

The Latest Reiki Information, Inspiration, and News

REIKI

Reiki

Live Your Divine Purpose on Earth



Honoring All Lineages and Schools

NEWS MAGAZINE

Healing with Angels

Using Reiki to Achieve Goals

Reiki and Homeopathy

The Reiki Sound Bath

Reiki and Massage

VOLUME TWENTY TWO, ISSUE THREE

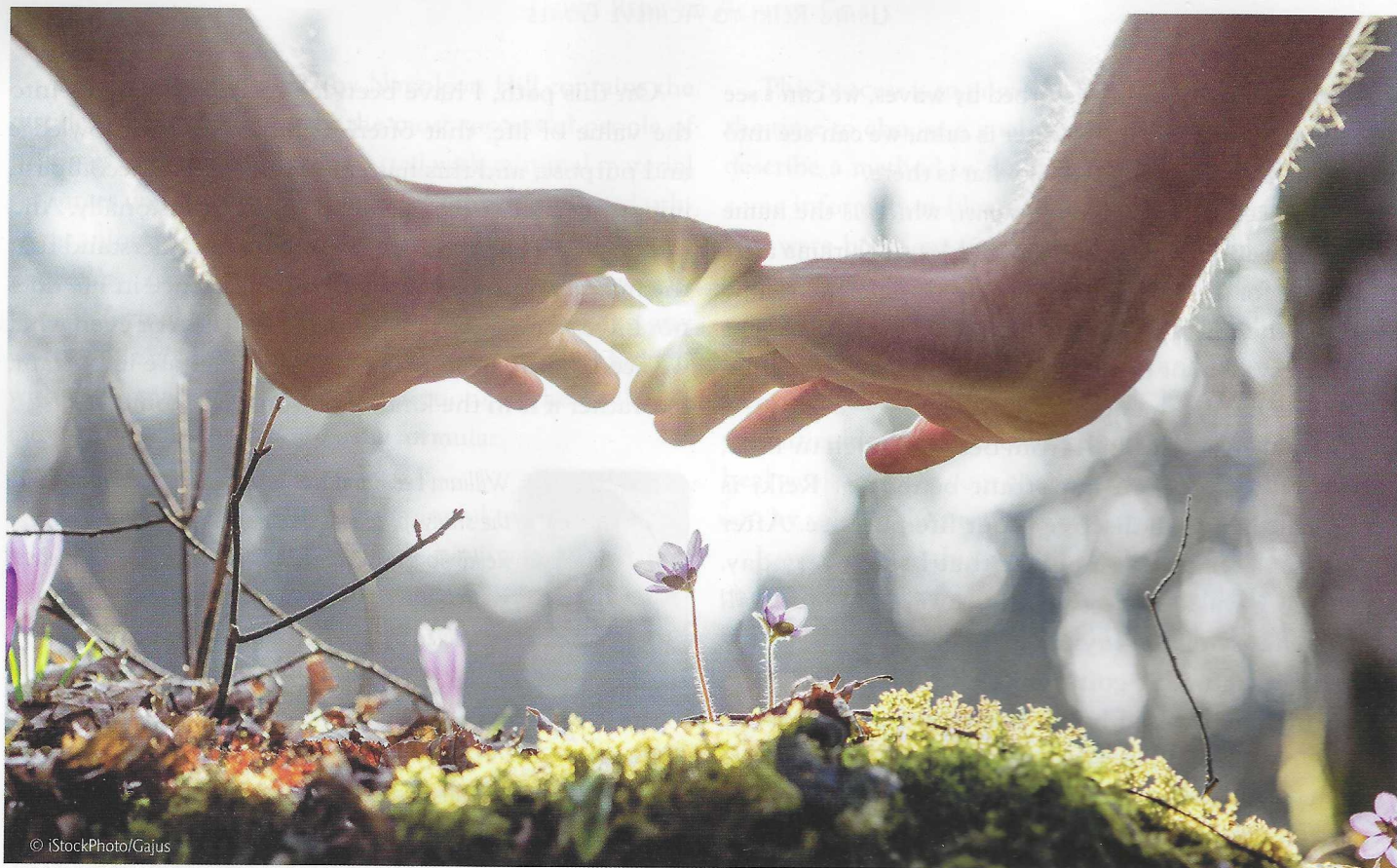
FALL 2023

PRICE: U.S. \$6

Can. \$7.50 UK £4 Aust. \$10



0 74470 99548 7



© iStockPhoto/Gajus

The Night My Life Changed Forever

BY LAURIE ANTONACCI

IN 1988, I graduated high school and became a paralegal. The legal field has always fascinated me and working with clients who suffered from injuries because of accidents became my everyday life. Little did I realize the Universe had another plan for me.

In 1996, I was involved in a car accident, placing me in the position of always being in pain. I tried everything from acupuncture to chiropractic care and physical therapy, but never found relief. I accepted that this was my life. I would deal with pain, and I learned not to complain. I lived this way for over a decade.

