



# Entering the Stream

Meditation and mindfulness, for well-being and awakening

## Stream Reiki ~ Some preliminary details

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- “Stream Reiki” is our unique frequency of guided healing energy at Entering the Stream.
- I received access to it in August 2023, in the form of spontaneous “attunements” or “downloads” (!). For the first one, I was sitting in the dark in my apartment, late one night, with my cat snoozing nearby. Suddenly it seemed as if the whole universe was flooded with bright white light, and the Stream Reiki energy poured into the crown of my head for about two hours, encoding itself into my cells and being (that’s how it felt!). It was the most beautiful moment I’ve ever experienced (so far). Sharing it with others now is the highlight of my career.
- As you probably know, I’ve long searched for more efficient, effortless, even blissful healing modalities (that still actually work and significantly “move the needle”...). I had an intuition, even while I was striving and “achieving” for over a decade in my Rinzai Zen meditation practice, that the “unavoidable hard work” of many of Earth’s more traditional wisdom lineages and practices (like “hiking up the mountain” of transformation and higher consciousness) may be, at least in part, a human illusion or limiting belief. What if it could be easier – like an inner practice equivalent to Lasik surgery? Stream Reiki is my answer to this intense research and wish! Its arrival feels like an act of grace, something I can’t explain but can only appreciate profoundly. It does seem, in these early months, to be offering folks an accessible, gentle gateway into the types of grounding, connection, awakening, compassion, flow, balance, and healing we value and teach at Entering the Stream – without striving or study required. It’s like taking a funicular up the mountain: you get to enjoy the views and new heights, without as much drain from the trek! Of course sometimes we welcome walking and exploring the terrain on foot; sometimes we like to take a graceful, supportive ride – it just depends. Having this new option available @ ETS feels like a gift, and it’s a technique that substantially “lowers the bar” to entry and success, in keeping with our trauma-informed, compassion-based approach.
- Words fall short of describing this offering. Stream Reiki is subtle yet remarkably tangible, accessible yet in many ways infinite. (As Walt Whitman wrote in “Song of the Open Road”: “I swear to you there are divine things more beautiful than words can tell.” And for things “divine,” of course we can substitute “natural,” “mysterious,” “loving,” “not yet understood by science” – whatever word or phrase feels right to you.)

- Stream Reiki has properties of higher intelligence and exquisite compassion. It seems to have an ability to spark effortless healing, rapid changes without all the pain or struggle, spontaneous insights and growth, and deep feelings of peace, safety, and gratitude for life's loving nature. So far it seems to be supporting folks in reducing and/or resolving various forms of suffering, stress, physical pain, illness, emotional pain, confusion, disconnection, limiting beliefs, limiting life circumstances, and more.
- Your direct experience, especially over time, will give you the full and best sense of Stream Reiki's practical and profound qualities and potentials. I would love to study it in a scientific setting someday, for instance via brain scans and controlled trials. In the meantime, we can explore it firsthand, taking an approach of self-trust, gentleness, and curiosity. You'll be able to feel and decide for yourself what Stream Reiki is, how it works, and what its benefits might be in your life. Even one session seems to be offering people exciting insights into what's happening for *them* with this new modality. I love this line from James Baldwin: "Take no one's word for anything, including mine – but trust your experience."
- Stream Reiki is delivered in guided sessions with a practitioner, in which the healing energy flows into her head from its source, and then into and around the students or clients through her hands and heart, so they're getting the "divine" potentials of the reiki, and also the "earthy, human" vibrations of her care and well-wishing – like a double current of positive intention and impact.
- From this perspective, anyone feeling skeptical about whether it's actually possible for healing energy to flow down and reach us from a higher level of reality can embrace the human dimension of this practice and enjoy the benefits from that angle. Stream Reiki appears to work beautifully, whether or not we "believe in" or understand it fully – and of course we don't (yet); it may be a few more generations before techniques of this sort can be grasped by science. So it's a leap of faith, in a way, entering this flow of Stream energy – but a highly supportive and safe one, from what we're finding so far (though, again, you're in control of your path and can decide how it feels to you).
- It can be helpful to trust that your Stream Reiki experience will be attuned to or right for you. Sometimes the sessions are highly profound and dramatic for clients; sometimes they are gentle or subtle. People often experience sensations like heat, coolness, tingling, pleasant numbing, flowing or rushing qualities, bliss, love, insights and messages, visions, clarity, energy shifts (internal releasing, falling away, opening, blossoming), and more. Even if we fall asleep, it's still working on the subtle energy levels. The real testament will be how you feel going about your life in the hours and days following your session. You're likely to notice some otherwise inexplicable shifts in your ways of being, how you're relating to yourself and others, how the world seems to be flowing for you, etc. New opportunities may arrive out of nowhere; past issues and illnesses can resolve (sometimes very swiftly, from a session or two); suffering and pain can subside, sometimes substantially; beautiful new perspectives of wisdom, confidence, and compassion can become activated in your mind and heart, and so

much more. Stream Reiki can feel like a rising tide, effortlessly lifting the boat of your life and self, so that everything becomes (whether gradually or rapidly) more buoyant, sweet, real, and meaningful.

- As a recent student described it to me, “this is what I’ve been looking for. I can’t begin to count all the shifts that I’m experiencing. It has given my life a ground floor [after just 3 sessions], something I can really rely on and lean on — like a safe parent or guardian, which I never had growing up. It feels *that* trustworthy, loving, and life-changing.”
- Some advantages of one-to-one Stream Reiki sessions, in comparison to group classes, may include: more inflow of energy (both reiki and human care) directed just at you, which could amplify the effects; more privacy; meeting on your own schedule; stronger, more personalized tracking, with MH noting progress week by week, answering your questions throughout the session, guiding any blocks or burdens from your energy field that may want to release (helping untangle any snags, if you will!), and debriefing your experience afterward as fully as you’d like.
- Some pros of our new group sessions could include: stronger collective energy and intentions, which may magnify the impact; more affordable price point (+ we offer scholarships on our website for both private and group Stream Reiki sessions); plenty of spaces available; joyful, nourishing sense of community; a different kind of privacy (since you can slip in and out, receiving the healing energy with no pressure to engage or chat, if you’d prefer not to or don’t have the energy to do so that week).
- I am now offering “Stream Reiki Self-Practice” training, as well, where folks can receive “attunement” to the Stream Reiki energy directly from its source (from that higher level of reality, we could say!), and learn how to channel it for their own ongoing healing (and to give friendly sessions to pets/family/close pals). A “Stream Reiki Professional Certification” program, for those who would like to learn to offer this method in sessions with their own clients, is available from January 2024 onward. Both courses are taught in one-to-one sessions. Please reach out to [hello@enteringthestream.co](mailto:hello@enteringthestream.co) to book your time slot!
- Our website description of Stream Reiki is right here (the most distilled explanation I’ve been able to create so far): [enteringthestream.co/support](https://enteringthestream.co/support).
- A more complete and polished PDF guide (structured as FAQ) is forthcoming!

If you feel drawn to Stream Reiki, then it’s yours and may likely be meant for you!

I truly can’t wait to share this beautiful practice with you soon.

Thank you so much!