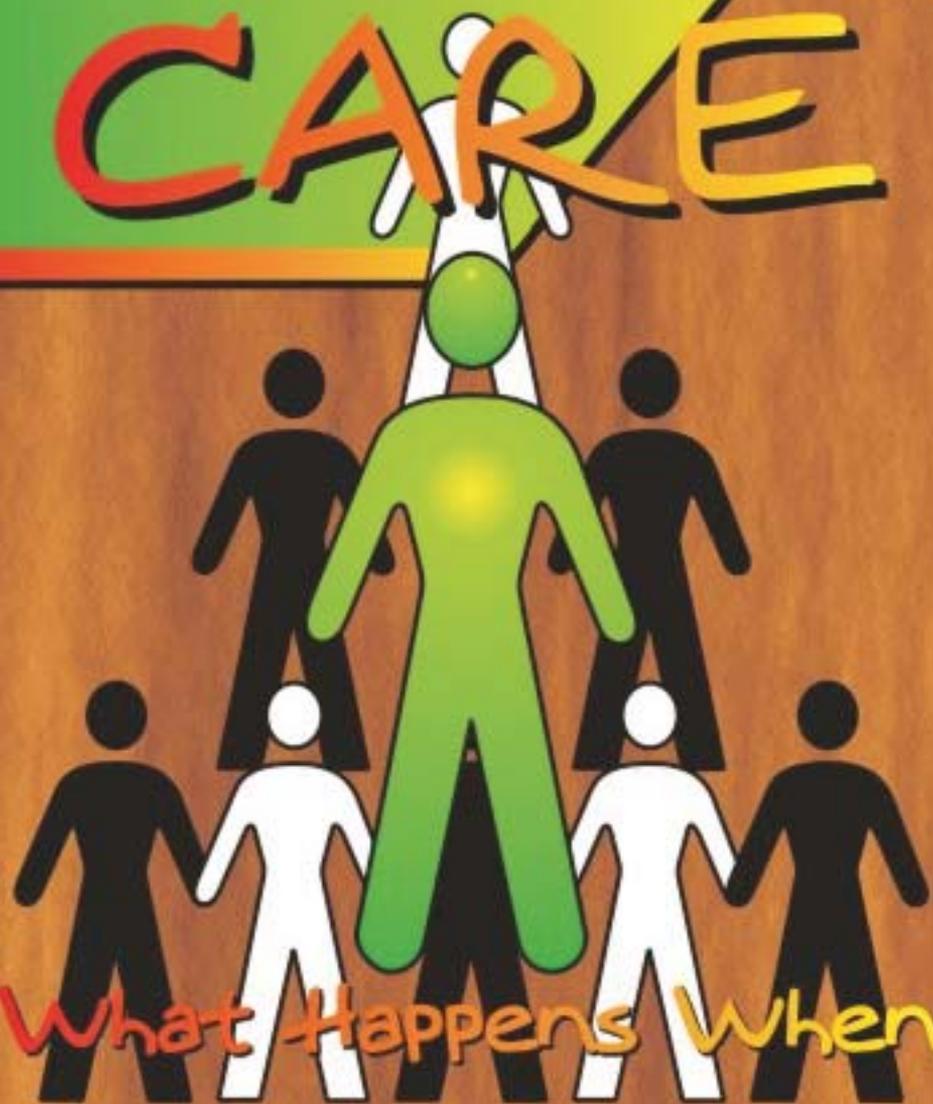


Why You Should

CARE



What Happens When
You Do

Michael Phelan

Chapter 1

The Meaning of Life

As you may have gathered from this book's title, "*Why You Should Care: What Happens when You Do*", its content is intended to have a wide scope and universal application. There are, however, two things required of you to be able to make the most of the information presented on these pages. You need to be a human being, and currently living in this particular Universe.

I realize that these requirements may not make you feel particularly *special*, but that is not my intent. My main objective here is to help facilitate your experience of being in *Harmony with the Universe*, and possibly encourage you to *Allow* for this harmony to be constant, continuous and perhaps even contagious. This experience of *Harmony with the Universe* is available to all humans currently residing within this Universe, and as you will find, is quite beyond any description of feeling *special*. It is in fact *the key to everything*. And as any custodian can tell us, keys are power; *this is why you should CARE*.

If you were ever in a situation, in school perhaps, where you had to choose members for your team, you may have chosen your friends first, if comfort, loyalty and relationships were your top priority. If winning was your main concern, you probably chose someone who had the most strength, talent, skill, knowledge or ability that best suited the situation. In the real world, in everyday real-life situations, we don't really

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have to choose between the two. Choosing to align with the power and flow of the Universe would be the obvious choice (*choosing the Universe for your team*). This particular choice has numerous benefits:

- The Universe gave birth to you, and is as familiar as your father and mother.
- The Universe provides you room and board.
- The Universe provides you limitless entertainment and opportunity.
- The Universe is infinite in dimension and power.
- The Universe provides abundant life force energy.
- The Universe is a *free will zone*.
- The Universe has limitless patience.
- The Universe has already reached out to you in numerous ways, and offers you all its infinite resources.

