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# Sole to Soul: Giving Reiki to Gaia

BY DUNCAN CROSS, WITH KAREN CAIG

**R**EIKI ENHANCES EACH OF OUR LIVES in a multitude of ways as we develop our practice. When we have our first attunement or Placement, we learn to engage with Reiki and the world in an energetic, spiritual, and physical way that benefits us. Many of us send healing to Earth through Reiki crystal grids and distant healing practices, but how many of us have thought about the other ways in which we, as Reiki channels, can give energy back to Earth?

Many have been taught and accept that the Reiki energy flows into us through our heart and crown and then flows through our hands and eyes when directed. However, we've all had other experiences. One of the most powerful experiences I had was probably about a year after I had completed my first Reiki Master class and was living and working in London.

Those who have been to London and been excited about the Underground rapid transit system nicknamed the Tube find the enthusiasm wears off quickly when they

are crammed into a moving tin box with hundreds of other people commuting to work. I was used to my hands “firing up” regularly when a stranger who needed healing entered the carriage I was in, but it was never appropriate to approach them. I regularly did self-healing—except one day, it wasn't my hands that fired up.

It was a ridiculously busy day on the Tube, and while it wasn't the worst day, the Tube was packed, and it was common that you would be in someone's space or physically touching them. I ended up back-to-back with someone, which wasn't that unusual. However, what was unusual, for me this time, was that within seconds of our backs touching, the energy started flowing. I was stunned, as I'd been aware that the energy could flow through us differently, but I hadn't experienced it like that yet. The stranger leaned back into me, and the energy flowed through my entire back faster and stronger; it felt like we were stuck together like magnets. The experience was mind-blowing and probably lasted only five minutes as the stranger got off after several stops.

This experience changed my perception of the energy, and it has continually worked to keep me on my toes. I've had friends squashed next to me at parties, and the energy has flowed through my arms or bicep—wherever it made contact. It became a joke, and people purposefully squished next to me to get a quick blast of Reiki.

My colleague, Karen Caig, has had similar experiences with Reiki flowing from various parts of her body when people who need it are nearby. She described how Reiki seems to flow from whatever part of her body is near or touching the person who needs it, and she also experienced it flowing automatically to people far away when she thinks of them.

I recently recalled experimenting with giving Reiki through my feet years ago with a Reiki friend as we sat on a sofa. My memory jolt came through the “Empowered by the River of Life Experience” in Karen’s Master class. When walking through the forest, I heard a lady (later identified as Gaia) say, “Don’t forget your feet,” and it sparked a memory, an idea, and a conversation with Karen. I asked, “Why aren’t we using our feet to heal Earth every time we step on it or sit with our feet connected to the ground?” Karen remembered a story she had heard about Usui Sensei giving Reiki with his feet during the Great Kanto Earthquake in Japan in 1923, so he could help more people at once. She admitted that she frequently used the earth to ground her excess energy, but that involved a different intention. Like so many humans, she sought the earth to draw energy into herself, but she never used her body as a channel to offer Reiki to the Spirit of the Earth. So, Karen and I began experimenting in different countries and environments, and here are the methods we discovered.

### **Sending Reiki Through Grounding**

Imagine that roots are flowing down your feet and into the ground (if not on the ground, allow the roots to flow down the building into the ground). Feel yourself ground and connect with Earth. As you connect with Earth, visualize one of the symbol combinations and visualize additional energetic roots flowing down, this time sending energy for healing rather than for grounding. This process creates a double grounding/healing.

### **Feet on the Ground Healing**

Sitting with both feet planted on the ground, place hands in Gassho and activate Reiki using any symbols you

are drawn to use. Ask Reiki to flow through your body and to your feet to give healing to the earth. You can also lie on the earth with knees bent and feet on the ground and send Reiki through the sole chakras, or lie down and experiment with sending Reiki through the heart, solar plexus, and root chakras with the sole chakras. You may feel unity developing with the earth.

