merrily

It's going to be there for them. That's ultimately their their thing. So I like that.

00:44:26 Merrily

Oh, go ahead.

00:44:29 Christine

During sessions, especially when I was a student, you know, practicing my new skills.

00:44:38 Christine

The I was sent experiments for myself, you know.

00:44:42 Christine

What would it be if I did only these hand positions and not the other hand positions? You know, what would I be if I started the feet and worked up or started at the head and worked down? So I really spent a lot of time experimenting.

00:44:58 Christine

Reiki is broken up into three levels and in the second level we learn symbols.

00:45:03 Christine

There's four symbols.

00:45:05 Christine

That work with Yasui Reiki. There's other symbols systems.

00:45:10 Christine

But I haven't studied them yet.

00:45:13 Christine

And the intellectual part of my mind said.

00:45:17 Christine

Symbols symbols are.

00:45:20 Christine

Are for people who haven't, like, grasped the concept.

00:45:23 Christine

They're they're cheat codes.

00:45:25 Christine

Right, but we.

00:45:26 Christine

We I'm smart, right? I don't need.

00:45:29 Christine

Your cheat code.

00:45:30 Christine

I already understand.

00:45:32 Christine

I already get it right and so I was really reluctant to use the symbols because I just felt like.

00:45:40 Christine

I don't need symbols. You know. I I just want to get direct to the thing. I don't need the in between.

00:45:49 Christine

I don't know, so I really struggled accepting symbols. I also I'm a little wary of of organized religion and symbols of religion, and I got really in my head about wanting to use symbols.

00:46:03

Right.

00:46:04 Christine

And so I would practice Reiki and justice, leave the whole symbols out of my work.

00:46:10 Christine

Which was getting results which was good.

00:46:13 Christine

And then one day, I told myself, because I had to turn in 20 practice hours using the symbols, and so I told myself, well, buckle up. You gotta do the thing to get the 20 hours.

00:46:24 Christine

And so I started using the symbols.

00:46:27 Christine

Guess what? Right away from the very first second.

00:46:30 Christine

I started using the.

00:46:31 Christine

Symbols my Reiki power like went through.

00:46:33 Christine

The roof. Whoa.

00:46:35 Christine

Right cause the very first symbol is for essentially means like bring the Reiki right here.

00:46:43 Christine

Like a directional arrow like bring the Reiki right here and it kind of amps up and like.

00:46:48 Christine

Brings more Reiki to the situation.

00:46:51 Christine

Well, what do you know, every time I use it, the Reiki is like flowing much more strongly, much more intensely.

00:47:00 Christine

Oh, OK. Well, that's interesting. Well, I guess I'll.

00:47:02 Christine

I guess I'll use that symbol, right?

00:47:05 Christine

And the next symbol is for.

00:47:08 Christine

Like soothing emotions and helping communication.

00:47:12 Christine

And I thought, well, that's really silly. How can I? How can Reiki do that? And?

00:47:20 Christine

You know, I'm. I'm not a psychologist. I don't.

00:47:24 Christine

This is not my thing.

00:47:26 Christine

And I would meet clients who were in rural, like emotional pain, you know.

00:47:32 Christine

And so I said, OK, well, fine, I'll experiment. I'll throw in some the second symbol into the mix.

00:47:41 Christine

And I found over and over again for clients who were really having emotional pain. I'd use this symbol, and somewhere during the session they would say something profound like they would be almost sleeping. And then suddenly wake up and say one thing about their situation. That was really clarifying about.

00:48:01 Christine

Maybe what the root cause of their emotional pain is or like what's the next step going forward from your emotional pain.

00:48:08 Christine

Oh, that's really interesting that my clients were saying, like, really profound.

00:48:15 Christine

Revelations about their their own situations.

00:48:19 Christine

When I started using the second symbol.

00:48:21 Christine

OK, fine. OK. Well then I'll add that one to my personal you know.

00:48:27 Christine

And the next one is for transcending time and space. And I thought, OK, well, that's a load of woo nonsense. But if you want, I can tell you some stories about my experiences there.

00:48:41 Christine

And so.

00:48:43 Christine

I you know, through all these experiments, what I've told, what I've learned is that.

00:48:48 Christine

Experiments are really good for me. They help me know that it's real that what I'm experiencing is genuine.

00:48:56 Christine

And sometimes I will like have control groups where I don't use the symbols.

00:49:01 Christine

And see, you know.

00:49:04 Christine

Or I used the symbol in a new way.

00:49:07 Christine

That I hadn't tried before and see how that outcome goes anyway so.

00:49:14 Christine

Although now after 10 years.

00:49:15 Christine

I've arrived to some faith. Maybe, but.

00:49:20 Christine

But I still use.

00:49:21 Christine

That skeptical approach of like, I'm willing to give.

00:49:24 Christine

It a try and see see how.

00:49:27 Christine

But yeah, the.

00:49:28 Christine

Symbols were a big obstacle for me because I really was reluctant to use them.

00:49:34 Christine

Yeah. Yeah. Well.

00:49:36 Merrily

I want to share.

00:49:37 Merrily

Something about because it's making me think I know.

00:49:38 Merrily

We talked.

00:49:39 Merrily

About you drawing the schedules before which I.

00:49:41 Merrily

Thought was so cool.