One day in 2011, while enjoying a relaxing facial, my esthetician said, "Your root chakra seems ungrounded." She

could have been speaking another language because I did not know what she was referring to. To not sound naïve, I replied, "Oh, maybe it is." Well, the minute I got home, I checked with my best friend Google to find out precisely what a chakra is. Instead, Google led me to Reiki. I remember it like yesterday, clicking on this word I never heard before nor knew how to pronounce. That click changed my life.

I read what Reiki was; even though I was skeptical, I still was drawn to the idea of physical healing, and I would try anything. I found a Reiki instructor near me and called inquiring about classes. She asked, "Why don't you just come to a Reiki Circle? It will best explain what Reiki is."

A few nights later, I arrived at Lorraine Austin's house. I entered and instantly felt welcomed. She had her basement arranged with beautiful Buddha and angel statues. The smell of lavender and sage amplified the soothing vibes, and colorful crystals adorned a bookshelf. I couldn't help but feel like I belonged here. We broke up into groups of three. I was with a woman and a man who were Reiki Masters. Knowing nothing of what I was about to do made me feel intimidated. I watched as other groups placed their hands on and around their partners. It didn't look overcomplicated, so I figured I would follow the crowd, but what happened next was life-changing.

When I moved my hands down this woman's body, they felt almost stuck when I arrived at her heart center. Emotions started developing, and the next thing I knew, I was crying. I wasn't sure what was going on and got nervous. It didn't feel normal or like anything I had ever witnessed. I moved my hands down to her abdomen, and as quickly as the feelings came, they were gone, leaving me perplexed. Again, I placed my hands over her heart, and the emotions poured in, and I was overwhelmed with sadness. I thought I may have breathed in too much sage, and the dark, quiet room may have played tricks on me. Of course, my logical mind wanted to understand what I was experiencing.

When we finished the Reiki portion, my instructor asked everyone to share their feelings with their partners. I was reluctant to say a word. My mind instantly made me believe my partners would think I was crazy. Something pushed me out of my comfort zone, and I shared this unusual experience, mostly looking for validation. I said, "Hi, my name is Laurie. I'm not sure why I am here tonight. I stumbled upon Reiki, and without researching too much, I joined in on this Reiki Circle. I have to admit I have not done anything like this before but being here instantly felt right. I watched what everyone was doing, so I just copied them. I closed my eyes and moved my hands around and said, "I'm sorry for saying this, but I felt so sad when I was by your heart. I cried. I'm sure you think I am crazy, and I think I might be. I don't know what I am doing and have no experience in this, so I apologize for what I am sharing with you."

The woman stared at me for what felt like forever. I thought to myself, "Great, I insulted her." She smiled, and her eyes swelled with tears. I just sat there in silence, wishing she would say something, anything. When she finally spoke these words, it was then that I realized my life had changed. She said, "Laurie, you are a true empath. Reiki flowed within

and around you naturally as you were chosen to share this beautiful gift of healing. What you felt was my grieving. I just lost my father the other day. My heart feels broken in two. Thank you for recognizing my pain. When your hands were over my heart, I felt at peace for the first time since I lost my dad. It was a gift having you here tonight."

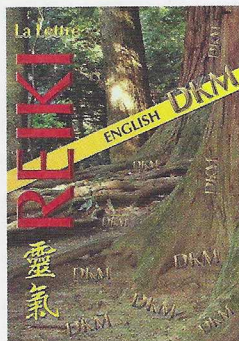
At no other time in my life have words had such a significant impact on me. I had no idea this would be the night my life would change forever. Reiki was waiting for me in that little basement to begin to heal me physically, emotionally, and mentally. It has given me a gift that I can now share with others. It allows me every day to be a light in someone's darkness. What started as curiosity turned out to be the greatest thing that ever happened to me. Thank you, Reiki, for finding me. ■



Laurie is an Usui Shiki Ryoho Reiki Master Teacher, a Registered Karuna Reiki® Master practitioner, and an Animal Reiki practitioner. As the owner of Guiding Light Wellness, LLC, in New Milford, CT, she provides an alternative holistic approach to healing using Reiki and other modalities, and offers classes to balance body, mind, and spirit.

DKM Symbol Anthology

New and thoroughly special issue on Dai Kô Myô, in several languages: English, Spanish, Dutch, German, Russian, Romanian, Portuguese and French.



In the spirit of bringing light to less explored areas, I requested insights on the Usui Reiki Master symbol from twelve Reiki Master friends worldwide. Although composing thoughts on such subtle aspects can be complex, subjective, and necessarily incomplete, I asked them to write about their approach to Dai Kô Myô.

I am pleased to introduce the work of Fokke Brink (Netherlands), Walter Lübeck and Mark Hosak (Germany), Jojan Jonker (Netherlands), René Vögtli (Switzerland), Mari Hall (USA), Irina Kozlova (Russia), Hyakuten Inamoto (Japan), and five Reiki Masters from France: Edith Gauthier, Nathalie Annaloro, Patrick Legros, Michel Barrière, and myself, Nita Mocanu. You may download this incredible anthology of thirteen articles on an impressive subject for the symbolic price of 3,95 euros at this address:

www.mundoreiki.net/18-dkm

[Nita Mocanu reikiforum.nita@gmail.com](mailto:Nita.Mocanu@reikiforum.nita@gmail.com)

www.reikiforum.com