

May the Loveforce Be With You

Kali-Ki Reiki: Healing Through Divine
Mother & Yogic Wisdom



Joni Dittrich, Ph.D. (Rajashree Maa)

Foreword by Sadhvi Bhagawati Saraswati

May the Loveforce Be With You

**Kali-Ki Reiki: Healing Through Divine
Mother & Yogic Wisdom**

Joni Dittrich, Ph.D. (Rajashree Maa)
Founder, Kali-Ki Reiki™ and The Wisdom School

Foreword by Sadhvi Bhagawati Saraswati

Excerpt - For Review Only



Copyright © 2023

All rights reserved.

This book or part thereof may not be reproduced in any form, stored in a retrieval system, or transmitted in any form by any means—electronic, mechanical, photocopy, recording, or otherwise without prior written permission of the publisher, except as provided by United States of America copyright law.

The information provided in this book is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnose or treat any medical condition. The author and publisher are not responsible for any specific health needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application, or preparation, to any person reading or following the information in this book.

References are provided for information purposes only and do not constitute endorsement of any websites or other sources. In the event you use any of the information in this book for yourself, the author and the publisher assume no responsibility for your actions.

Books may be purchased through booksellers or by contacting Sacred Stories Publishing.

Sacred Flame, Sacred Mother by Rhonda Slota used with permission.

May the Loveforce Be With You
Kali-Ki Reiki: Healing Through Divine Mother & Yogic Wisdom
Joni Dittrich, Ph.D. (Rajashree Maa)

Print ISBN: 978-1-958921-13-5

EBook ISBN: 978-1-958921-14-2

Library of Congress Control Number: 2022950643

Published by Light on Light Press

An imprint of Sacred Stories Publishing, Fort Lauderdale, FL

Printed in the United States of America

Excerpt - For Review Only

TABLE OF CONTENTS

Foreword by <i>Sadhvi Bhagawati Saraswati</i>	i	
Editor's Preface	iii	
Opening	v	
Introduction	ix	
Terms Used in Kali-Ki Reiki	xxi	
Part One: The Wisdom Foundations of Kali-Ki Reiki		
1: Understanding Kali-Ki Reiki as the Force of Limitless Love	1	
2: Healing as Transformation	17	
3: Healing from Within: The Yoga of Kali-Ki Reiki	39	
4: Releasing the Knots That Bind: Karma and Trauma	83	
5: Meditation and Self-Inquiry	119	
6: The Divine Feminine	147	
7: The Mother's Symbols.....	165	
Part Two: The Kali-Ki Reiki Symbols and Their Wisdom.....		191
8: First Level Kali-Ki Reiki	195	
9: Shri Vidya Trishul: Trident of Wisdom.....	203	
10: Om and Om Trishul.....	241	
11: Hasti Bala	263	
12: Trishul Revisited: Healing Beyond Time and Space.....	281	
13: Second Level Kali-Ki Reiki	299	
14: Sambandha: Connecting to Source.....	303	
15: Amritananda: The Nectar of Limitless Love.....	319	

16: Anahata Nada: The Pulse of the Cosmic Heart.....	341
17: Vishvachakra: Universal Wheel of Consciousness	361
18: Vimana Darshanan: Vessel of the Seers	379
19: Master Level: The Path to Wisening	393
20: Tri-Trishul-Tat-Sat: The Master Key	399
21: Sacred Flame: The Eternal Light of Love.....	417
Kali-Ki Reiki Symbols.....	429
Chapter Content Guide	441
Acknowledgements	449
Bibliography	451
About the Author	455

OPENING

“A wound is a place where light enters your soul.”

—Rumi

The Divine Feminine is calling us into our healing power and our wholeness. She wants us to heal ourselves, each other, and our earth. She has been urging us to become wiser and better stewards of the earth, our own bodies and each other. She is now telling us that whatever grace period She has given us to respond to Her call is over. Threads in her great matrix of life are frayed, sullied and brittle. She wants us to repair and tend to the luster and sheen of each thread of existence. In union and in collaboration with her, we can weave and reweave the tapestry of life until it glistens.

