



Stress Less with Reiki: Managing Life's Challenges

ENIKO SIMON



interviewed by Heather McCutcheon

[Intro music]

Heather McCutcheon: Hello, summit viewers. I'm Heather McCutcheon and I am here today with Enikó Simon. We have a wonderful topic, *Stress Less with Reiki: Managing Life's Challenges*. But before we get to that, let me tell you a little bit about our guest.

Enikó's journey with Reiki began in 1995 when she was experiencing health issues. Reiki found her and provided a natural, safe, and beautiful way to return value and purpose to her life. After six years of daily practice, Enikó became a Reiki master and teacher in 2001, having studied Usui Shiki Ryoho, and attended seminars with Hiroshi Doi sensei and Inamoto Hyakuten sensei. Reiki taught her to love life and people, find her inner values, and accept herself. Through daily practice, Enikó gained back her health, restored her inner freedom, and overcame challenges.

Enikó created the concept of LIFELAND, applying elements of Japanese philosophy to her personal and professional life, and developed a beautiful Reiki community. Enikó's

journey and message are shared in the book *Reiki, the Universe loves you*.

First of all, and I know I've said this to you before, I love the title of that book so much, *Reiki, the Universe loves you*. Everyone wants to read that book and find out about the universe's love. [laughs]

Welcome to the summit, Enikó!

Enikó Simon: Thank you, Heather. Thank you for this invitation and the presentation. I'm happy to be with you.

Heather McCutcheon: Yeah. So, today we're going to be talking about *Stress Less with Reiki: Managing Life's Challenges*.

Why don't we start out talking about stress for a little bit first; what are some of the physical symptoms of stress and then how can Reiki help relieve them?

Enikó Simon: Yes, thank you. This is a double question. I will start with the first part.

This is a very important subject and many people study regarding the stress and the effects of the stress on our health.

First of all, all living beings, therefore also we humans, are functioning in the universe as an Open System. We are not isolated. So, we interact with our surroundings, we influence our external environment, this is the output, and we receive stimuli from the outside, and this is the input. So, we are always in this exchange, and the way we interact

with the surrounding and the way we perceive these outputs and inputs, can lead or not to stress. And we cannot isolate ourselves and put out all the stress.

So basically, stress is not something good or bad; stress is everywhere. And the role of the stress is to help us in adapting to the inside and outside changes. So, stress is something natural, and is part of our life. If we understand this at the beginning, then we can go on and find out why stress can cause so many problems.

We can experience stress, harmful stress, in many levels because it can come from many sources. The stress can have many causes; we can have physical stress, emotional, mental stress, we can have energetic stress, we can have informational stress, a lot of information. And yes, in our days, we can also have spiritual stress, also we don't know what our balance is, where to belong, and this can lead also to social stress.

Stress starts to become harmful or bad when our perception is of this kind or when our inner resources or our inner energy are at the exhaustion towards the problem. We feel that we cannot control the problem, the situation or the facts we are in. And this harmful situation can lead at physical levels to different symptoms, but for this we need a sustained, a chronic stress, because this is, I said it's not good or bad, stress is something which is part

of our life. But if this is sustained, become chronic stress, then yes, it leads to physical symptoms.

Some of these, first is fatigue, then there can appear sleep problems. We can have difficulty in breathing, and this can go to panic attacks or chest pains. We can have on stress indigestion and obesity and diabetes; it can lead to diabetes. We can have muscle aches and headaches. Yes, regarding the head, we can have hair loss. We can have high blood pressure. We can have inflammations and infections in the body because on the stress, our body produces hormones that can lead to this situation and to help us to remain alive; if these hormones stay for a long time in our body, they lead to inflammation and infections. And yes, there can appear different pains and different effects. There are really many studies which connect the long-term stress, the chronic stress, with many illnesses.

And regarding the second part of your question, how can Reiki help to relieve these symptoms, it is interesting to find out how the Eastern people (the Japanese, the Chinese, the Indian) look at the Universe... Because they say that the Universe, in which we live in, is structured from matter, energy and information, and these three are together. The energy is what helps the information to come in the matter, and influence and change the matter, but all three are always together.