My point is that the Universe has a pretty impressive résumé, and would make a really good choice for your team, regardless of the situation. No matter what metaphor we use, it is a really good idea to align with the power and flow of the Universe. It's only a matter of finding the key to making that alignment, and harmonizing with the Universe; this would, indeed, be *The Key To Everything*.

Later in this book, we will discuss Four CARE Principles that will provide that very experience. As we proceed through these pages the vocabulary for this harmonious state of being will become more apparent, and perhaps its definitions will grow into something far greater than the ones you may currently be using, or what is typical for

everyday thought. The terms *harmony* and *life force energy*, are two examples of what I mean. These terms may continue to grow throughout this book and hopefully throughout our lives.

We will be discussing many of the benefits of being in *Harmony with the Universe*. Some of these benefits are;

- Health
- Strength
- Vitality
- Achieving your limitless potential
- Stress reduction
- Spiritual fulfillment

Because these benefits are so closely related to concepts of healing on several levels including physical, nonphysical, traditional, nontraditional and complimentary approaches to health and healing, I will be using examples and perspectives from these areas. A natural by-product of *Harmony with the Universe* is conscious access to the Universe's life force energy called Ki (*Japanese*) or Chi (*Chinese*), so I will include chapters on hands on energy healing techniques so we can explore our natural healing abilities.

Although this book is of universal appeal and benefit to all humans, it may be of special interest to those who wish to tap into the tremendous healing potential gained by *Harmony with the Universe*. If you have studied Reiki or some other form of energy healing modality, you may gain special insight into what you have already experienced. Please keep in mind that much of what this book explores is

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our own unfortunate tendency to block our own *life force energy* or *Ki*. If you already practice some form of vibrational medicine or energy healing modality, you may discover that you have been unconsciously blocking this *Ki* flow and falling far short of your own healing abilities and personal potential. Each person, whether they attempt to promote healing in others, or wish to remain healthy within their self, needs to become aware of the many ways in which we block our own *Ki* or life force energy. These blockages can quickly lead to an abundance of symptoms or illness, including premature aging and its eventual outcome.

There are many alternative and complimentary healing modalities cropping up in these times of rapid spiritual growth and change; Reiki, Therapeutic Touch, Acupuncture, Shiatsu, Digi-Ki, Yoga, Holotropic Breathwork, Crystals, Rebirthing, Meditation, Homeopathy, Herbal Medicine, Bodywork and Energy work of all kinds. Some are new, some are old, and some a combination of the two. The Internet is overflowing with healing modalities, both strange and not so strange. Sometimes it seems the most appropriate attire for surfing the Internet is hip boots. Of course there are some relevant similarities to each of these modalities, and eventually we can wade through a fair portion of them to find those similarities. But do we really have that much time and dedication? What this book is about, and what these methods have in common is *life force energy*, how it relates to the rest of the Universe, and how humans can achieve *Harmony with the Universe*, to gain complete and unhindered access to this life force energy. I have chosen the Japanese word “*Ki*” for our discussions of this particular energy, although the Chinese term “*Chi*” or the Indian term

“Prana” are essentially the same. Ki is a Japanese word that has a larger definition than energy as we normally use the term, and is quite familiar to those who practice the healing art called Reiki, or the Martial Art called Ki Aikido. It most closely describes *life force energy*. We will also find that Ki may not even qualify as being energy in the usual sense of the word, since it does not conform to the usual “Newtonian” laws of physics as applied to other forms of energy that we can measure by the usual scientific methodologies. Recent studies seem to indicate that Ki energy may relate far more closely to Quantum Physics, and the related concepts of *Entanglement*, which I will discuss later in this book.

Since most energy healing modalities utilize Ki (*Chi, Prana, etc.*) energy or tweaked variations of Ki, quite similar to the approach of many energy healing practitioners, we will discuss much of this material from that perspective. I have dedicated a chapter in this book to Reiki since it is the fastest growing, most popular and perhaps the most misunderstood of today's many alternative approaches to healthcare and wellness. There are a good many books on the market on the subject of Reiki. There is lots of information on the “how, what, why, when and where” of Reiki. I will try to only repeat the necessities, and perhaps add a new perspective to the experience. Mostly I will attempt to explore the simple truth of the energy healing experience, stripped of the mystique and fanciful explanations that seem to gain a life of their own as many people seem to repeat only what they were told rather than seeking their own inner truth and experience.

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Although such concepts as wellbeing, peace of mind, wholeness, joy, bliss, contentment, abundance, etc. are perhaps on a more philosophical or spiritual level, *Why You Should Care: What Happens when You Do* and our discussion of the basic principles for achieving *Harmony with the Universe* will fully address these areas of human experience also.

The basic concept of *Harmony with the Universe* can quite easily be referred to as an *alternative* approach to living, since one has only to look at our vast history of wars, poverty, greed, powerlessness, illness, stress, etc., to conclude we have been living *out of harmony* for quite some time. So it becomes most appropriate that we discuss this notion of *Harmony with the Universe* as an *alternative*, not only to our past and present attempts at everyday life, but also to our mental and physical healthcare, and perhaps to our misguided or restrictive belief systems.