00:49:43 Merrily

In my own practice, I do sort of magic and we do sort of similar things where we draw essentially sigils in the different quarters. Although I use planetary.

00:49:54 Merrily

So Joel's main.

00:49:56 Merrily

And I was very much like you. I'm like, I'm already, like, thinking it, it should just already be here. It's like I already believe it or whatever. Like, why do I need to, like, externalize it? And so now I'm in this space of like, understanding at least for myself that.

00:50:13 Merrily

There is power and externalizing it whether you're vocalizing, whether you're drawing a sigil in the air, whether you make sigils on paper, which I is, some practice I love.

00:50:24 Merrily

To do, there's something about making it in the reality that we're in. That is a special kind of power in my opinion, in my experience. So it's interesting, yes. Yeah. And I think at least now you know, I'm.

00:50:33 Christine

Conclusion. So yeah.

00:50:41 Merrily

You know, I heard other practitioners talk about how the Earth is actually a very spiritual place. It may even be like, you know, like our heaven or whatever. It's just like a matter of perspective. And so when I think about, you know, it isn't, you know, I know we're having a lot of troubles and strife on the Earth now, but.

00:51:00 Merrily

You know, if I think of it as like, it's also with those struggles, it's very special place, like bringing the things that are from spirit into into the material plane is like you're acknowledging that, you know, there's a connection there. And yeah, so as you're talking like, oh, yeah, that's yeah, that's.

00:51:19 Merrily

Part of the practice. So that's cool.

00:51:22 Merrily

You you mentioned time and space. I want to know.

00:51:26 Christine

You want to go down?

00:51:27 Christine

The this is like OK OK.

00:51:31 Christine

So the third rate symbol helps us.

00:51:34 Christine

Travel time and space.

00:51:39 Christine

So the the idea is that.

00:51:43 Christine

Moving through space is that you know, right now I'm in Iowa and you're in Washington. And if I wanted, I could send you Reiki energy from here. That the distance between us is no big deal, right? And that I can send rake energy to anywhere.

00:52:02 Christine

On the world, and conceivably anywhere in.

00:52:04 Christine

The universe, right?

00:52:05 Christine

That it it can find its target wherever you might be and.

00:52:12 Christine

You know.

00:52:13 Christine

So even if my clients like under 3 blankets and they're wearing 10 layers of clothes, doesn't matter. Ricky can go through that distance and.

00:52:25 Christine

So that's the distance Reiki. Sometimes you'll you'll see that in in people's profiles about Reiki they do distance.

00:52:34 Christine

OK, now time healing. I was real, real skeptical about time healing because the idea is that you could.

00:52:44 Christine

Go forward to an event in the future and put Reiki there. Like maybe somebody's got a presentation, a public speaking event next week that they're really.

00:52:57 Christine

Nervous about?

00:52:59 Christine

Well, if I go to that public speaking event in the future and put a bunch of Reiki healing around it, maybe use the symbol for ease of communication.

00:53:10 Christine

That when my client actually gets there, the rake he will be there waiting for them to help soothe the situation, right. And likewise, you can go backwards in time.

00:53:23 Christine

And I think the best example for this is just to tell you one of my clients stories.

00:53:28 Christine

And I'm going to try to leave out the personal information because.

00:53:32 Christine

This client doesn't need their business all over the Internet, but.

00:53:36 Christine

So I've been working with this client for.

00:53:38 Christine

Quite a while.

00:53:40 Christine

And we were just working.

00:53:42 Christine

In the present moment, with hands on healing right.

00:53:47 Merrily

And it was going well.

00:53:48 Christine

But session after session they would talk about their childhood and unfortunately they had a really traumatic childhood.

00:53:57 Christine

Where there was sexual assault.

00:53:59 Christine

When they were little kid.

00:54:02 Christine

Right. And that kind of trauma stays with you for a very, very long time, right?

00:54:09 Christine

And says.

00:54:10 Christine

So the client would bring this up.

00:54:14 Christine

That it.

00:54:14 Christine

Was still affecting them.

00:54:16 Christine

And in our Reiki sessions in the present moment, doing hands on healing, it was helping, but it wasn't like getting to.

00:54:23 Christine

The root of it.

00:54:25 Christine

So I asked the client if they would be willing to do.

00:54:29 Christine

And some time travel with me.

00:54:32 Christine

And there was one event that the client talked about, and so I said, what if you and I go back in time?

00:54:40 Christine

And we sit with your younger self.

00:54:42 Christine

In that, because the trauma happened and then they were alone. And and that alone time after the trauma was really difficult. And that's what really sits with them. Right? So I said, what if we go back in time, you and I adults now.

00:54:58 Christine

What if we go?

00:54:59 Christine

Back and we surround this child.

00:55:03 Christine

And just be with them after their trauma occurred, right?

00:55:07 Christine

And he said, OK, he's willing.

00:55:08 Christine

He's willing to.

00:55:09 Christine

Give it a shot.

00:55:13 Christine

They they were with me in person.

00:55:17 Christine

And I did the Reiki symbol for transcending time and space. We sort of went into a meditation, and both of us were very relaxed, eyes closed.

00:55:28 Christine

And I did the symbol for time travel.

00:55:31 Christine

And I said we're going to go back just to stand with the younger self so that younger self is not alone in that time.

00:55:38 Christine

And we did, we probably stood for maybe 20 minutes with younger so.