And coming back to the Reiki, how Reiki method helps. Reiki is a method founded in Japan by Mikao Usui sensei,

who discovered the Reiki while he tried to find a way to achieve happiness, and he defined that happiness is a state of inner peace, Anshin Ritsumei in Japanese. And this is important, because this was the intention why the Reiki method appeared, the Inner Peace. So, this is why Reiki can help so much in stress.

And Reiki has many ways in which it's translated or defined from the Japanese language. Most of us understand that *Rei* is the part of the blessing from the universe, is the part of the information which comes from universe through the *Ki*, which is the energy, and all these are integrated and help the matter, the physical level, to transform.

So, Reiki is one of the best methods to relieve physical symptoms of the stress. Also when we are in inner peace, or when we are relaxed, we are in inner balance, we can't be on stress at the same time. It is not possible to be in inner peace and in the stress. So, when we shift from one state to other, Reiki helps us to relieve the stress.

And we don't really always understand how Reiki acts on the body, how can this really happen on the body, but we know that Reiki acts in two basic ways on the body.

1. The first is through the vegetative nervous system and helps the body shift from the stress state to a safe state. When we are safe, we are not stressed again, and here the parasympathetic nervous system becomes active with Reiki. There are a lot of studies regarding how this nervous

system is helping healing, regeneration, digestion, and so on.

Heather McCutcheon: So, you're talking about parasympathetic, which we know sympathetic is the fight or flight and parasympathetic is the rest and digest, and you're talking about the relaxed state is the rest and digest end of that equation.

Enikő Simon: Yes.

Heather McCutcheon: Yes, thank you. Sorry to interrupt.

Enikő Simon: No, it's okay. Thank you.

2. And the second way is the endocrine system. Maybe it is not a coincidence that our main energy centers called chakras are connected to our main glands. The endocrine system controls most of the chemical reactions in the body, and the endocrine system is like a link between the information from the universe and the physical body. So somehow, the endocrine system takes the information, gives energy to that information, brings it in our physical body, and through chemical reaction, it helps the body to process that information.

Heather McCutcheon: Can you give an example of that, please?

Enikő Simon: Yes. For example, when we are stressed, our adrenals are working so hard and they produce, for example, cortisol. Cortisol takes the sugar from the blood and helps us to react quickly, to adapt, to remain alive. So, it helps our reaction; and this is happening, this quick reaction, on the

nervous system, but also on the endocrine system. And when this situation which needs a fight or a quick reaction goes, then our hormones go back to balance. So, the adrenals stop bringing cortisol in the blood and there's also other hormones, adrenaline and non-adrenaline, and bring non-adrenaline in the blood, so we calm down and we feel that safe state.

If we remain for a long time in kind of fight, or we're always on fight, our body needs to push a lot of hormones in the blood and if this stays a lot in our body, this also brings physical effects; this is not only about indigestion, but also the inflammations and the infections in the body. So, these are somehow the reactions of the body.

Also, I think the cancer is somehow a reaction of adapting the body to the changes, and, when we are pushed on so big changes and we are in this fight position for a long term, yes, our resources go down and the body doesn't have other resources to help healing process.

And what is interesting with Reiki is that Reiki somehow adapts to the needs of each physical body in every moment. So, it's not something which is with standards, but my need is different than your need, maybe I have an emotional stress, maybe the other person has a mental stress or a physical stress, and Reiki gives at each moment for each physical body what it needs at that moment and

somehow adapts. I don't know how Reiki does this [laughs], but this is the way in which it's functioning.

For example, regarding the stress and also the cancer, for healing of a disease, we need to reduce this harmful stress or the perception that we cannot resolve the situation, and the most important thing is to create the safe state; otherwise, we remain on the fighting with our illness and we will feel that our life is threatened by an illness.

So, we go on the survival mechanism and this will not help us to heal the body because the survival is priority. It is more important for my body to make sure that I stay alive, and this is the priority. The healing is secondary because first I need to be alive, and this is why healing occurs only when I feel that I can be in a safe place, when I feel that I can participate or I can change the situation in a way that I remain alive.