As you may have guessed, we may occasionally get a little side tracked into whining about how naïve our most intelligent doctors, politicians and scientists can be. Sometimes that's informative and oftentimes mildly entertaining, but more importantly it could even serve as a reflection of our own subconscious reluctance to accept the unseen as a viable reality.

I have gathered the information in this book from many years of life experiences and study in many fields, including, but not limited to; Mahayana Buddhism, Christianity, Aikido, Qigong, Tai Chi, Yoga, Zen Buddhism, Exodus, Fine Arts, Reiki,

Quantum Physics, Native American Spirituality, Music, Holotropic Breathwork, Vibrational Medicine, Shiatsu, Reflexology, Therapeutic Touch, Hinduism and Astrology. I have incorporated some information from my experiences with each of these sources, and I have altered the explanations, or re-translated the concepts when I found it necessary. I have attempted to only present what I find works for me, and give possible explanations for why it works. Whenever possible, I have refrained from passing on unexamined rumors, untested teachings or unnecessarily complicated explanations. In the final analysis we have a book filled with my opinions. I request that you not treat me or this book as the authority, but rely on your own sense of inner truth. I am promoting empowerment, not a program. Since this book is essentially a discussion, you may be required to think, but I refuse to tell you what to think.

What we most want to do in this book is to explore through tangible experience the reality that we are energy beings, and investigate the limitless potential of being in *Harmony with the Universe*. We want to gain an understanding of this experience called Ki, whether through Reiki, Digi-Ki, Acupuncture, meditation, golf or some other endeavor in daily life. Let's sort through the claims, try out some examples and see what the reality is. If you haven't yet experienced energy healing or *Harmony with the Universe*, this book could change your life. If you are curious about your potential and bring an open mind, it could alter your perception of reality.

What follows in this chapter called "The Meaning of Life", is not a glossary of terms that is usually found at the end of the

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book, it is more of the *way* we will look at our experiences while reading this book. We will be discussing energy healing modalities, personal and global potential and the tremendous possibilities gained through *Harmony with the Universe*. We are not talking about fixed objects within well-defined containers, but more of a process. We are looking at fluid entities and energies that often remain unseen. Everything we talk about will be a part of this process, a *way* of experiencing. This book itself is a process, and as we proceed we will discover our definitions change and grow. The point is not to arrive at an absolutely accurate and solid definition, but a sense that we have *approached* something infinite, something that is alive and changing, something we must *Allow* to change and grow as does our understanding and definitions. It is often helpful to realize we are approaching wisdom rather than knowledge. Hopefully we will begin to value the experience of the journey and gain an appreciation for an open mind. Knowing that we are on our *way*, perhaps the point is not to arrive anywhere at all, but only to discover the “*Way*”. This is not a straight paved highway, but rather a curving path. These are not definitions, but rather experiences to ponder along the *way*.

God

Cool... How brave of me to tackle a definition of God right off the bat. Everyone has some definition of God tucked away somewhere, even if they are an agnostic or an atheist. An atheist has a definition of what it is they don't believe in. Fine, we can live with that, too. We are not so much asking “Do you believe in God?” But rather “Does God (*or your*

definition of God) believe in you?"

I have chosen to use the word Universe a lot in this book. We all have a working concept of what the Universe is or seems to be. It seems to be inclusive of everything, and it's really, really big. No matter which way we point our largest telescopes, we can't seem to see to the outer edge of it. I have also chosen to capitalize the word Universe, to indicate my appreciation of its spiritual nature, if not its divinity. Most of us agree that the Universe is really, really big and includes everything, everywhere, all the time. Some people have a similar definition for God; really, really big and includes everything, everywhere, all the time. Whatever word you feel comfortable with, just keep the definition really, really big, open ended and leave a little room to grow.

In this *New Age* time we live in, with more people claiming to be spiritual rather than religious, the term "God" has become less spiritually correct than it once was. Many authors and teachers now use terms like All That Is, Great Spirit, The Source, Higher Power, I Am That I Am and many more. I have usually chosen the word Universe for our discussion, not because of a question of being politically correct, but because the current definition of Universe is already *all inclusive (and even atheists believe in it)*. We should not be offended, and neither should God, that people are attempting to *Allow* their definition and experience of God to grow and mature. That is a fairly healthy way to proceed, but perhaps we could even take it a step further. Can we somehow *Allow* our definition to be open ended to a degree that we have no *solid* definition at all? When we build a solid box out of our definition for anything of a spiritual

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nature, we often have to cut holes in the sides to let things bulge out here and there as our life moves along, and our definitions change and mature. If we built our definition box too small in the first place, we might even find ourselves trying to cram something into the box by insisting the object fit the box rather than the other way around.

It would be impossible to have a box big enough to fit the Universe, because the Universe includes everything, including the box. So the Universe is a little larger than the box, and will not fit in the box, no matter how large we build it. If we use the word "God", we must accept that God is always going to be a bit larger than any definition we may conjure up. If we use the word "Universe" we don't need to presuppose any supernatural origin for *Universal Harmony* or unseen energies.

