



TOI LYNN WYLE, MS, MFT

**Interview with Barbara Matsuura, Reiki Master, Zen Shiatsu Practitioner, Qigong Instructor
by Toi Lynn Wyle, MS, MFT, EYRT**

When I first met Barbara, I was immediately at ease around her grounded presence and openness to life around her. It is an honor being able to share the yoga room with her each week and now to hear about her healing work.

Tell us about your personal philosophy for holistic healing.

I believe holistic healing should be in cooperation with our medical doctors. There is wonderful medicine developed and techniques developed by our scientists and doctors. However, sometimes they can fall short of healing because the person's karma and emotional body is out of balance. All of the therapies I do, including Reiki, Zen Shiatsu, and Qigong Healing are working with the big energy of the Universe, therefore healing on a spiritual level to heal the cause of the manifestation called dis-ease.

Give us an overview of what you do in your work.

There are various treatments at the Integrated Healing Arts Centre of Japan at Burlingame, CA. The treatments I do are all energy based. I do sessions in Reiki, which is a hands on healing using the Reiki energy from the Universe. Reiki is non invasive, gentle yet powerful as it goes deep into a person's life. Reiki with Gemstones is an addition to a Reiki sessions using the gemstones of our Earth. To give you a picture of a session, the client is laying down on a massage table fully clothed except for jewelry and metal of any kind. After stepping into the aura of the client and scanning, I intuit which gemstones to use from a collection of gemstones who wish to work with me in my practice. These stones are then laid on the body of the client. They are generally the size of a cherry. Reiki energy radiating through my hands goes thru the stone and balances the area under the stones. All stones have healing properties because they vibrate at different frequencies. Gemstones have beautiful colors matching the chakra colors and river stones have different properties as well.

What initially drew you into doing this work and what was your path to this point?

I have always been a spiritualist and had been able to help my father with his pains as he was a firefighter. I self taught in 1970 the form of Zen Shiatsu. I was soon able to recognize the energy vibrations and balance them. I studied Qigong Healing and Beauty Rejuvenation with a renowned master from Beijing, China while he was living in Tokyo Japan. He had me study quantum physics on my own, train 6 hours a day in the forest to learn how to absorb the nature energy, and how to use the various energy vibrations for healing. He healed many very sick people with cancers, or kidney disease etc. but his original specialty was beauty rejuvenation. This he did not teach specifically as it was his secret, but because I spent so much time with him I was able to grasp it from the universal knowledge where he also got it from. Through mediation one can access all information from the 'Universal Library!' When one day in a class he was teaching and I had no partner to work with he allowed me to work on him. We were learning basic Qigong techniques, but I dared try what I perceived to be beauty rejuvenation and when I gave one side of his face the 'energy facelift', he was indeed surprised. I told him he could come to dinner with my husband and I at my house afterwards I would lift the other side of his face. He came to dinner but he said he would facelift the other side of his face himself!

What are your sources of inspiration?

I am motivated by my love for nature and what it has to offer us. My sources of inspiration... well here's a typical day. I love getting up at 5:30 no matter what time I get to sleep and walking the Bay Path as the sun comes up. I practice Qigong every morning to clear my energy channels, and TaiChi to move and balance the energy throughout my body. I sometimes carry my juzu beads and chant as I walk. Going back home I begin offerings of water and do morning chants, prayers and short meditation . I eat a very light breakfast and go off to the Being Yoga studio in Burlingame for morning Bikram. On Tuesday and Thursday I stay for Yin Yoga after Bikram. I love the teachers at Being Yoga as they are all very inspiring. In my office I sometimes do early afternoon prayers or go to the pool for 'floating yoga ' as I call it. Afternoons usually from 2:30 are always with clients or students of Qigong or Reiki or Zen shiatsu, until evening.

My clients are an inspiration as I love assisting them in getting back to perfection of their divine selves. I am inspired by reading books on Yoga, or Qigong, internet newsletters from Osho and all kinds of things like that, although I try not to spend much time on the internet as the energy of the machine is too altering of the natural system of the body. I do love to see the sun go down and the moon come up and if I'm lucky I can catch both sun and moon at the same time on the Bay Path. Then I can hold the moon in my left hand and the sun in my right hand and be in the middle. It is a glorious and divine inspiration. I love yoga music and chants in Sanskrit. I love teaching my students as they are such an inspiration . I love being in nowhere, in no time, in no space, as these inspirations are nothing and everything. Very Daoist. Silence and super quiet breath.

And what is a message that you would like to leave with the readers?

Be simple, quiet, clean, move from the quiet space inside of you, your God self. Assist each other in every way everyday every minute. Be Love!

Barbara's Contact information:

Barbara will be going to Japan, to teach and take care of the clients there from September 16-Dec 3rd. She will be in Burlingame all of December.

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