And yes, Reiki is fantastic because it gives us back the ability to access an infinite universal resource. I can somehow take back the control over my life. I can feel myself more safe because I feel that I can participate on my inner process of transformation and healing. So, I'm not so exposed to the others and I'm not helpless.

As a Reiki practitioner, I can take part, I can be present on my healing process and yes, I can attract everything I need from the Universe.

So, this is how Reiki helps us relieve the stress and this is why I really... okay, I can say I recommend, but I don't want to use this word. I really encourage everybody to do Reiki because it takes us out from this fighting survival position and brings us on the safety position, and there yes, healing can take place! We have resources!

Heather McCutcheon: It's very empowering, like you said, to have this tool available and I just want to go back when you were talking about the fight or flight and all of the symptoms that you mentioned: the inflammation, the anxiety, the headaches, et cetera, high blood pressure. We're seeing these more and more in the world as people are perceiving more and more threats, and you talked about it as a threat to life and well-being. And sometimes that is the case, of course, but oftentimes, it's the accumulation of small stressors... Am I going to be late for work? Am I going to be able to pay my rent this month? Did I remember to feed the cat? And when those accumulate over time, it does take on the weight of a life-threatening situation; your body doesn't know the difference.

So, to be able to have Reiki, as you said, is so empowering and just a wonderful thing for people to have to combat stress. More and more people are turning to Reiki, but some people are still skeptical. So, what would you say to people that are skeptical about Reiki's ability to address stress, and is there any research or science to back that up?

Enikő Simon: I was a very skeptical person. When first I heard about Reiki, I said, *oh no, this is impossible, this is not good, this is not for me, I don't think I would like to do this.* And at the time I had some health issues and my Reiki teacher said, okay, what do you do with your hands when you sleep? And I said to him, *I don't know, I sleep.* And he asked me, *okay, and what about if you put your hands or one hand on yourself when you go on the bed? Let's see what comes out.*

So, I understand the skeptics. It is interesting that we use the word of stress or that the stress causes different problems very generic. We don't really understand what stress is, and when we find [ourselves] in a situation in which we don't have the control over that situation, we easily say, *oh, this is because I'm stressed or this is caused by stress,* and things like that.

And related to this question, why people are skeptical, I think I have three ideas related to this word of stress.

1. First, and I was in this position, people are not skeptical regarding Reiki. They are skeptical regarding anything, because they go through a life situation where they perceive that they cannot control that situation, and that their life is a mess and they can't go out from that. How can I accept something immaterial, when I think that nothing can help me? How can I accept something, which is an information and an energy, and I cannot touch/put my hand on this? And this is an interesting thing, because

Mikao Usui sensei created Reiki as an extraordinary method, to put our palms on the physical body. And also, my Reiki teacher asked me, *what I do with my hands when I sleep? Put one of your hands on your body*, and this is the thing which brings the information and the energy in the physical material level.

We use our hands to put on the body and when we put the hands on our body, or on the others' body, we have a pleasant sensation; we feel warm, we feel tingling maybe, usually we feel a state of relaxation. The state of *I'm safe* – everything gets better on me, that I'm safe for that moment when I receive Reiki – and some people also fall asleep.

So, this is very interesting. I can say, at the first step, is that the skeptics can be the best Reiki practitioners, because when they feel that Reiki is working [laughs], they become the most enthusiastic Reiki practitioners; this is my situation.

2. On the other hand, a second thing regarding the stress is that we would like to control what is outside of us, because we cannot control what is inside of us. And here Reiki can also help us, because through the exercises we become aware of what is inside of us. And we can learn how to control what is happening inside of our body, and we can take back the value of our inner potential.

So, we will no longer feel so vulnerable and exposed to the conditions outside of us. Reiki helps not only the physical

body but also in the emotional and mental and energetically levels to adapt and to manage things that are coming from outside. So, for those who are skeptic regarding the Reiki method because they fear they cannot control the outside, and they come to the Reiki because they want to control their partners, their children and what's happening outside. The answer is, okay, first we learn with Reiki to control ourselves, to accept ourselves, to accept our inner potential. And then we gain a safe place and we don't need to change everything outside because we feel very well inside.