Whether we are a religious fundamentalist, an atheist or somewhere in between, we were born out of the Universe not into it. We are a grouping of molecules, vibrating and attempting to give the appearance of being something solid and individual. Just as the ocean produces waves that appear individual but remain essentially an ocean, the Universe produces people who appear individual but remain essentially part of the Universe. The ocean waves; the Universe peoples.

If you wish to substitute some other term for *God* or *Universe* I will not be offended. If you have definitions that are open ended you will continue to grow.

Harmony with the Universe

The Universe is said to contain everything; that's what makes it the Universe. Everything in the Universe follows certain *laws of physics* or *physical and spiritual rules of the road* in order to belong, and be considered part of the Universe. As we will see from later discussions in this book, everything in the Universe is somehow connected. Quantum physicists call this connection the “Zero Point Field”. Because of this connection, anything that happens affects everything else. If we draw a mark on a canvas, we have affected the composition of the whole piece of art. As far as the Universe goes, there is no mark we can make that is outside the whole composition, or outside the Universe. Thus, each little mark affects the whole.

Regardless of these *laws of physics* or *rules of the road*, we live in a “free will” Universe. This seems to mean that we have every right to accept or deny our place or roll in the Universe. We can *buck the system* or *go with the flow* for as long as we want, although we may find that one way is more difficult than the other. If we deny our birthright or reject the energy strengths offered to us, we may find ourselves swimming against a mighty strong current.

Since we are born of the Universe, not into it, our most natural and advantageous approach would be to harmonize with the strengths we find available to us from the *laws of physics* and *spiritual rules of the road* of this Universe. If we achieve *Harmony with the Universe*, we have all the strength of the Universe working with us through vitality, abundance

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and unlimited potential.

This *Universal Harmony* is easy to achieve because it is the most *natural* thing for us to do. Since we are born of the Universe, it is our most natural state to be in harmony with it and its *rules of the road*. But our *free will* includes our unconscious failings, defective belief systems and misguided choices, so we often find that we have blocked our access to these Universal advantages, especially the abundant *life force energy* that maintains our very existence. In this book we will explore how our choices (*either conscious or unconscious*) affect the flow and accessibility of this all important *life force energy* we call “Ki”.

I have presented in this book, four basic principles for recognizing, achieving and maintaining *Harmony with the Universe*. I have presented examples of how we know when we are blocking or not blocking our life force energy and the other many advantages of being *one with the Universe*.

Do not underestimate the advantages of, or the ease of achieving *Universal Harmony (or the ease of blocking your life force energy or Ki)*. Your very life depends on it, and it is the most natural thing in the Universe. Your choice is between limitless potential or grinding to a halt; we will be discussing examples of both, and providing tools to empower you to easily achieve *oneness with the Universe*.

Tao

Another word that we should attempt to look at right away is

the word “Way”. Is it a name of something, an action or a state of being? Of course it is. The dictionary gives the word “way” about half a page, but cannot approach a solid definition of what we experience in life as the “Way”. It is also the English translation of the Chinese word “Tao”, pronounced “dow”, or the Japanese word “Do”, pronounced “doe”. Tao is the object of study in Taoism. It represents the *natural way* of the Universe. It is the Universe being natural, being itself just as it is; things *Expressing* their perfection, their thing-ness.

Since Reiki is said to be “Universal Life Force Energy” (*or the Universe Expressing the Universe*), we should already have a feel for this “Tao” or “Way” of the Universe, since we are also a necessary part of this same Universe. What is it like, what are its traits, how may I attune myself to this abundant energy source? Perhaps the most important point here is that *Harmony with this Universe* is natural for us as human beings. It is our *Expression* of the *Tao* or *Way* of the Universe. It is not something bizarre, complicated, unnatural or hard to do. It is *natural*. When we are feeling at *one with the Universe*, when we are attuned to its flow, when we are in *Harmony with the Universe* we have experienced the Tao. If illness or disease can be defined as a blockage of life force energy, then wellness could be described as an unobstructed or unblocked flow of life force energy. Our *natural* state is to be *one with the Universe*, to have a balanced, unobstructed flow of life force energy or Ki through our bodies; to be in *Harmony with the Universe*. This natural way is a state of being we *Express* when we stop screwing things up with our mistaken beliefs, foggy perception filters and misunderstanding of our relationship with the Universe.

Reiki

I am including a chapter on Reiki in this book, not only because it is a currently popular complementary energy healing modality, and useful for helping us to understand the principles we discuss in this book, but because Reiki and Digi-Ki are natural byproducts of being in *Harmony with the Universe*. Through simple experiential examples in this book, we will discover new evidence and understanding of our role as co-creating energy beings, and reacquaint ourselves with our simple and natural ability to direct Universal Life Force Energy or Ki.

Reiki and Digi-Ki are very simple hands on healing modalities. Unlike what is taught by many Reiki Masters, these hands on energy healing modalities can be learned and practiced without the necessity of formal instruction or attunements. Although often helpful, formal instruction is often heavy with unsubstantiated rumors, ritual superstition and unnecessary complications. Attunements can be extremely useful tools for clearing blockages of various kinds, but they are not necessary to accessing Universal Life Force energy or Ki. I will explain and demonstrate the *how and why* in those particular chapters.

