



Reiki Gifts From the Other Side

Connecting with Loved Ones Who Have Passed On

BY KATHIE LIPINSKI RN, MSN, CH

AS THE PRACTICE OF REIKI INCREASES all over the world, it is common to hear discussions or comments about practitioners experiencing the presence of spiritual guides, angels, or enlightened beings during a healing session.

Some practitioners also talk about connecting with their spiritual Reiki guides as they develop their Reiki skills and connect more deeply with the energy.^{1,2} These beings play an important role in many of the world's indigenous cultures, such as the Native American people and in religious systems such as Christianity, Shamanism, and Hinduism to name but a few. Many religious or spiritual people have often grown up learning how to communicate with their guardian angels, the saints, Buddha, enlightened beings, or Great Spirit. And it is widely accepted that these beings can assist with the healing process and provide spiritual guidance.

People we love continue to live on in our hearts. This bond of love is an energetic connection or cord that continues to exist beyond the boundaries of life and death. And that is the essence of the experience—the heart connection of one being to another. Much like spiritual guides, those that have passed continue to send love, guidance, and healing. However, most people have not learned how to be sensitive to the presence of these loved ones. If we want to do this, we need to be open to the possibility of developing this skill so we can receive the gifts from the other side our loved ones have to offer.

The soul continues

The interest and popularity in connecting with the other side has grown exponentially. This is obvious from the popularity of gifted mediums such as John Edward, James van Praagh, John Holland,

As you open your heart and learn to listen with all of your being, the more you will feel the spirit of those that have gone before working with and through you. Love never dies and those that have transitioned into spirit are only a heartbeat away!

What is not often discussed is the experience of connecting with loved ones that have made their transition into spirit. Many of my Reiki students and colleagues have shared with me how they have had such experiences with loved ones during a Reiki class or session or while meditating. They have come to me with questions regarding the relevance of the experience and/or how to interpret the information that comes through.

Collette Baron-Reid, Jeffrey Wands, Sylvia Brown and others. Even popular culture reflects this interest as can be seen in television shows such as *Ghost Whisperer* and *Medium* and in movies such as *Ghost*, where the deceased character portrayed by the late actor Patrick Swayze comes back and explains that "...the love...you take it with you!" People are hungry to hear from the other side!

The concept of life after death is still scary for many. Fear of the unknown often blocks any experiences that we might have. However, as we have evolved as humans, we are beginning to embrace the belief that death is a transition from one state of consciousness to another.

Brian Weiss, well known psychiatrist and author of *Many Lives, Many Masters*, describes how we do not die when our physical body dies. "A part of us goes on....spirit, soul, consciousness...and...we

¹ Please note that Reiki guides are not part of the original Reiki teachings, but were introduced later by Western practitioners.

² See articles by William L. Rand, "Blessed by Spiritual Beings," *Reiki News Magazine*, Fall 2002; Laurelle Shanti Gaia, "Reiki Guides and Angels, An Interview," *Reiki News Magazine*, Fall 2002; and Carol Mulrooney, "Reiki Guides and Angels," *Reiki News Magazine*, Winter 2008.

are always surrounded by love...our loved ones never leave.”³ John Holland, renowned medium, describes how “We’re all born with the spark from the Divine (our spirit) so when our spirit crosses over, that spark leaves the physical ‘jacket’ it has been encased in and slips back into the Spirit world from where we originated.”⁴

Dr. Carmen Harra, clinical psychologist, world-renowned author, and intuitive writes “People who have had near death experiences are often forever changed because they have experienced this other, invisible world. They not only have faith in an afterlife, they have an experience of life after the physical body has ceased to function.”⁵ This concept of a life after this life illustrates the first law of thermodynamics, which states that “energy cannot be created or destroyed, it can only change forms.”⁶ This law is very clearly accepted by science as a valid statement and works well in showing how science points in the direction of survival of consciousness after death of the human body.

Cyndi Dale, author, speaker, and healer, describes how, “Death cannot end your life, it can only enhance who and what you are.”⁷

So what does this mean for the Reiki practitioner?