00:55:46 Christine

I'll time out for a second and say that my my impression like.

00:55:52 Christine

I don't see.

00:55:54 Christine

My client as a young child, I don't really see much at all. I'm still.

00:55:59 Christine

You know, I mostly just see black when I close.

00:56:01 Christine

My eyes so.

00:56:02 Christine

I'm not hitting images.

00:56:04 Christine

But I just feel like I'm.

00:56:08 Christine

Away, like I've gone somewhere, right?

00:56:12 Christine

And in my imagining, I imagine that a child is next to me and I.

00:56:15 Christine

Can kind of.

00:56:16 Christine

Feel that there's a child next to me? Like if your eyes are closed, you still know that there's a person.

00:56:20 Christine

Sitting next to you. Yeah, this that's kind of my. My feeling is that I'm.

00:56:24 Christine

I'm standing next to a child.

00:56:26 Christine

Anyway, so we stay for about 20 minutes and then I bring us back to the room in the present day.

00:56:32 Christine

We do a little more work. We do a little talking.

00:56:36 Christine

And then the client goes home.

00:56:39 Christine

And of course, I'm responsible. I urge them to work with their therapist. I know that they see a therapist, and if this brings up.

00:56:46 Christine

Stuff that they should absolutely communicate it.

00:56:49 Christine

With their therapists.

00:56:50 Christine

So right, I'm not trying to replace the mental health counselor anyway.

00:56:54 Christine

They came back to me the next session.

00:56:57 Christine

And they said that.

00:56:58 Christine

They felt much more peace about the situation like.

00:57:03 Christine

It didn't remove the trauma, like the trauma is always going to exist.

00:57:07 Merrily

Right.

00:57:08 Christine

They felt a little more.

00:57:11 Christine

That they could start to move forward.

00:57:15

Right.

00:57:17 Christine

And I, and that's mostly what I see with Reiki, is that it doesn't.

00:57:21 Christine

Change the situation and it doesn't fuel the situation.

00:57:23 Merrily

Right.

00:57:25 Christine

But it creates.

00:57:26 Christine

A little bit of space.

00:57:28 Christine

That maybe people are.

00:57:29 Christine

Able to make some changes, or maybe they're they're it's time for them to.

00:57:32 Christine

Shift and that.

00:57:34 Christine

Was certainly the.

00:57:34 Christine

Case with my client. I saw them for maybe a year afterwards and they were processing a lot more with their therapist. You could just tell how much lighter they were.

00:57:44 Christine

Well, you know, so.

00:57:47 Christine

Did I actually time travel back?

00:57:50 Christine

To whatever year he was hurt.

00:57:55 Christine

I don't know.

00:57:57 Christine

Did did standing with a child who was hurt, did that help in the future? I I don't know.

00:58:08 Christine

All I know is that it felt really.

00:58:13 Christine

To be able to go back to your to your client's pain and just sit with them.

00:58:20 Christine

And then to see the change in his life, is that because he was suddenly willing to change? Is it because he was working with a therapist? Is it because of Wakey? You know, I don't know. And I'm. I'm kind of OK not knowing that that that was such a nice.

00:58:36 Christine

Experience and.

00:58:40

So that's that's.

00:58:41 Christine

That's one of my big time travel.

00:58:46 Merrily

That's so beautiful.

00:58:48 Christine

Yeah. Do you want to hear one more? I.

00:58:50 Christine

Have another good one from.

00:58:51 Christine

The transcending time and space.

00:58:55 Merrily

So this is a.

00:58:56 Christine

Case where a good friend of mine.

00:59:00 Christine

Their best friend had a a son who was going deaf in one year.

00:59:07 Christine

And they didn't know why the child was going deaf.

00:59:11 Christine

And they were going to do surgery for the child.

00:59:15 Christine

And so my friend.

00:59:16 Christine

Says would you do Reiki for them?

00:59:19 Christine

So that the surgery can be easier for a young child going through surgery, right? Yeah. And that was the goal. Was just to be a soothing element so that the child could be a little more relaxed or calm, right?

00:59:33 Christine

And we were in Washington and the child was in Colorado.

00:59:38 Christine

And so I said, well, should we actually go to Colorado? And my friend said yes. So I did the raki time and space travel, and we went to Colorado, and we stood at the foot of his hospital bed.

00:59:55 Christine

And we did Reiki for about half an hour.

00:59:59 Christine

And and again, I don't really see like I don't.

01:00:04 Christine

I I just imagined that I was standing at the foot of this boys bed, and again I sort of have the feeling that there.

01:00:11 Christine

Was another person near right?

01:00:16 Christine

So we we did.

01:00:17 Christine

The raid here for about half.

01:00:18 Christine

An hour and.

01:00:19 Christine

Then we went back and back to Washington and session was done.

01:00:24 Christine

Well, I learned later that the.

01:00:25 Christine

Boy went in for surgery to see what?

01:00:27 Christine

Was going on with his ear.

01:00:29 Christine

That they couldn't find anything.

01:00:32 Christine

And he recovered quickly and regained his hearing.

01:00:38 Christine

What was that all about?

01:00:41 Christine

Did we actually go there? I don't know. Did Reiki have a part in healing? His ear? Was his ear never broken? I so I don't know, but that felt like a very.

01:00:56 Christine

Powerful session like I really felt a lot of breaking energy when I.