So, Reiki is a tool with which we can access when we want, what we need for that moment, and without another intermediate situation or person. What other method could give us so much freedom, security, and control over our own person? This is why I was a big skeptic [laughs]. I argued at the first Reiki course with my Reiki master, I said, *oh no, this cannot happen. Oh no, these are stories what you are telling, stop, I'm not interested in this* [laughs], *and now I'm here.*

3. And also, other persons – and these are the third thing regarding the stress and Reiki and the skeptics – there are persons who would like to make a magic, and unpleasant situations to simply disappear from their life, to be deleted from their life, and they would like that Reiki does this for them. Here it is important to say that Reiki gives us access to the infinite resources to the Universe to support our

inner transformation, for helping us pass through challenges, and helping us integrate life experiences for releasing traumas, et cetera. But it's not a magic!

Heather McCutcheon: Yes.

Enikő Simon: Who looks after magic, yes, I say to them, *okay, you should remain skeptical regarding Reiki because this is not magic!*
[laughs]

Heather McCutcheon: That's so important. Thank you for saying that. I feel like, yeah, students do sometimes come through and think, *now I'm not going to have any problems or any stressors in my life*, and that's not how it works! It's not the world that changes around you; it's you that change from within. Such an important point to make! And that can require a little bit of work and practice with Reiki and an ongoing process too, but really important to keep as part of the conversation.

So, you talked about being given advice to put your hand on your heart when you were sleeping, and how did that go for you? And do you have any other tips for people for help sleeping, which can be one of the problems, insomnia, when people have stress that they can't sleep? So, what are some tips and advice for those people?

Enikő Simon: Yes. And this, to put my hands on me and put here [upper chest area], it was because I had problems at my lungs, but I refused any other Reiki position. When my teacher taught me, I told him, *okay, I have three or four or five years to*

live; I don't have time to do Reiki one hour a day. And at that moment I didn't understand what it means for me that Reiki become a lifestyle. I just refused everything which I thought, okay, this will take time from my life, anything. Anyway, I push away Reiki this way, so this was why my teacher advised me to put one hand here, in the heart chakra, or here, where the lungs are.

And yes, for the insomnia and to have a better sleep, to resolve insomnia, Reiki is really, really helpful. One of the Reiki exercises helps us is to calm our mind because this is the first step. Usually, we are with our mind agitated and we're thinking about unpleasant things of the past or we create illusions about the future. We are always outside, and we are in the past, or in the future, and we are not present in our moment, and when we go to sleep we're just running in our mind a lot of problems.

So, the first step to go out from stress is to calm the mind, and in Reiki we have two exercises, there are two breathing exercises which help us come in the present. And why I say breathing exercises? Because sometimes we say, *okay I breathe, I am alive, what is this? Why do you insist on this?* And it is important to understand one point; breathing is that physiological act that can be done only in the present. I can't breathe for yesterday, I can't breathe for tomorrow; I can breathe now, or I don't breathe at all. [laughter] So, this is physiologically bringing us back in the present and this is really felt in the physical body.

So, what can we have in Reiki? We have one exercise, the Gassho exercise, is when we put our hands in Gassho and with this we help our heart chakra or heart center – because in Reiki we don't usually use the word of chakras, they are centers – and from the heart we can connect with the Universe and the Earth. And this brings us back on the safe place. And again, I can fall asleep when I feel that I'm safe. And I need force also to go to sleep. If I'm very tired, I cannot sleep; and this again, mind calmed down. I don't lose my resources. I have enough force to keep my inner resources. I have force to go to sleep. I feel that I'm okay when I sleep. My life is not in danger when I go to sleep. And, if I'm connected with the Universe and with the Earth and I'm there in this connection, I feel that I'm safe.