Even as Divine Mother anguishes over the brokenness of the world, she simultaneously calls us into her Limitless Love. The force of Her love is the very light we see shining through the wounds and cracks of our egoic identities, illuminating that wholeness and beauty that is our true nature. She has been sending Her message in many different ways to those who have eyes to see and ears to hear. Sensitive to our capacities and preferences, she speaks to some of us through the language of science, others through the language of living things, and still others through mystical symbolism and metaphor. She also speaks through disease, loss, drought, fire, flood, and quaking earth.

What we sometimes call the life force is the force of the Divine Mother's love. In Kali-Ki Reiki, we know that life force as a “Loveforce”—it is your

birthright, and it is a means to know your true self. As you heal and reclaim your wholeness, your wisening awakens, and the threads of your being create a coherent and luminous harmony. Once woven into the Divine Mother's tapestry of being, the shimmering threads of your wisening will contribute to the beauty and integrity of the fabric of her creation.

In Her wisdom, She asks us to recognize that Her deep and abundant love underlies everything, including all that seems to be falling apart and all that dwells in darkness. Her love pulses beneath and within the world before us: the tumult, discord, fear, violence, and destruction that humans express individually and collectively. She, the Divine Feminine, is speaking to us through the voices of male and female creative visionaries and mystics around the world; through personal visitations of great saints and avatars; through appearances of Mother Mary in both Her light and dark forms; and through the re-visioning and reclaiming of Goddess energies from wisdom traditions everywhere. She is Maha Prakriti —the Divine Mother—and the very force of the power of Brahman —Absolute Awareness.

There are many paths that can lead us out of our individual and collective suffering toward true healing and the further evolution of our species. True paths do not conflict with one another because all rivers stream into the same ocean. Kali-Ki Reiki is one such path, being offered now so that we might claim our wholeness and add to the health and harmony of the world. This book is my offering to you, so you might know of this path and walk it with me and with Divine Mother, should it so inspire you.

Divine Mother has spoken to me through the vision and voice of Maha Kali, a great goddess force of transformation. Maha Kali is the creative mother force, the fertile womb. In some ancient traditions, She is considered to be co-equal with the gods, and in others, She is the force preceding and superseding all gods and all their creations. "Tantra," the name given to one ancient wisdom path, means to weave, and Kali is the great weaver of the matrix of time-space-matter. In Her many forms, She

is always the force of evolution and transformation that does not balk at dissolving worn out systems, beliefs, and traditions to bring in the new. In one of Her more personal and loving forms, She revealed to me a simple, subtle, and yet powerful system of energy healing, Kali-Ki Reiki. This new reiki lineage is a path for both healing and wisdom, and for bringing light to earth at this moment in Her divine creation.

Kali-Ki Reiki not only makes us stronger in body, heart, and mind, but it also initiates a “wisening” or awakening to the multidimensionality of human experience beyond the boundaries of reason and linear thinking. This wisening takes us outside the still prevalent patriarchal materialistic paradigm into the holistic and yogic exploration of mind and heart. In the wisening of Kali-Ki Reiki, we begin to experience the nature of beingness from the inside out, and come to know the ultimate unity of inside, outside, and all that is. We become able to recognize the universality and divinity within all beings and within ourselves.

Kali-Ki Reiki is a path of sacred wisdom open to all. While steeped in mystical revelation, it is meant to be practically applied to everyday situations such as illness, trauma, and relationships. As a force of love, this lineage also contributes to curtailing the destructive forces of greed and ignorance in our individual selves and in society. If you seek wholeness within a paradigm of healing that is also an instrument of spiritual awakening, you are invited to explore the practical mysticism of Kali-Ki Reiki through its practices, symbols, and healing applications.

May the Loveforce be with you as we weave together through the revelations and practices of this healing path.

CHAPTER ONE

Understanding Kali-Ki Reiki as the Force of Limitless Love

When we talk about reiki, what do we mean? If we are referring to an energy that heals, what do we understand this energy to be? Although the benefits of reiki healing have been scientifically documented and directly experienced by many people, reiki energy and its properties have not been isolated or verified by science. This has led some people to disregard reiki altogether, as both an energy and a means of healing. But for those of us who have experienced the transformative power of this energy called reiki, its healing effects are indisputable. The force of this energy is an experience that resonates within the deepest core of our being. And yet, because we cannot measure or objectively prove this energy to be real, it seems even more important to have clarity about what we understand it to be.