01:01:00 Christine

Was doing it.

01:01:02 Christine

So I count that as part of my.

01:01:04 Christine

Interesting experiments that it felt powerful and there was a good outcome. Yeah. So I'm putting it in my pocket and I'm trying to collect more information to see.

01:01:15 Christine

You know, am I really traveling to Colorado when I do those?

01:01:18 Christine

Kind of things, I don't know. Yeah, yeah.

01:01:23 Merrily

I like the space and time travel. It's very, very cool. I like that. Oh, sorry, go ahead.

01:01:29

This is.

01:01:32 Christine

I use it quite a bit, especially for future events that we're.

01:01:35 Christine

Nervous about?

01:01:38 Christine

I think it gives a nice soothing quality when you actually get to that event.

01:01:41 Merrily

Right instead of like the worry that you've built up.

01:01:45 Merrily

Or whatever. Yeah, expectation.

01:01:46 Christine

Right.

01:01:48 Merrily

I like that you.

01:01:50 Merrily

Explain and articulate around not like seeing.

01:01:54 Merrily

Or hearing or using. You know there's talks of the different players and the, you know, sort of subtle energy and maybe psychic fields and that you're more just sort of experiencing and feeling, which is also.

01:02:06 Merrily

Three, you know.

01:02:08 Merrily

At least I I look at it as.

01:02:09 Merrily

Very valid and I'm not.

01:02:11 Christine

I'm not discounting, I believe that other people do have those experiences and this has never been my experience, and I think it's what keeps me skeptical. Is like, is this really happening right? Because I'm not having the like, the dramatic visions or hearing or whatever that other people.

01:02:16 Merrily

Yeah, yeah.

01:02:27 Christine

Talk about.

01:02:28 Merrily

Yeah, yeah.

01:02:29 Merrily

I, at least for myself, sort of, because I tend to, well, I tend to now see more like clairvoyant things, but for me it was maybe more realizing the pictures in my mind or more again, that sort of subtle, right? It's not like you're like seeing it here kind of thing, but something about the feeling.

01:02:49 Merrily

Heart is like you're feeling it in your body. To me, it's a little bit more real, I guess, because I'm actually getting like a physical reaction to something. Yeah. Yeah. So it's kind of interesting that you.

01:03:01 Merrily

Talked about that.

01:03:03 Christine

Yeah, I've kind of. I've kind of developed my own. I called the the important thought that sometimes when I'm in session with someone.

01:03:12 Christine

You know, I'm just doing the Reiki work. Reiki is really dependent on like being present in this moment.

01:03:18 Christine

And then you try not to get sidetracked like. What am I going to have for dinner? And don't forget, next Wednesday. Is that thing right? Yeah. So we try to stay present. And so I try not to think.

01:03:29 Christine

Too much because I'm really just noticing like.

01:03:32 Christine

Which way is the Reiki flowing? Is it hot or cold in my palms? Is it breezy you know?

01:03:39 Christine

Anyway and so.

01:03:41 Christine

I every now and then I'll just get a random.

01:03:44 Christine

Thought like a one word thought while I'm working and at first I thought like, oh, Christine, you like, don't get sidetracked, stay here and keep doing the Reiki, right?

01:03:58 Christine

Then I said well.

01:04:00 Christine

Why am I thinking just that one word?

01:04:04 Christine

And it's usually one, maybe up to 3 words and sometimes it will will repeat.

01:04:11 Christine

And so I said well.

01:04:13 Christine

Maybe it's important. And so I started telling my clients if I got a random thought and it's my own thought, it's in my own voice. It's like a regular. It sounds like a regular thought, you know.

01:04:26 Christine

But when it comes through in session and it's short and it's, it feels important. Yeah, I started telling my clients and guess what?

01:04:37 Christine

They found.

01:04:38 Christine

Meaning in it, right?

01:04:40 Christine

Right. And so I keep doing it because the clients find meaning in it.

01:04:47 Christine

So is that a word that I'm channeling from some other source? You know, maybe, I don't know.

01:04:56 Christine

Does the client just find meaning in the word because they want to find meaning? I think it's normal for humans to seek meaning, yes. Yeah. And so are are they? Like, almost, like tarot cards? Sometimes you bring your own interpretation to a tarot card. You bring your own meaning to it.

01:05:14 Christine

And so sometimes I think that's what's happening.

01:05:16 Christine

I don't know.

01:05:17 Christine

So I'm experimenting with with my important.

01:05:19 Christine

Thought right. Yeah.

01:05:23 Christine

So I don't know if it's clearer audience.

01:05:26 Christine

It's in my own voice and it.

01:05:29 Christine

It arises like a normal thought, yeah.

01:05:32 Christine

But when I share it, it seems to have meaning for my clients.

01:05:36 Christine

So I don't, I don't quite know what to.

01:05:37 Christine

Do with that? Yes, right.

01:05:40 Christine

The same thing like sometimes when I'm.

01:05:44 Christine

Feeling Reiki clients will ask me afterwards like what did you notice? What did you feel?

01:05:49 Christine

OK, well, this is tough for me because.

01:05:55 Christine

Working with energy, it's not. It's not an intellectual pursuit.

01:06:00 Christine

For me, yes, right. And so for me, it's really more of a touch, I call it touch intelligence. And in reflexology, it's really about our fingertips as touch intelligence.