Many spiritual practices define our existence as spiritual beings having a human experience. And as spiritual beings, we are aware that we are more than a physical body: we are body, mind, and spirit. As the vibration of our awareness increases through the use of Reiki, it appears to me and other Reiki practitioners I’ve spoken with that it can become easier to connect with the spirit world. In this article, I would like to share some of my experiences with you.

Early experiences

In my early years as a Reiki practitioner, I would often get “images” or words in my head during a Reiki session. At that time, I did not realize that it was communication from the other side, wanting to let the client know that they were watching over and surrounding the person with love. I remember one session when I had my hands over the client’s heart chakra and the image of a duck swimming in a pond came into my mind. I had no idea what it meant, so at the end of the session, I said to my client, “I know this may sound crazy, but I just got an image of a duck. Does that mean anything to you?” With that he started to cry. It seemed that his grandmother, who had raised him, had recently died and her nickname was “Ducky.”

During a Reiki session for one of my students, again when my hands were over the heart chakra, I had the image of her mother giving her a handkerchief. It didn’t seem like a special message to me, so I asked to be given more information, but nothing else came through. When the session was over, I told my student what I had sensed. She immediately began to cry and related to me that each year, near the time of her birthday, which was soon, her mother would give her a special handkerchief! This message reassured her that her mother was still watching over her and the love connection was still strong. This experience humbled me in that in wanting a more “special” message, I might have lost a message so personal and meaningful for her.

Mikey

One of the most profound experiences of communication from the other side came during a Reiki class. In July 2009, Paulette and Sarah, two women from Connecticut, came to my home to take their first Reiki class. Everyone that attended developed a special bond. Little did we know how strong those bonds would become. Several months after class, Paulette emailed me asking for Reiki prayers. Her son, Mikey, only 26 years old had been killed in a car crash Thanksgiving weekend. Having sons myself, my heart ached for her. To lose a child is one of life’s worst tragedies.

We all sent Paulette and her family Reiki and kept in touch. The following year, Paulette and Sarah came back to Long Island for a private Reiki Master class. As soon as we began class and Paulette was sharing about all the ways Mikey had let her know that he was still around, I felt the room get colder, and fill with a mist. As she continued to talk, I noticed that her image became fuzzy. I knew then that something special was happening.

At the opening of each class, I encourage my students to pick a card from a set of guidance cards. That day we used Doreen Virtue’s *Ascended Masters Oracle Cards*.⁸ The message of the card that Paulette picked was “A male deceased loved one is sending ‘I love you’s’ from Heaven. “Wow! was all we could say.

The Master meditation and attunement were powerful, and when I finished, I had the same feeling that I’d had earlier that something special was about to happen. I left Sarah and Paulette alone for a few minutes and walked into my kitchen to prepare lunch. My older son John ran up to me, excited, asking if it was okay if we had a visitor during our lunch break. His best friend “Mike,” who is a Marine, and his wife and baby were stopping by.

My heart skipped a beat. I can’t begin to explain the chill that went through my body as I went to tell Paulette—it was almost as if Mikey was “borrowing” a physical body to visit her!

³ Brian Weiss, *Messages from the Masters* (New York, NY: One Spirit, 1988), 197.

⁴ John Holland, *The Spirit Whisperer* (Carlsbad, CA: Hay House, 2010), 11.

⁵ Carmen Harra, *The Eleven Eternal Principles: Accessing the Divine Within* (Berkeley, CA: Crossing Press, 2009), 17.

⁶ http://en.wikipedia.org/wiki/Julius_von_Mayer.

⁷ Cyndi Dale, *Illuminating the Afterlife* (Boulder, CO: Sounds True, 2008), 62.

⁸ Doreen Virtue, *Ascended Master Oracle Cards* (Carlsbad, CA: Hay House, 2007), 29. Doreen Virtue is an Angel Therapist and a well-known author of books and related materials on subjects related to the spiritual world.