And the other breathing exercise is the exercise of the deep abdominal breathing, when we inhale Reiki and send it to Hara, or Tandem, or in this lower abdominal place, and with this we really clear our energy channel, and the physical body is also cleansed, and our emotions and minds calm down; we again feel in balance. When we are stressed, we breathe fast – we don't have this deep breath – but when we shift the breath and we go from this agitated breath to the calm, deep, abdominal breathe, then our nervous system calms down. We feel that we are in safety, it's not a danger in our life, so I can go to sleep because my life is in safety and I have the inner force to sleep, because yes, we need force for this. [laughs]

Heather McCutcheon: Yeah. So, not only helping you to go to sleep, and as you said, you don't have stress while you're asleep, but also sleeping is very healing and recuperative. So, insomnia compounds the problem when you're stressed out and to be able to get sleep can be so beneficial for someone who's stressed out.

Can you share some other practical ways to incorporate Reiki into our daily routine to manage stress just for everybody?

Enikő Simon: Yes, for everybody I will say again, what I experienced regarding my daily routine after my healing occurred with Reiki. I like the five Reiki principles very much because this helps us calm our mind and to be in the safety place. For me was very important the *just for today*, and the first two Reiki principles, *do not angry* and *do not worry*. I had a problem with this, because there's a negation and I said, *oh no!* But with time I understood why is *not*. I tried to say that, *oh, I am so happy today, I'm so happy today, I'm so happy today*, but then I felt the anger inside, which accumulating... And when I really forced to be calm, or I say, *I'm calm today*, when I really need to be calm, it's something that came out, and then I became very angry, so I asked myself, *what's happening? I have Reiki, why am I so angry?* And for me, it was very helpful to say for me, *okay, now you are angry, but please remember that at least for today, do not be angry; tomorrow, you can be angry, but at least for today, do not be angry*. It was a negative

mental and emotional state, and I say no to that state, but I don't say no in the way, *okay, this must disappear from my life*; I just say, *okay, not now. Maybe later I can be angry, maybe later I can worry.*

So, somehow my mind understands and creates this inner discipline to stay in the safe place, when I feel the worry and the anger, these are human feelings. I said, *hmm, okay, please...* [laughs] *But no, maybe later, after five minutes, maybe tomorrow.* This helped me a lot to shift; a lot of stress comes from anger, from different worries, and this is why I say that the practice and the integration of the five Reiki principles helps us a lot to manage stress in the daily routine. Not taking it so strictly, just helps you move out from that state.

And yes, there are also Reiki exercises for the physical stress. One of them is scanning our aura, and ask the question before, *where is the stress? Where my body needs relaxation, or my body needs Reiki for relaxation?* And just feel and then put our hands there and stay there 20 minutes.

And for emotional stress, there are exercises to eliminate physical and emotional toxins from the body, or for the mental stress we have the Reiki meditation or we can send Reiki with the intention to be present, to feel joy in our life. And for energetic stress, for example, in Reiki we have the

dry bath and this cleaning of our auras, our energies from the daily information with which we come in contact.

And yes, there are also other very good Reiki exercises. And one of the things regarding Reiki and the informational and spiritual stress is that we need to pay attention to what we hear as information, to what we give attention, what we feed with our inner resources, in which flow we are as information, what we allow to reach our body and our energy field.

And also, another thing regarding Reiki is the word of *kokoro*, which is used in Japan, and this refers to the pure consciousness that unites the heart and the mind and the spirit. So, it's the same word for these three. They don't have a different word for this; it's the same, it's the kokoro. What I think and I feel in my heart, that is! It's not yes or no, it's not good or bad, that is! And I have the idea, the thought, I think and I feel here in my heart that yes, so this is unity with our spirit and our consciousness.

In the booklet I will give you will also find the exercises more detailed because if not, I'll stay here three hours, four hours with you [laughter], but yes, we have good instruments in Reiki.

Heather McCutcheon: Excellent. So, those were a lot of wonderful suggestions and I'm glad you brought up the booklet. There's gonna be a link below the video where people have access to this

information, a more descriptive information about all the exercises that you mentioned. Great!

You mentioned earlier on that you were having some pretty difficult health issues and it sounded like even you were given a short time to live. Can you talk a little bit about your personal experience and how Reiki helped you cope with that challenge?