01:06:14 Christine

But with Reiki, it's much more the palm of my hand. Sometimes my whole body will rock right and like I said, sometimes I feel a breeze across my palm.

01:06:27 Christine

Sometimes it will feel like a waterfall or something, right?

01:06:32 Christine

And so I started telling my clients, like, oh, over here over your knee. It really felt like water rushing towards your feet.

01:06:41 Christine

OK. And I start saying like ohh, you know when water is like?

01:06:47 Christine

Almost frozen and it feels cold, but a little bit chunky.

01:06:51 Christine

And then so the more I described it, the more my clients found meaning to it. Ohh I know exactly what that is. Or oh, I had a dream about that last week.

01:07:01 Christine

And so I call that also my important thought. Like there's something.

01:07:06 Christine

About the description of energy, that's worth sharing with my clients.

01:07:12 Christine

So. So yeah, I I I always find it interesting. What? What sticks with my clients or like what? What my clients make of it.

01:07:20 Christine

Because yeah, sometimes the words.

01:07:22 Christine

Are pretty random pretty out of left field but.

01:07:27 Merrily

If if it brings meaning, or if it brings clarity to my client, like I'm willing to keep experimenting with it. Yeah. Oh, I like that. A guest I recently interviewed, Todd Wilcox. He's also an energy worker. He said that he will just tell them what he sees. He's not going.

01:07:46 Merrily

To interpret it.

01:07:47 Merrily

Right, because he's like, the interpretation is where, in his opinion, is where.

01:07:51 Merrily

It kind of.

01:07:51 Merrily

Gets messed up, like if you're like I see.

01:07:54 Merrily

An ice river that means you're having trouble with your emotion or whatever. You know, like they're like, I see an ice river.

01:08:01 Merrily

Do with that with.

01:08:02 Merrily

Whatever that means to.

01:08:03 Merrily

You, you know, it's kind of how.

01:08:04 Merrily

He approaches it so it sounds very similar to.

01:08:06 Merrily

What you're describing?

01:08:07 Christine

Very much very much and I I think it it.

01:08:11 Christine

It's with that curious nature that it gives me the interplay between me and my client.

01:08:16 Christine

Because ultimately the client is the healer.

01:08:22 Christine

If the client can find their own connection with it, their own meaning with it, it makes their healing process more powerful.

01:08:30 Merrily

Yeah, again I.

01:08:31 Christine

Don't really understand the process, but this has been my.

01:08:34 Christine

Experience that the.

01:08:34 Christine

More that the client can come to their own insights, the more healing that is.

01:08:40 Merrily

Yeah. Yeah, I think of it as like sort of, you're the third party you or I or whoever is doing the energy. You're just third party.

01:08:48 Merrily

Who's coming to it blind, essentially. And so the things that are sticking out are maybe something that the client isn't noticing for whatever the reasons are like, they're just not processing it or acknowledging it. And so being that sort of objective third party of like I.

01:09:04 Merrily

See this thing is.

01:09:06 Christine

That you know, you know what?

01:09:08 Merrily

Does that mean something to you?

01:09:10 Merrily

And and the other thing you mentioned about.

01:09:12 Merrily

Sort of hearing or hearing the word, and it sounds like your voice. That's at least for me, is how I experience clear audience. It always.

01:09:18 Merrily

Sounds like me, but I've.

01:09:20 Merrily

Noticed recently, it's like a me that doesn't have all my BS attached to it. It's like very clear.

01:09:27 Merrily

It's very like confident or not even confident there's not even like a.

01:09:31 Merrily

The feeling to it, it's just like it's very blunt, it's like, and there's nothing associated with like, like emotions or anything. So I thought that was interesting.

01:09:41 Merrily

And similarly I.

01:09:43 Merrily

I like your important thought phrasing because I tend to call it spirit nagging like.

01:09:48 Merrily

It's just basically.

01:09:49 Merrily

I keep getting either a word or an image. It reappear. It won't leave me alone until I say something like it just will not leave me alone. But yeah, I've been calling it spirit.

01:09:59 Merrily

Nagging, which is?

01:10:01 Merrily

More negative than like important.

01:10:02 Christine

Thought, which is a little more pretty.

01:10:07 Christine

Yeah. So I mean, whenever I talk to students or like people who are in the beginning of their energy work journey, I would say like.

01:10:14 Christine

Give yourself permission that if you think that maybe that was kind.

01:10:19 Christine

Of a thing like did.

01:10:20 Christine

I maybe feel.

01:10:21 Christine

That I'm not sure. Yeah. Like, give yourself permission if you if you think maybe you felt it, just acknowledge you.

01:10:29 Christine

And if you think maybe you thought it.

01:10:32 Christine

Just give yourself permission. That. Yeah. You thought it because that was really a big part of my journey is because.

01:10:39 Christine

I was so.

01:10:39 Christine

Skeptical, I'd say, like, oh, you know, my my shoulder got really itchy while I was working.

01:10:46 Christine

Does that mean a?

01:10:46 Christine

Thing you know.

01:10:48 Christine

But I thought like if I even had the thought, is that a thing?

01:10:53 Christine

It probably is a thing.

01:10:55 Christine

And you know, the more that.

01:10:56 Christine

I allow myself permission of like.

01:11:00 Christine

Because Reiki energy is so subtle, it often is feels like a.