### **Feet in Moving Water**

Stand in a creek, stream, or river, place your hands in Gassho and activate Reiki using any symbols that you are drawn to use. Ask Reiki to flow through your body and to your feet. As you feel the Reiki flow from the chakras in the soles of your feet, ask the water to absorb the Reiki and carry it to everything and every being it touches.

### **Symbol Combinations**

Try these or let Reiki guide you to other combinations.

1. Visualize CKR on the soles of both feet. You may feel a powerful flow of energy while stationary.
2. Use the HF symbol on both feet for a powerful flow of energy. Also, try separately with your hands fired up simultaneously for an interesting flow. Karen says this one makes her feel like what she imagines plants must feel in their roots and flowers.
3. Use the Karuna Reiki® symbol Iava on both feet. This symbol feels comfortable, soothing against the earth.
4. CKR left foot, Iava right foot. The right foot feels as if it can’t move, as if it is the anchoring root; as a plant will spiral upward in its growth.
5. Visualizing Harth while standing on the earth feels like energetic shoes around the feet.
6. Use Rama to feel as though sinking into a comfortable bed.
7. Use Kriya on both feet to feel a strong connection to Earth. Visualize symbols under both feet together but only ½ of the symbol under each foot to feel balanced but connected. The flow feels more calming.

Keeping hands in Gassho while sending Reiki through your feet intensifies your experience as you focus on the flow of energy through your feet. I felt the third eye/heavenly energy become more apparent, and when I placed my

hands on my knees, the experience intensified, bringing a sacral/hara energy that pulled me to the earth. Karen recounted how in the Ozark Mountains of Arkansas in wilder places, benevolent fairy-like beings emerged, curious about the Reiki energy. She said she kept her eyes closed, but she could feel them around her.

As life returns to the Northern Hemisphere this spring, let's try sharing some Reiki with Mother Earth. She certainly needs it. She has given us so much. And perhaps as we share the gift of Reiki through our soles, we may come to know Gaia, the Spirit of the Earth, more deeply. Karen and I adapted the following from the "Holy Fire® Healing Experience" script in the *Usui/Holy Fire® III Reiki Master Manual—Online and In-Person* (pp. 87-88). This Experience can provide healing, insight, and guidance. You can become a healing bridge between heaven and the earth, giving the Spirit of the Earth healing energy from the highest heaven.

### Healing the Spirit of the Earth Experience

1. Imagine that it's a beautiful day, warm and sunny. You're walking on a path in an ancient forest. There's a light breeze blowing, and you smell the trees and moist earth mixed in with the fragrance of flowers.
2. As you breathe into yourself, imagine that you are breathing in the life essence of the forest. And with each step that you take, imagine that the energies of the earth are flowing up through the bottoms of your feet.
3. As you walk along, you notice a path going off to the left, and you feel compelled to follow this path.
4. After a while, you come to a clearing in the forest with a small hill at its center. You decide to walk over to the hill and feel the soft grass against your legs as you climb.
5. When you reach the top of the hill, you decide to lie down in the soft grass. Feel the earth beneath your body as you pull your knees up and place your feet firmly on the ground.
6. You feel the softness of the grass between your toes and the firmness of the ground supporting your body. Place your hands into Gassho and allow your feet and body to connect with the ground, with roots flowing from your feet, connecting you to Earth.

7. Gaze up into the sky and see the beautiful white clouds. As you gaze up at the clouds, a beautiful beam of light from the highest heaven comes through the parted clouds and connects with your hands.
8. The light flows down your body to your feet, and roots of pure light flow through your feet alongside your grounding roots to give Earth healing energy from the highest heaven.
9. You have become a bridge from the highest heaven to Earth, and healing energy flows through you down into the earth and back up to the highest heavens, deepening your connection with the energy. So, allow the energy to flow.

As so many of us wish to send Reiki healing to the planet, please consider using any of the techniques presented here as perfect tools for giving energy back to Earth. Through our collective intention and dedicated practice, we will create a powerful healing effect to benefit Earth and all existing life on our planet. ■

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