Enikő Simon:

Yes. Sometimes we have life experiences just to discover ourselves and just to learn what is important in our life and to understand our life. 30 years ago I had problems with my lungs and it started with an allergy but it's gone worse and worse. It started a process of fibrosis so I could not catch enough oxygen from the air, and when I found out the diagnosis I first went into denial, I refused this. Then I went on anger and I was very angry, *why this is happening to me? Why now?* I was young, I was 22 years old, so I was very angry because of this. Then, I went through disappointment, and I explain this because it is important for people to know that this is natural and don't be upset on yourself because you are angry, because you feel disappointment or things like that.

Then, I reached the depression and this was the state in which in 1994 Reiki found me. So, we are always prepared somehow and Reiki appears in our life when is the best moment. If I had met Reiki when I was angry or

disappointed, for sure I would have not practiced and Reiki would have not helped me.

I started to stay with one of my hands when I went to sleep and, in a few weeks, I observed that I don't feel so much anger and somehow I started to believe that I can change something, I do not understand how, I don't have the explanation, but I felt that okay, I breathe better and I feel well. And again, this is a process, this is not magic; it's not happening from a moment to the other. It took two, three months after I discovered that I went out, I went skiing and when I felt that the air came in me, I felt okay. I started to say, *oh, I'm alive!* [laughter] So, yes, it is a process. And what I do, first step is what? I go in a skeptical way, I don't believe in Reiki, but I put one of my hands on me and before this, I asked Reiki to be with me during the night. So, this was the first thing.

Then, when I started to feel Reiki on my body, and then I was more relaxed and I felt better, I started to make the full self-healing, and I did this self-treatment each day. If I could not do one hour, I started with five minutes and then I did three minutes and then, at the end of the day, I finished, but somehow I created this routine to stay with one hand on me. So, I continued my professional activity, but I always had one hand on myself.

And then, I understood the importance of the five Reiki principles and *just for today* was the most important part for me, from these principles, because these expressed the

essence of the healthy living and happiness as Mikao Usui sensei said.

Also, Reiki helped me a lot to go out from struggle and competition. When I was young, I thought and I believed that, if I wanted to achieve something in my life, I should fight, I should go on competitions, I should prove that I'm good, and somehow Reiki taught me to feel safe in my life and to love myself again and my life and the people, and to be open, not to be in fight with the others and for the life. In time, I learned with Reiki to appreciate the true value of myself and to accept also that part from myself which I would like to hide; I considered, *oh, this is my bad part*. No, this is who I am, and I learned with Reiki to handle my emotional, especially my emotional problems. And yes, with the self-treatment and with the five Reiki principles, these were the basics.

Then, I liked Reiki because there are not restrictions, there are not rules like, *you must do this, you don't do this*. And somehow with Reiki I feel that I can go on in my everyday life. With Reiki I gain back my inner freedom, I accept myself, I can be at peace with myself; these are the gifts of Reiki for me. And this is how from a very bad health issue through Reiki I gain wisdom. I gained a lot of life wisdom. And yes, I'm very grateful for Reiki and for Mikao Usui and for my teachers because without this, I don't know... [laughs] I would not be here.

Heather McCutcheon: Well, yeah, you said, I think you said earlier that your doctor, someone had said that you had five years to live and here you are 30 years later!

Enikő Simon: Yes!

Heather McCutcheon: I also loved how you shared that you were resistant because you felt you had limited time. So, you were willing to do the hand on your heart when you slept because it wasn't taking away time from the rest of your life, and it wasn't until you realized that that was helping you that you were willing to then spend some time.

I really appreciate you sharing that being vulnerable about that incredulity that you had, that you were skeptical, because I feel like a lot of people think that once you become a Reiki master, that this was an easy path for you and that it all came easily and that new Reiki channels coming in feel like this is inaccessible to them, but a lot of us struggled to accept it at the beginning and it wasn't until we did, like you said, experience the benefits that we started to get on board. It was maybe a bumpy road at the beginning of the path. So, thank you for sharing that.

And it sounds like obviously your health restored in terms of your physicality and then all these other wonderful gifts that it brought after that to where you are today. That's such a beautiful story! Thank you for sharing that.

So, we talked about physical symptoms of stress; what about maybe like a chronic ongoing stress? How can Reiki help get at more of the root causes of stress?