REIKI GIFTS FROM THE OTHER SIDE

The similarities between my son's friend and her Mikey were uncanny. We all had a good cry after he left. But that wasn't the end of the story.

After lunch, I took Paulette and Sarah on a field trip to my friends Donna & Al's crystal shop, The Sacred Stone. Paulette and Sarah wanted to pick up some crystals while they were on Long Island. The trip was fun, and they left the shop happy. As we were walking down the driveway, I chanced to look down and stopped short. Someone had written the name "MIKEY" in the cement, as kids often do. Once again, we all stopped and stared and just shook our heads. If we hadn't believed Mikey was around us, we did now!



Nana's story

Several years ago my godmother, who I grew up calling Nana, suffered a severe head injury and ended up in the hospital in a coma. When I visited her for the first time, I knew in my *heart of hearts* that she would not be coming home. After a few weeks of no change in her condition, the doctors told us it was time to make a decision. The family met and we decided that we would honor her wishes and have her feeding tube removed so she could die with dignity and not be prolonged. After she was transferred to a long-term facility, the doctors told us it would be a few weeks at most so to be prepared.

A few days later, I went for a Reiki session as I usually do before I teach a class. I was feeling great going into the session, just looking to relax and balance my energy. As soon as I got on the table, I got very emotional and all I could think about was Nana. There were a few times that I felt my emotions welling up in my chest and tears gently fell. About 15 minutes into the session, a feeling came over me, and I saw Nana at a waterfall, gently playing by the water. She was much younger, and she turned to look at me and smiled. I felt a wave of love come over me and knew she was happy. About an hour after I got back from the session, the phone rang and I knew that Nana had made her transition. When I asked my aunt what time she died, I realized that it was the time I was receiving my Reiki session and had the vision. Nana had come to say goodbye and let me know she was okay.

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The Reiki session—an expanded state of awareness

These experiences of opening to the other side are not part of the traditional Reiki training or a Reiki session. However, I believe that any practice or healing modality that encourages mindfulness, quiet, or meditation can enhance our natural intuitive abilities and allow us to open to information beyond our five senses. I have also noticed that group activities, such as Reiki classes, also raise the vibration of the group, thereby enhancing perception.

The expanded state of consciousness (awareness) that one often experiences during a Reiki session may allow us to perceive things beyond the normal range of human experience. And the coming together of two energy fields (the giver and the receiver) can facilitate and strengthen a connection to the other side.

It is the act of being quiet, and listening with all of our senses, especially those beyond our physical ones, that allows us to receive information in various forms. We are like a TV receiving signals—we can't see the signals, yet they are being transmitted through the airways at a high frequency.

A responsibility and a gift

It is important to remember that the purpose of a Reiki session is to allow the Reiki energy to flow to balance body, mind, and spirit. The wisdom of Reiki knows where it is needed to balance the person in all levels of their being. Getting messages or giving advice is not the focus of the session.

This is especially true for new Reiki practitioners who are developing their skills that will allow them to grow into seasoned practitioners. The gift and ability to perceive this kind of communication and knowing what to say and how to say it can develop after a certain amount of committed practice of giving and receiving Reiki, study, and advancing on one's spiritual path. It is not a given.

We are simply a conduit—a messenger; an instrument—and need to be responsible and mindful of how we report or interpret any images or information to our client. Many times the information may mean nothing to us but will have a distinct meaning to the person and can have a profound effect on his or her life! It also brings with it a responsibility to acknowledge this communication from a place of integrity. Receiving messages or information does not mean that we are now professional mediums! We are simply sensitive to energy from the other side in this moment, at this time.

I begin all my sessions asking the client what they expect from the session. This helps me to know what they want, and how I should focus the session. I always trust the energy to guide the session and let me know what I need to do. I begin with a prayer offering myself as a clear and open channel for the energy to flow through. I invite my guides and angels to be with me and allow the session to unfold as it should. If I receive information or an impression during the session, I quietly ask my guides if I am to share it with the client. The answer is usually yes as it would not

have come to me if it weren't supposed to be shared. Most clients ask me what I felt or experienced during the session so that often opens the door for me to share any information. I have never had a client say no to receiving information about their loved ones. They are often very eager for the connection.

