

Preface from "Reiki Shamanism: A Guide to Out-of-Body Healing"
(Strictly copyrighted, Findhorn Press, Scotland; 2008):

Preface

Becoming a Reiki Shaman

"The universe is infinite. That boggles the mind, doesn't it? Beyond imagining. But, consider: Wherever you stand in infinity, you are in the center of it. The Creator made each and every one of us this way. We must only realize our uniqueness – and what we share: infinite being. At its center, each one of us." – ASCENSION TESTS

The first time I practiced Reiki while in the shamanic journey, it began so subtly, that I really wasn't aware it was happening until I saw the healing Reiki energy as a flowing purple radiance from my outstretched hands. This is incredible, I said to myself, as I saw the powerful energy reaching out to the person before me.

Why hasn't anyone written about this? Told anyone? Taught this? I wondered. Practicing both together is surprisingly simple, in many ways easier to attain than proficiency in either of the modalities alone.

I had been studying shamanism for more than 30 years, but Reiki was new to me, discovered late in life. The more I studied Reiki, the more I experienced a truth that few seemed willing to admit: Reiki is a form of shamanism. Combining the essential techniques of Reiki – using the symbols to channel healing energy – with the shamanic journey can be a perfect unfolding of both.

Reiki may have had its roots grounded firmly in shamanism, but allowing Reiki "back" into shamanism is a natural progression toward a greater fulfillment of both healing modalities, as one. It is as natural to teach Reiki shamanism as to teach the separate modalities of Reiki and shamanism; combined, Reiki shamanism is greater in effect than either, yet as simple to perform.

The marriage of modalities provides a whole new way of bringing healing, harmony and balance to the Earth and all beings.

In these times of war, food shortages, economic uncertainty, even the massive ecological disaster of climate change, people around the globe are faced with the task of growing beyond their comfort level in order to confront the vast unknowns that are arising in our world.

We are so barraged with sights, sounds, information and persuasions that are frightening and seem beyond our ability to affect that there is a natural tendency to draw within and avoid all

but the most certain information, focusing only on that which is before us or easily accomplished.

If there is any certainty, however, it is that if ever there were a time for expanding our spiritual knowledge to encompass change, this is it.

How do we do this? We look within, and we see how our brothers and sisters of the Earth, the plant and animal nations, accomplish growth to the unknown. In sacred geometry, in order for a plant to decide how many leaves it must next produce, it looks at how much it has grown and then adds a proportional ratio.

Whether it decides to grow four leaves in a cluster or split into two stems and grow two leaves on each stem is given no clue beforehand as it rises from where it has been toward the light, reaching ever outward. But it is guided by a secret code held within it that is at the same time unique to that plant and shared with all plants like it and, as with all living things, incorporating a type of code that is shared.

Today we must look within to find that secret code, see where we have come from and where we must go. This quest for truth, knowledge, wisdom and growth can be a frightening journey. It requires that we reach toward a greater light and understanding only waiting for us to discover.

So, with this book, I am offering two 'knowns', Reiki and shamanism as currently practiced. Each is a viable healing modality; combined, they provide an entirely new level of spiritual insight and healing ability. The appellation of "Reiki Shaman," while new, could become a high attainment, with proficiency in both modalities.

This is the fourth in a series of books on environmental shamanism, a way of practicing shamanism that unites us with our surroundings, indeed, all of creation. Each of the first three books is a slice of healing, health and wholeness applied to the world, to create a trilogy of "people, places and things" in the shamanic way of viewing the world and all beings.

This book takes the teachings of the first three books and applies the ancient Eastern art of Reiki, or "hands on" healing, to the mix. In essence, it takes shamanism and Reiki and combines them, so that all facets of people, places and things can find healing, health and wholeness through the blending of two strains of energy medicine. As we shall see, there really is no separation between them, Reiki itself is a form of shamanism. Rather than limiting our approach of healing to "hands on," as Reiki has come to be understood, we will see that Reiki comes from the heart, head and hands via the energy

body and, hence, can be applied near and far and out of body, anywhere in the world. We will carry forward our understanding of Reiki as shamanism by employing the energy body and through the shamanic journey applying Reiki long distance; and, as a form of shamanism, we will see that our journeys are inner and outer, exploring the universe that extends outside of ourselves as well as worlds within.

To become a Reiki shaman, one neither needs to be exceedingly proficient at shamanism, or Reiki. One does not need to be a Reiki master, for example. All it takes is some basic Reiki skills, and the basic shamanic skill: knowing how to journey shamanically. Instructions on how to journey are included in the book, along with basic Reiki knowledge.

The book is divided into four chapters:

- * The first provides a basis for understanding the energy body, or how we can do what we do by understanding who we truly are;
- * The second outlines Reiki as a form of shamanism so that we might more fully incorporate that healing power instead of seeing Reiki as a separate modality of energy medicine;
- * The third outlines shamanic journeying, which is the key to out-of-body healing, and how to incorporate Reiki with it;
- * The fourth provides applications shared from personal experiences that may prove of use or value in exploring your own healing walk.

Included are instructions and exercises to develop capabilities for understanding the concepts, practicing and mastering them.

Readers are encouraged to keep a notebook of their own observations that might prove useful in discovering new avenues for inner discovery; entries from my own notebook are provided as examples.

The first three chapters conclude with a short review of major points for easy reference, including key search words to find more material about related topics on the Internet. The fourth chapter includes a section on using quartz crystals that may be helpful in practicing Reiki shamanism, and a brief overview of some related healing modalities. The book concludes with a glossary of terms specific to doing healing work.

In addition our Website, Healing the Earth/Ourselves, www.blueskywaters.com, offers books, CDs, tools, and additional reading material that may be ordered by mail or e-mail, as well as periodic classes and workshops. If you absorb the information

presented in these pages and practice the techniques described, you will change and your life will change. The way toward the light, following the secret inner code that leads us where we need to go, is beckoning! May many blessings unfold along your path!
Wisatologi Nihi!

Now, let's get started.