These methods are extremely effective for promoting healing and health maintenance for yourself and others. In times of growing uncertainty about, resistant bacteria strains, increasingly expensive medical care and growing desire for alternative and complimentary healthcare choices, I have included information on two modalities that

can serve us well in our changing times. Taking intelligent responsibility for our own mental and physical health is both empowering and productive, and perhaps a necessity for our personal growth and wellbeing. I cannot emphasize enough the importance of learning to access, *Express* and utilize this life force energy called “Ki”. These hands on healing modalities provide us with the certainty and experience that we are energy beings and interconnected with every person and thing in the Universe. This experience accelerates our spiritual growth, and effectively changes our world. There is no quicker way to gain knowledge and experience of the four fundamental keys to *Universal Harmony*, than to *Express Universal Ki* in this way. *(Incorporating these four principles into any other life Expression like tennis, swimming, dance, art, music or walking will work very well also for incorporating these key principles of oneness with the Universe, but we will talk more about that later).*

Reiki, pronounced “ray key”, is a Japanese word translated as *Universal Life Force Energy*. Make no mistake about it, the term Reiki names something that was claimed to be *rediscovered* around the early 1900s. As the story goes, Dr. Mikao Usui was seeking an answer to the question of *how* healing was performed by Jesus and Buddha. We are not talking about something new, but rather something mentioned in the teachings of Buddha, and in the New Testament of the Bible in relation to miracles performed by Jesus. Perhaps we are talking about something as ancient as human beings themselves. Our bodies are astounding examples of a living tool, built to perform perfectly in our earthly environment. Our minds seem to be well suited to solve the questions and puzzles of our existence. Is it not

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obvious we were given exactly what we need for every eventuality? It follows naturally that we were given the ability to attune to, channel and direct this *Universal Life Force Energy*. We were designed this way, we evolved this ability, say it however you like. It is in our DNA, it is in our genes, it is a natural *Expression* of being human. It seems that Buddha and Jesus were providing examples for us; examples of what is possible. They both said so. They didn't say to sit back and “worship me”, but to go forth and “just do it”.

Reiki is best defined as the process of channeling life force energy (*Ki*), using our intent to transfer this energy to someone, something or simply absorbing it ourselves.

Ki

We will be seeing a lot of the word “Ki” in this book, mostly because I needed to choose a word to talk about the life sustaining energy of the Universe, but also because my background studies in how the energy of the Universe operates was in the martial art of Aikido. “Ki” is pronounced “key”. It means the same as Chi (*Chinese*), Prana (*Indian*) and many other words. With this word “Ki” especially, it is important not to be in a big hurry to arrive at a solid definition. As I mentioned in the introduction to this book, even if you have a good solid definition for God, it is still likely to be somewhat smaller than, and quite inadequate to describe the reality. The same seems to hold true for the word “Ki”. If you remain a bit patient as you experience this book and understand Ki for yourself, if you remain open to

these new perceptions and experiences, I guarantee that your definition will continue to grow, as will the strength of the Ki that flows through your body.

First it is important to remember that the word is not the thing. Even the definition is far from being the thing itself. You will find out what Ki is as you experience it. You will strengthen Ki as you extend it to others.

The second thing to remember is that I am not the authority, and neither is anyone else. Do not look outside yourself for an authoritative answer to life's questions. We are here in this book together, and we are looking and experiencing together. What you find is up to you, and the truth of it is felt within yourself.

So, let's list a few of the more obvious examples of what the word Ki might be said to represent. Ki is life force energy. It maintains our live-ness. Without it we die. If we lack it or block it, we can begin to show symptoms of illness, or start to feel out of balance. Ki is amazingly pliable, and a willing servant. It goes where we point. It goes where we look. It goes where we wish or intend. It goes where we pray. It is as strong as steel, and as gentle as water. Like love, it is not a finite commodity. The more you give it away the more it abounds. We have our own stash of Ki that resides near our second chakra (*energy center*), about an inch below our navel. We can open ourselves and become a channel for Universal Ki to flow through us. It is generic, and nurturing to all. It is the "Force" in motion, it is the power residing in the stillness of the eye of the hurricane. It is the super human strength of the mother lifting an automobile from the child

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trapped beneath. From the Star Wars movies we hear someone say, “Use the Force”. It seems that Yoda must be listed somewhere in our Reiki Lineage.