01:11:04 Christine

Breeze right?

01:11:07 Christine

Maybe it really was a breeze.

01:11:08 Christine

In the room, I don't.

01:11:09 Christine

Know but if?

01:11:10 Christine

I if I give myself permission did I feel it? Yes, I definitely felt it. And so I encourage anybody who's like beginning this work. Like, just give yourself permission if you even have.

01:11:23 Christine

The thought is it real?

01:11:26 Christine

Assume that it's real and carry on with the experiment you know.

01:11:31 Merrily

I like that. I really like that approach because I think.

01:11:33 Merrily

That is, it was.

01:11:35 Merrily

In my experience.

01:11:36 Merrily

Is kind of a hurdle, right? You're like.

01:11:38 Merrily

Is that real?

01:11:38 Merrily

Or no or and then you just kind of get lost in your thoughts about it versus like.

01:11:44 Merrily

It's real. Move on and then generally at least you know your experience with the itching shoulder or something like that. I had something where I was working with a client and my the bottoms of my feet started to feel like they were sunburned and I was like.

01:12:00 Merrily

And it wouldn't.

01:12:01 Merrily

Leave me alone. Like my feet were.

01:12:02 Merrily

Hurting I was like.

01:12:02 Merrily

Uh bottoms. My feet feel like they're sunburned and she was like, Oh yeah, I suffer from neuropathy and I'm like, ohh OK, you know. And then after I said that, you know, I could go, OK, this is not mine. I need to let.

01:12:10 Christine

Yeah, well.

01:12:16 Merrily

It out. Let it.

01:12:16 Merrily

Out or whatever, and This is why this.

01:12:19 Christine

Is why the interview with our.

01:12:21 Christine

Client after the session is so important because you had stayed quiet.

01:12:26 Christine

Yeah, you just.

01:12:26 Christine

Ignored your feet? Yeah. Then you never would have got confirmation that that's real. And your client never would have got confirmation that you were tapped in, right?

01:12:35 Merrily

Yeah, exactly.

01:12:37 Christine

Yeah. So I.

01:12:39 Christine

The more that I talk to my clients and sometimes I experiment, I tell them what I what I thought first or sometimes I experiment and let them tell me first and.

01:12:48 Christine

It's pretty incredible how much our experiences line up.

01:12:52 Christine

Without knowing the other person's experience, yeah.

01:12:55 Merrily

Yeah. Amazing. Yeah, I like that. Yeah. And I think the other part of it being skeptical, there's, like, a lot of talk, at least in some of the psychics circles I'm in and maybe the in the magic circles and in the energy circles, all the circles.

01:12:57 Christine

I've been part of my experimenting.

01:13:08 Merrily

I mean, there's a lot of talk around discernment or whatever. And so I think the first hurdle is maybe just believing or just acknowledging, OK, it's real, whatever. And then the second hurdle is like, how do I discern like that what it, you know, discern meaning, like, how do I communicate it? How is it real? Like, why does this?

01:13:29 Merrily

Message coming through. So coming from a skeptical place that's already sort of like ingrained in you.

01:13:37 Merrily

OK. So we're kind of getting to the wrap up. But uh, do you was there, did you ever revisit your ESP experiences at all as an adult or?

01:13:52 Christine

No, I never. I never did I you know.

01:13:55 Christine

You see on the Internet.

01:13:56 Christine

Like, yes, which three of these cards is red? Yeah.

01:14:01 Christine

I I play.

01:14:01 Christine

Those all the time and I never win.

01:14:04 Christine

But no, I think.

01:14:06 Christine

I think the closest I've gotten is my important thought.

01:14:09 Merrily

Yeah, I like that.

01:14:12 Merrily

So what would you say now that what is your take on spiritual and spirituality or energy? You know, whatever you think that is and how does it?

01:14:25 Merrily

Affect you as an individual, do you think?

01:14:28 Christine

Yeah. So.

01:14:30 Christine

You know you want to you.

01:14:31 Christine

Want to go big? Go big so.

01:14:37 Christine

I have this thing that I called the grid and I've only seen it a few times.

01:14:45 Christine

It's like a.

01:14:47 Christine

Like I've got a a grid.

01:14:49 Christine

Going out from my eyes out to the horizon.

01:14:53 Christine

And then bright light at the end of the horizon, right?

01:14:56 Christine

And I'm pretty sure this is an album cover from the 80s. I'm pretty sure I saw somewhere, I just don't know where it is, so I'm pretty sure that like, that's where the idea comes from.

01:15:06 Christine

But I've only seen it a few times.

01:15:10 Christine

Mostly in meditation.

01:15:13 Christine

I use the.

01:15:14 Christine

The app headspace for meditation and they have a wonderful 10 day course of like how to meditate. It's for total beginners. The 10 day course and it's free on their app. I totally, totally recommend it. I've taken the 10 day course over and over and over again because I think it's such a wonderful refresher and it's guided meditation.

01:15:35 Christine

And at the end of the meditation.

01:15:39 Christine

He says, you know, like we're focused, we're focusing on our breath. We're counting our inns and our out breaths, right.

01:15:47 Christine

And then he says, and now release the mind and let it do what it wants.

01:15:52 Christine

And these are the times that I've seen the grid, so I don't know what it is about being so in such a meditative state, and to be really focused and then suddenly let the mind go. And this is where I've seen the grid, like this infinite.