What I have found to be most helpful in trying to understand the image or message is to ask the client at the end of a session, "Does _____ mean something to you?" This way, it is up to them to discern the meaning. Sometimes they know right away. Sometimes it comes to them later. And it is up to them to do what they want with the information. *By presenting it like this*, I respect their free will.

It is important to remember that if a client is having difficulty with their emotions, it is wise to recommend that they speak with a counselor or someone trained to help them work through their grief. The focus of the Reiki session is about Reiki, not counseling or giving advice. If the client becomes too upset, simply stop the session and just be there for them, just like you would for a friend.

Spiritual Guides

Those on the other side can also act as spiritual guides. They constantly leave signs or messages of their presence everywhere. It is a matter of tuning in and opening up. They seem to make their presence known most when a person is in pain, emotionally or spiritually, and need guidance or reassurance. Messages from spirit are always uplifting, positive, life affirming, calm, clear, and full of love. It will resonate as true in one's body. Don't judge—just allow. Unclear messages often become clear in time.

A deep state of relaxation can open the door for this experience to happen. Many of my students report connecting with their loved ones during a guided meditation. It is always a special gift as their loved ones appear to let them know they are not alone and that love continues on after death.

I encourage my students and clients to speak with their loved ones all the time. I encourage them to keep pictures in special locations so they can look at their loved ones often. Keeping that heart connection strong and inviting them to "stay in touch" increases the chance of communication. Sometimes they like to be asked to make their presence known. Doreen Virtue often says that angels first need to be asked before they will help you. Our loved ones often like that too!

Be open to any kind of sign. Do not limit it to how you think it should be. Our loved ones often have a sense of humor and leave us signs specific only to them! One time I was at a service inside Unity Church around the time of the anniversary of my father's passing and had a sense that he was around. I asked him for a sign, but nothing happened. Several hours later, as I was driving around town, I was stopped at a red light with a pickup truck in front of me. I noticed two bumper stickers that said "I was a CCC kid" and "Bring back the CCCs." I laughed and

immediately knew that it was my dad. Before he went into the Marine Corps in the early 1940s he was in the CCCs (Civilian Conservation Corps); he was too young for the Marines so he had to settle for the CCCs. You couldn't be any more specific than that!

Developing your connection


We are multi-sensory beings and *information* comes in different ways—through sight, touch, smell, taste, and hearing. To help develop these senses and become more aware, the most important thing you can do is learn to pay attention with all of your being.

Here are some suggestions:

1. Develop a regular practice of going inside or *tuning in*. Learn to quiet the outside noise. Shut off the cell phones, computers and TV. Learn to be comfortable with the quiet. Really listen with more than your ears. Listen to the sound of quiet. Let your mind become an inner sanctuary.
2. Spend time in nature. Be aware of your surroundings. “Listen” with all of your senses. Feel the sun or the breeze on your face. Smell the flowers. Hear the birds or animals.
3. Become aware of the rhythm of your breath. The reason that watching the waves on the ocean is so relaxing is that it has

the same rhythm as normal breathing. There are many forms of breath work. Explore what is meaningful for you.

4. Connect with the Divine, whatever you believe that to be, on a regular basis. Meditate, pray, chant, do Reiki, listen to guided meditations—all to strengthen your connection to all that is. Some people enjoy walking or moving meditations as a way to connect. All of these are ways of raising your vibration and expanding your soul's presence.
5. Take a class. Find a gifted teacher. Read books. There is a lot of information out there to help you on your path.
6. Ask for signs from your loved ones. Have a sense of humor. Be open to whatever shows up.
7. Open your mind, allow, and trust. When you come from a place of love, miracles happen.
8. Come from gratitude that you are opening to your Divine potential.

As you open your heart and learn to listen with all of your being, the more you will feel the spirit of those that have gone before working with and through you. Love never dies and those that have transitioned into spirit are only a heartbeat away! 

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