Drunvalo Melchizedek, author of “The Ancient Teaching of the Flower of Life” says, “There is only one reality, but many ways to interpret that reality”. He was talking about different levels of consciousness viewing the same reality, but the same holds true for those of us with seemingly similar levels of consciousness trying to interpret the same events. Witnesses often provide widely varying accounts of the same crime or accident scene. There were several different accounts of the events in the life of Jesus, Buddha and other spiritual leaders. Thus we can safely assume we will also find a wide variety of opinions of what is taking place in the processes of *Universal Harmony*, psychic abilities or energy healing modalities. We will be looking at some of these processes and exploring possible interpretations. Some may say that there is no need to over analyze; if it works it works. I agree, but does it work because I cast the evil demons from your body, because an ultra-high frequency violet colored beam from the Pleiadian Mother Ship realigned your chakras or is there something else at work. Perhaps we can be a more effective healer if we understand the process, or at least speak in the correct metaphors. Perhaps we can be living examples of *Universal Harmony* if we know what harmony is. When we are working in the world of the unseen, we may find that knowledge and imagination are, and should be, very closely linked. Knowledge and intuition are both relevant not only in Reiki, Digi-Ki and other healing modalities, but our everyday attempts to choose our appropriate spiritual path toward achieving our ultimate

personal and global potential.

This book contains many experiments and demonstrations of the experience of Ki energy. We are attempting to experience something that is unseen, and at first that may seem rather difficult. Long ago, people really did not easily conceive of the concept of air. No one could really see it (*like we can sometimes in Los Angeles*). But something made the leaves rustle, and pushed on their bodies on a windy day. Something allowed the birds to stay aloft. These were ways that they experienced the unseen. We also have many ways that we can experience the unseen energy called Ki. As we participate in these demonstrations, and have these experiences we will gain an understanding of Ki and how it moves in our lives and in the Universe.

Aikido

A few years back, a friend asked me if I would like to attend a class in a Japanese martial art called Aikido. I knew nothing about Aikido, and I did not really care to participate in a “Fists of Fury” ordeal pitting one ego against another, as some Martial Arts classes seem to do. Of course I was a bit concerned about looking foolish and inept among a room full of Bruce Lee impersonators. My friend had lost a leg just below the knee in a motorcycle accident, and was now a concerned social worker with a philosophically grounded personality, and seemed genuinely to desire for me to attend, so I half reluctantly agreed to go with him.

To my pleasant surprise, my friend turned out to be the

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instructor or Sensei for this Aikido class. His artificial leg seemed to be no hindrance to performing this Martial Art with grace and dynamics. What I discovered was a truly “New Age” approach to self-defense; no hits, no kicks, and no competition. I learned that each of Aikido's self-defense “Arts” was a meditation in motion designed to bring one into *Harmony with the Universe*. The self-defense part was merely used as a physical approach to learning about Ki, and an excellent method to achieve this harmony. I had never heard of this term called “Ki”, but I heard the Sensei (*instructor*) saying things like lead your opponents Ki, extend Ki and keep your “one point”. After the class I remained confused, but I was hooked, and spent the next five years studying Aikido, which translates as “the *Way to Union with Ki*”. As I studied in Portland, Seattle, San Francisco and Los Angeles I became aware of how important Ki and the principles for *Universal Harmony* were to daily living. I experienced the many benefits of being able to access this Ki and have it flow from my hands and fingers. I experienced, in very tangible ways that this truly was *life force energy*, and it would respond to my intention, whether for self-defense arts or healing arts.

Aikido's founder, Morihei Ueshiba was born in Japan on December 14, 1883. Perhaps not coincidentally, he was a contemporary of Mikao Usui, the founder of Reiki. As a boy, he often saw local thugs beat up his father for political reasons. He decided to make himself strong so that he could take revenge, and perhaps not suffer the same fate. He devoted himself to hard physical conditioning and eventually to the practice of martial arts, receiving certificates of mastery in several styles of Jujitsu, fencing,

and spear fighting. In spite of his impressive physical and Martial Arts capabilities, however, he felt very dissatisfied. He began delving into religions, Shinto in particular, in hopes of finding a deeper significance to life, all the while continuing to pursue his studies of Budo, or the martial arts.

There are stories that vary slightly as to his life changing experiences and visions. He gained some notoriety for his abilities, and was one day challenged to a contest of fighting with wooden swords by another sword master. Not unlike the American Wild West mentality, they stepped out back to settle it like men. But on this particular occasion Morihei Ueshiba used a different approach to the fight. He chose to simply avoid being hit by his opponent's sword. Deftly dodging, bobbing and weaving with relaxed awareness, he managed to move to the side before being struck. Where ever his opponent struck, he simply was not there. He seemed to know his opponent's intent before his opponent would even move. This went on for several minutes before the other sword master gave up and left in frustration. Morihei walked into to his garden and experienced a mental and spiritual awakening, as he realized just what had transpired.

By combining his martial training with his religious and political ideologies, he created the modern martial art of Aikido. He demonstrated and taught many techniques of utilizing the flow of Ki, in self-defense and self-mastery.

As I mentioned earlier, there are various ways of interpreting reality. His methods of explaining and teaching did not always produce the same results in his students. Even when

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someone performed the physical technique correctly, they may have difficulty in throwing an opponent in the same way.

Morihei Ueshiba felt that when he opened his mouth, one of the Shinto deities would rush into him and hold him to the earth to make his body unliftable. Indeed an extremely strong person could not lift this small man off the ground.

One of his first students was Koichi Tohei, who was later to found Shin Shin Toitsu Aikido and Ki Aikido.