01:16:08 Christine

I don't know. It's squares like infinite squares into a sunshine.

01:16:13 Christine

OK, so in Reiki practice the master symbol is said to help ease enlightenment. It's like to create the best situations for self understanding and for self alignment enlightenment right? So of course I meditate with the master symbol breaking.

01:16:33 Christine

And every now and then that puts me into the grid and what I've learned or what I think is happening there is that that's a place.

01:16:45 Christine

That is.

01:16:47 Christine

Beyond time and space like it's all times, it's all space.

01:16:53 Christine

But there is all the Reiki masters I think, or all the people practicing Reiki, right?

01:17:01 Christine

Now you know.

01:17:02 Christine

I haven't quite understood.

01:17:04 Christine

But it it seems like there's.

01:17:06

A lot of.

01:17:07 Christine

Lot of people there and a lot of lot of knowledge there. I don't see them. I only see the grid.

01:17:13 Merrily

Right.

01:17:15 Christine

But it feels like there's a lot of Reiki knowledge there.

01:17:20 Christine

So some I've been working on this meditation where I go there and I ask.

01:17:26 Christine

You know.

01:17:27 Christine

Teach me your healing right.

01:17:32 Christine

It's strange, I don't. I'm still learning about the grid. I'm still coming to know it, but I feel like it's some kind of back door that's separate from time and space where a lot of the healing knowledge lives.

01:17:46 Christine

My teacher uses this technique that she calls copy and paste.

01:17:51 Christine

Because the Reiki symbols are in Japanese kanji right, and as a Westerner who doesn't know Japanese kanji, it can be kind of difficult to memorize the symbol.

01:18:01 Christine

You know one of.

01:18:02 Christine

The symbols is five congis long, and that's like 50 brush strokes. It's a little hard to remember.

01:18:08 Christine

Right.

01:18:09 Christine

And so my teacher uses a thing that.

01:18:11 Christine

She calls copy paste.

01:18:12 Christine

Or sometimes she looks at.

01:18:13 Christine

The symbol and puts her hand out, and she imagines it. Now it's a stamp.

01:18:18 Christine

And she can.

01:18:18 Christine

Just taste it as many times as she.

01:18:20 Christine

Needs to, right?

01:18:23 Christine

And so we don't have to intellectualize, drawing the symbol over and over and over again, all those brush.

01:18:29 Christine

Strokes that we have this shortcut where we can just pick it up into our body and then paste it around.

01:18:37 Christine

Anyway, so I've been experimenting this when.

01:18:39 Christine

I go to the grid.

01:18:41 Christine

And I ask for like understanding.

01:18:44 Christine

That somehow it gets printed into my body.

01:18:48 Christine

Not my mind, so I don't I I'm not gaining intellectual knowledge.

01:18:52 Christine

From the grid.

01:18:54 Christine

But I think I'm gaining some sort of healing that I can replicate.

01:18:59 Christine

I don't know. I'm I'm.

01:19:00 Christine

Still very confused about the grid, but I.

01:19:05 Christine

I think this is my. My spiritual community is the.

01:19:10 Christine

What I perceive to be all the Reiki masters, past and present.

01:19:15 Christine

Yeah, and future in the grid, yeah, so.

01:19:20 Christine

That's one of my.

01:19:24 Christine

Biggest woo woo. Like I'm. I'm just starting to experiment in that field. Yeah.

01:19:31 Christine

And then the other thing that we really do with that master symbol and Reiki is self knowledge, self understanding.

01:19:39 Christine

And so.

01:19:41 Christine

Like I was saying that I really came to.

01:19:42 Christine

Know what my energy feels like?

01:19:47 Christine

I've also come to understand.

01:19:49 Christine

Like my core self, like who am I right?

01:19:55 Christine

And I realized that.

01:19:57 Christine

My my take my philosophy, this is not Reiki teaching, this is just.

01:20:01 Christine

My own philosophy.

01:20:03 Christine

But I am not my circumstances right, right.

01:20:07 Christine

That there's a me.

01:20:09 Christine

That is whole and lovely and loving, right? That's separate from.

01:20:16 Christine

I don't know childhood.

01:20:17 Christine

Trauma, right? Yeah, that's separate from.

01:20:23 Christine

What I do for a job from right?

01:20:29 Christine

You know, separate from my income or my social standing or right.

01:20:34 Christine

But there's a deeper.

01:20:38 Christine

That's whole and loving and.

01:20:42 Christine

Unpolluted. You know it's right. Yeah. And so.

01:20:48 Christine

As I work with my clients and I get to know their energy.

01:20:53 Christine

I feel the same like wholeness and loving kindness and.

01:21:00 Christine

It's my belief that.

01:21:02 Christine

All people have this that all people are whole.

01:21:06 Christine

And enough and.

01:21:10 Christine

You know, beautiful and radiant and like.

01:21:13 Christine

Untarnished and I and I really believe this, that that all people have.

01:21:16 Christine

That at their at their core.

01:21:20 Merrily

Ohh, that's so beautiful. I love it.

01:21:27 Christine

Do you? Do you get that sense?

01:21:28 Christine

Of like people's deeper self.

01:21:30 Merrily

Oh yeah, for sure and.

01:21:33 Merrily

You know, for me, it's harder for me to know mine, right. I can see it very easily in other people, you know? So that's my struggle is like.