Enikő Simon:

I will go back to the idea that the best way is to integrate a few minutes of Reiki in our everyday life, so Reiki can become a lifestyle. It's not a method which I receive and it's outside of me, so I do Reiki or apply the Reiki method when I have problems. It is the next step to accept Reiki as a lifestyle, and in this case we are okay. Not only at physical level the healing occurs; it occurs at emotional level and at mental level, and at all levels because we become clearer regarding ourselves and regarding our life. With Reiki, if we accept Reiki as a lifestyle... And maybe we don't have one hour, but we have one minute! Now I speak with you, I can stay with one of the hands on myself while I speak, and I can stay one minute or ten minutes; it depends. But with Reiki we can understand that everything that is happening in our life has a meaning and everything has a higher purpose, so nothing is useless. With practicing Reiki, we can learn to take the wisdom from each life situation. We learn with Reiki (because Reiki has instruments with which we can learn practicing on ourselves and others) how to accept our life with all the challenges. And practicing daily, yes, Reiki takes us out of the root causes of the stress and from this anxiety that *I'm good, I'm not good, I can do better, I cannot do this*, we are always in these worries and using Reiki can say, *you are safe, come from this inner safe*

place to outside. Don't bring the safety from outside inside. Bring the safety from inside to outside.

And yes, we really have a lot of exercises. I would like to share an example why we need to do Reiki every day, practice or to become a lifestyle. For example, when we go to the dentist to clean our teeth, he cleans it, but if we don't brush our teeth, after few months we are going back again. It's the same with our aura, it is the same with our energy field, it's the same with our body.

So, if in each day we clean our energy field from the information which is not for us, and with which we come in connection during the day, we clean this, and we have this good energy and good mood, then we feel okay, and the root causes of the stress are eliminated. So, no anxiety and no chronic stress; these are really gone.

Heather McCutcheon: Excellent. Would you be willing, you mentioned a lot of exercises; is there one that we can practice right now with the viewers?

Enikő Simon: Yes, it's the first breathing exercise I mentioned. It is very simple. We can stay with our back straight, but relaxed. So, don't be like this [rigid or stiff body posture]; just find a good position.

We will put our hands in Gassho, and we ask for Reiki, or we connect to Reiki, each of us how we learned it. And ask

Reiki to fill the space with balance, with love, with harmony, or what we are needing.

We can close our eyes, or just look down, as we feel safe, and we start the Gassho breathing; Gassho is this position in front of the chest in which we put our hands together.

We will start to breathe Reiki into our hands, in our heart center or heart chakra, and then we breathe out Reiki on the top of our head.

Next time, we breathe Reiki in through our hands in Gassho and heart, and breathe out at the base of the body, the root chakra. In this way we activate our heart center and connect through the heart with the Universe and the Earth.

We calm down our mind. We can follow our thoughts, but let them go, and always come back with the attention to the Gassho breathing.

We open our eyes and feel gratitude to ourselves, to the others and to the Reiki.

Heather McCutcheon: Thank you. That was beautiful. I love a guided meditation.

So, that was some lovely information. Thank you so much for sharing that with us.

I want to reiterate that you're going to have we're going to have a link below the video where people can access the booklet with more information and description of the exercises that you mentioned.

And then, I think you also have an invitation to a live meditation circle. Do you want to tell us a little bit more about that?

Enikő Simon: Yes, it will be on 21st of December, it will be in English, and we'll do the full Reiki meditation, which will need 40-45 minutes with the five Reiki principles. I invite everybody who would like to experience Reiki meditation in group and [learn] how to calm the mind and how to connect with ourselves, and feel the connection with Reiki.

Heather McCutcheon: Perfect. Thank you.

So, the link to that will be below the video as well. The viewers can access that and join you for that meditation.

Thank you so much, Enikő, for your time today and sharing your wisdom with us.

Enikő Simon: Thank you, Heather, for your time and for the safe place you created, in which I can express myself.

Heather McCutcheon: It was beautiful. Thank you so much.

Thank you, viewers. Goodbye.

Enikő Simon: Bye.