From careful observation and experience, Koichi Tohei thought there may be another explanation for this ability. As Koichi watched, practiced and experienced through the filter of his own background in Zen Buddhism, he explored his own explanations of what was really taking place. He began to formulate, through insight and experience, an idea of how Ki energy moved in the Universe and how we can participate in and even direct those movements. Even more importantly he found that he could easily show others these insights, so that anyone could have these same abilities with a little understanding of the nature of Ki. Since Aikido means “the road to union with Ki”, he utilized the self-defense arts of Aikido to teach people how to achieve this feeling of oneness with the Universal Ki.

I have expanded on my experiences with Aikido, Qigong, Tai Chi, Acupressure, Shiatsu, Reiki and many other personal experiences to formalize four precepts for achieving *Universal Harmony*, and gaining unrestricted and unlimited access to this life force energy called Ki. Later in this book we

will explore these four principles and their extreme importance, not only to our healing practice, but to everyone's daily life both physically and spiritually.

Digi-Ki

Digi-Ki is simply *Expressing* or having Ki strongly flow from your fingertips (*or digits*), and is used primarily as an energy healing modality. Please remember that Ki is the same energy whether used in self-defense techniques, Tai Chi exercises or hands on healing techniques.

Unlike what is often claimed for Reiki, Digi-Ki requires no attunement to access the abundant Ki energy. Digi-Ki is quick to learn, and I have incorporated Digi-Ki training in each level of my Reiki classes. Since we often restrict our own supply of Ki or life force energy for health and healing, I also introduce students to the four basic principles for being in *Harmony with the Universe*, which equates to having unrestricted Ki flow throughout our four body levels, mental, physical, emotional and spiritual.

In Reiki classes we learn to channel the abundant Ki energy of the Universe through our hands, mostly through the energy centers (*minor chakras*) in our palms. In Digi-Ki we channeled this same energy through the fingertips, allowing us to concentrate this strong flow of Ki into a smaller area, and often reaching deeper into the immediate tissues. It is an easy matter to access and experience one's ability to have unrestricted Ki flow. As we experience more and utilize Ki

and how to access and direct it in our daily lives. The good news is; this is extremely easy and natural. We as humans are meant to be in *Harmony with our Universe*, and have unrestricted access to this abundant Universal Ki. These healing methods have been with us for ages. We do not have to learn anything new, difficult, or unnatural. We need only to gently remember.

As of this writing, I am nearing completion of my book on Digi-Ki, and hope to have it on the market soon. I would have preferred to have included the information in this book, but it quickly became obvious that it would require more space than would be available here. I developed this particular energy healing modality from my research, experiences and observations from many sources (*including, but not limited to, Aikido, Zen Buddhism, Christianity, Qigong, Reiki, Shiatsu, Tai Chi and open minded experimentation*). I have found that many explanations of how things work with energy healing, did not always ring true for me. I will attempt to present or pass on only what I find works for me, or what I have found to be true. I will be careful to not pass on rumors, or even venerated teachings if I have not experienced them myself. I will also give possible alternative explanations when I feel it may be useful.

Digi-Ki is extremely simple to do, and is quite intuitive and natural. It is not only a good place to start if you are interested in energy healing modalities and maintaining your own health, but also an excellent complement to Reiki or any other hands on healing techniques. There is also no quicker way to realize *Universal Harmony* than to *Express* it through promoting healing in yourself and others.

Beliefs

Beliefs and definitions are closely tied together. If we think we have something well defined and safely placed within its container, we tend to believe our definition to be equal to the truth. In reality, many things are true whether we believe them to be or not. The Universe seems to be alive and changing, it's this way one day and somehow different the next. Once we have something well defined it seems to wiggle and slip away to become something slightly different. Oddly enough the people we are in relationships with also seem to grow and change. If we do not continue to see them for who they are in each new moment, we will only have a relationship with our idea or past definition of who we think they are. If they do the same, our ghost will have a relationship with their ghost, and our real selves will each remain virtually alone. If we approach all of life this way, the whole world will seem increasingly alien and hostile.

Our beliefs and definitions are the filter for our every experience and observation. They characterize how we interpret reality. On a quantum level, our filters and beliefs limit how we are able to fulfill our role as co-creators of our reality. Some filters are so fine, or restricting they prevent the essence of life's subtleties from reaching our awareness. They can be so rigid as to block our physical and spiritual well-being. Sometimes we may have an experience that does not fit nicely into our belief system. Then we find ourselves playing catch-up, trying to remodel our beliefs or justify some aspect of the experience as being a coincidence,

or an exception to the rule.

I have tried several approaches to this problem. I was around 18 years old when I began to seriously question my role in society and society's role in my life. I started small, with simple rules and regulations in my immediate environment, habits, and social expectations. Not that I broke laws or provoked confrontations, but I strongly and internally questioned the validity of social norms. Being rather idealistic, I believed in the innate goodness of humans, feeling that things like externally imposed manners, and rules of social behavior, were quite unnecessary and even detrimental to healthy living and social peace. I found I was able to set aside these external guidelines, and rely on my own innate sense of morality and honesty. Things went rather well, and I allowed my questioning to turn to more deeply held beliefs, both mine and those of society. Then somewhere in the midst of the process, things took on a life of their own. It was like I was on a mission to introduce questions and doubt into every aspect of my being. I no longer felt safe to question things when everything now seemed to be spiraling out of control. There was no safe ground, no perspective that was immune to the onslaught of doubt. I found myself deep in spiritual crisis.