01:21:44 Merrily

Seeing my own, which I'm getting more.

01:21:46 Merrily

Acquainted with but.

01:21:47 Merrily

I'm it's it's again for me, it's.

01:21:49 Merrily

Because I'm removed and I.

01:21:50 Merrily

Can when I'm working with somebody, I can always.

01:21:53 Merrily

Since you know even.

01:21:54 Merrily

All the struggles that they've gone through, it's like.

01:21:57 Merrily

No, man, you're you're great just the way.

01:22:00 Merrily

It's just it's all OK, you know, it's.

01:22:01 Merrily

Just all these circumstances that have piled on you, you know, we just got to like, you know, we you can clear that all off. It's not who you are. So I like the.

01:22:09 Merrily

Way you articulated that was really.

01:22:11 Christine

We are not our our circumstances.

01:22:13 Christine

No, that's been huge for me and it's.

01:22:15 Christine

Really helped me set aside some of my like long standing.

01:22:20 Christine

Dramas, dramas. You know? Yeah. A lot of my hang ups. I've been able to set aside because I realized that that's that's just my circumstance. That's.

01:22:29 Merrily

Not me. Yeah, exactly. Yeah.

01:22:34 Merrily

Yeah, it's always. Yeah, it's always.

01:22:38 Merrily

It's always a good thing.

01:22:39 Merrily

To come back to and remember for.

01:22:41 Merrily

Sure. Yeah, yeah.

01:22:43 Merrily

Well, wonderful. Thank you for sharing all that. It's cool perspectives. I love it.

01:22:48 Christine

Yeah, for skeptical, it's got pretty window there, yeah.

01:22:51 Merrily

Yeah, but I like that.

01:22:52 Merrily

It was like a grid for you. I'm like that makes sense. It's like a grid. That was great.

01:23:00 Merrily

So how can you tell us about sort of the services that you do and how people can contact you?

01:23:09 Christine

Yeah. So like I said, I just moved to Des Moines, IA. My website is Des Moines, Des Moines, reflexology.com. There we go.

01:23:19 Christine

Yeah. So right now I'm only offering reflexology services.

01:23:24 Christine

Of course I'm a Reiki practitioner, so when I'm working with clients, Reiki flows as well.

01:23:32 Christine

But I got a real hang up about charging money for Reiki services and how do you market Reiki services and I.

01:23:39 Christine

Got it. Just got too much for me. So I said, you know what, I'm.

01:23:42 Christine

Just going to charge money for.

01:23:44 Christine

Reflexology and then reserve my Reiki for self healing or for friends and family so.

01:23:53 Christine

That said, I'm in a new city and.

01:23:55 Christine

I'm looking for my rank.

01:23:57 Christine

Practitioners is I'm looking for a Reiki circle or sometimes they call Reiki shares where other Reiki practitioners get together and practice on each other or practice as a group for.

01:24:12 Christine

You know, healing in the environment or healing of of other people so.

01:24:18 Christine

If anyone in the Des Moines area has a lead on Reiki circles, let me know.

01:24:23 Christine

And if one doesn't exist here I I might create one. So if you're looking for Reiki circle, let me know because I am a master and I am allowed to teach so.

01:24:35 Christine

Yeah, I'm really looking to find my Reiki community here.

01:24:38 Merrily

Yeah. Well, I hope, yeah. I hope that is fruitful because it is nice to have a Community, especially around sort of subjects that.

01:24:48 Merrily

Is it common common? We talked.

01:24:50 Merrily

About, it is helpful for that. So yeah, much much luck and energy towards that for you and the people that are looking for communities. So it's great. I feel like you've already shared some.

01:25:01 Merrily

Words of wisdom.

01:25:02 Merrily

But you know, do you?

01:25:04 Merrily

Have an additional words.

01:25:05 Merrily

Of the stuff that you would like to share.

01:25:08 Christine

Well, I mean, for me, it's really just about staying curious and being willing to conduct some experiments. So yeah, even if it seems silly.

01:25:18 Christine

Do a few control group, do a few with a silly new thing and see what the outcome is cause.

01:25:26 Christine

I don't know I.

01:25:27 Christine

I certainly have experiments that didn't work.

01:25:30 Christine

That I let the thought go.

01:25:33 Christine

I've had experiments that have worked so.

01:25:36 Christine

Curiosity is a really wonderful thing and and staying open to possibilities, yeah.

01:25:42 Merrily

Well, stay curious. I like that. Yeah, definitely.

01:25:46 Merrily

Oh well, thank you so much.

01:25:47 Merrily

Christy, I appreciate all the time you've given.

01:25:49 Merrily

Us and you wanted to talk?

01:25:51 Merrily

About your experience and all the wonderful.

01:25:53 Merrily

Perspectives and work that you do, it's been.

01:25:56 Merrily

A pleasure. Thank you.

01:25:58 Merrily

Feel like we could have talked for hours. Yeah. Yeah, for sure. All right.

01:26:03 Merrily

A heart centered thank you to the amazing Christine Freeland. For more information, do check out the show notes. A special shout out to the Reiki community in Des Moines, IA to get in touch with Christine. This podcast has grown beyond all my expectations that it is due to each and every one of you taking the time to like, comment and share with others who enjoy this content.

01:26:22 Merrily

Thank you for being an important part of the casual temple community.