I was working at a car wash at the time, which is not the most mental job in the world. I was able to allow my body to do the work, and let my mind race on through all the things in my life that I could question and doubt. I did have some glimmer of intuition that this process was leading me somewhere, so I *Allowed* the cleansing to continue. I did, however, desperately want to know if there was light at the end of the

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tunnel, what part of me would survive when this whole thing played out. I had received no answers through logic, and needed to step beyond, into an area where the answer may be found. For some reason “poetry” came to mind. I had discovered that something called “poetic license” could allow words to express something that prose would not allow them to express. Shakespeare and I did not get along well in high school, but I knew inspired writing when I saw it. While working in the car wash, I reached inside and upward with passion and longing for some kind of answer. I reached for that area of inspiration that I didn't even know was there. I opened to an attitude of the classical. Wherever Shakespeare and the other classical poets spoke from, I wanted to go there. Then out came a poem, one word at a time, with no changes or revisions. In the middle of washing a 1953 Buick, I seemed to be spouting poetry. It burned itself into my memory as I spoke the words, and has stayed with me these many years.

Ah, my first poem, the first of many. Not that this gave me any answers. At the time I didn't understand a word of it, other than confirming that doubt may be a pretty thorough cleansing agent. It also showed me that these doubts had reached down to a very basic level, perhaps to the soul level. But something here did assure me that this process was leading somewhere, and it was indeed a cleansing. By the end of the process, which must have taken two to three months, I felt like I had had a spiritual enema. I was squeaky clean, and had somehow eliminated those terms and assumptions that were given to me in churches and schools that defined how I should view the physical and spiritual world. I'm not sure if I had any belief system left whatsoever.

My vision felt like I was seeing light and color for the first time. I seemed to distinguish truth or falsehood the moment it was spoken. When I remained still, I seemed to know the answer to any question. I had doubted the validity of each filter, and according to the poem, even those beliefs regarding my moral character. My energy level and enthusiasm for life was multiplied. The energies I had spent on filtering and judging the good and bad of each event, were now available for seeing clearly, and being somehow more fully alive than I had previously known.

It took some time for me to realize that this process had not taken me to the negative state of believing in nothing, but rather to the positive state of believing in everything. I even like to sometimes refer to this state as an open mind.

This state of mind requires some vigilance. It is quite easy to return to the habits of allowing some political or spiritual authority to tell us how things are or how they should be. We might start forming and stacking definitions and beliefs around ourselves for protection from the uncertain world. We may fill up bags of knowledge, events and experiences and drag them around with us everywhere we go, use our precious energy to judge the good and bad of every event and situation that comes our way.

I really don't recommend the process I went through with the doubt and all. You might try something a little gentler. *Relax*, and be in the moment with an open mind. It's gentle, and it works. The term "hard headed" is usually not used as a compliment. It refers to someone unbending, unyielding and perhaps stuck in a non-functioning belief system. The term

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“soft headed” may be something we could aspire to. If the situation changes, you can adapt. If you make an error, you can quickly correct it. Continuing to repeat behaviors that are not in *Harmony with the Universe* can dig deep ruts, and make positive change much more difficult.

As you move through the process of working with Ki to promote healing, strength and vitality, you will find that intuition is an ally. Intuition lies just outside of knowledge, belief systems or previous experience. It is in the realm of the current moment, experienced with an open mind and interpreted with a little *poetic license*.

Treatment

In several chapters of this book we will be discussing a process of healing and wholeness that is not the standard American Medical Association approach to the subject. The usual approach has been to treat the symptoms, and simply hope that time will make the problem go away. If the problem does not go away, then the doctor or HMO makes more money. That has been the accepted, but not so workable solution for much too long.

If we alter our approach to be more holistic in nature we might hope to achieve a different outcome. If we include the client in the procedure, that would be a good start. The client must be willing to participate in the healing process. They must be fully prepared to change patterns of behavior that may have caused or contributed to the situation. We must

support and empower them to accomplish their own healing. We cannot treat, we cannot diagnose, but we can support, encourage and empower.

When we utilize an energy healing modality, we are **not** treating an illness (*this is a very important distinction for both our approach and state of mind*). We are *priming the pump* with our strong Ki flow in areas where there may be blockages to the life force energy, whether in treating our clients or in ourselves. We are helping to support this person's innate ability to heal on their own, if there were no energy blockages. We are assuming that someone who is balanced within their own energy systems, and who has unobstructed Ki flow through their body levels will be a healthy individual. We are attempting to help them return to this balance, so their own inner healer will be able to work efficiently. We are envisioning and observing someone in their 100% healthy and vibrant *Expression* during each of our healing sessions. We are not allowing a mindset of treatment, or fixing. We are *Allowing* the flow of Universal Life Force Energy through our system and extending it to our client.