The two most common responses of reiki practitioners to the question, *what is reiki?* are: “Reiki is love” and “Reiki is Universal Life Force Energy.” Often these responses are given interchangeably, suggesting that love is the Universal Life Force. While I agree that love is the force of all life, I feel that

these ideas need some refinement to explain more clearly what we mean by reiki.

To say that “Reiki is love” begs the question, what sort of love? Love, like reiki, is an energy that has not yet been measured or isolated by science. Still, we know love is real and that it heals. We know, for example, that a parent’s love for a child can comfort, soothe, and protect. Loving partnerships mitigate the effects of stress on the body, mind and heart—and even extend lifespans. Love unites, inspires, and mobilizes us to step outside of our comfort zone and compassionately give of ourselves when others are in need. While this sort of interpersonal love clearly heals, it is not the same energy that is activated in reiki healing.

In Kali-Ki Reiki, we understand the love energy of reiki healing to be universal, not relational. We consider reiki to be the force of the Limitless Love that is the Source of all being. In this way, reiki is the Universal Life Force. However, we need to be careful not to confuse *force* with *source*.

In its original Japanese kanji or lettering, the word “reiki” means “supreme or highest life force energy.” Some reiki masters equate this highest, universal level of life with the Absolute Source of being. But as I see it, the Absolute, as Source, necessarily *precedes* life. And as Source, it is not a force. It is simply pure unchanging limitless awareness.

As outlined in the Introduction, in Kali-Ki Reiki, we view reiki on three levels: the absolute level of Source, which we call *Limitless Love*; the universal level of manifestation and creation, which we call the *Loveforce* of Divine Mother; and the individuated portion of Her Loveforce that is the operative force in all beings, which we call *reiki loveforce energy*, or simply reiki.

In Kali-Ki Reiki, we understand these three levels of reiki from the perspective of our own experience and awareness, while also considering these concepts from the context and view of yoga and other great wisdom traditions. Part of the wisening path of Kali-Ki Reiki involves

deep exploration and experience of what we mean by Limitless Love, the Loveforce, and reiki loveforce energy, an inquiry we will begin to unfold now.

Limitless Love as Source

Kali-Ki Reiki reflects an essentially non-dual, unitive understanding of consciousness and being. That which underlies, manifests, and pervades our world of form, matter, and time is formless, without attributes. It is also timeless, infinite intelligence, or awareness. This is the absolute Source—what is referred to in various wisdom traditions as God, Absolute Consciousness, Divine Intelligence, Pure Awareness, the Tao, Brahman, Oneness, and Great Spirit. This absolute source is also what we are pointing to when we call reiki Limitless Love.

The non-dual perspective is that there is ultimately only one Source and nothing other than that One. Whatever may emanate or manifest from this Oneness must necessarily be made or projected from that Source. Thus, everything that is, is originally created and formed out of that which is its Source and is nothing but that Source. The Vedas (ancient Hindu texts) explain that golden rings, necklaces, and earrings, although appearing different from one another, always remain the “stuff” of their source—gold. Because Source is formless, all appearances of form must be just that, appearances. Different-seeming appearances cannot change the true nature—the absolute formless essence—of everything that is.

In Kali-Ki Reiki, we describe the Source of the Oneness as Limitless Love. But holding to our non-dual viewpoint, if love is to be considered the Source of all being, then that love cannot be the relational, emotional, and conditioned experience that is part of our relative human awareness. Relational love is dualistic in that it depends on a separate other, or object, to be experienced. The love I am referring to as Source must necessarily be

unconditioned, without attributes, and limitless. This is what we mean by Limitless Love in Kali-Ki Reiki.

Limitless Love is the essence of being. It is God, the Brahman, the great *Aham* or Self, that simultaneously precedes and pervades all that is. It is condition-less, indivisible, unbounded, pure, and eternal. It is prior to time, space, and matter. Being without attributes, Limitless Love is before and beyond gender and cannot be categorized or accurately referred to as He or She.

Limitless Love is unconditioned in that it precedes all conditions that may arise from it. *Unconditioned* love is not to be confused with *unconditional* love, which still implies a relationship between beings. Unlike relational love—which is the love we share with a partner, child, beloved pet, or even with nature and the planet—Limitless Love is not dependent upon something “other” for its existence and expression. Any human experience of Limitless Love must transcend our five senses, mental perceptions, and abstract concepts. Even the devotional love we have for God is relational and thus only a reflection of Limitless Love. Limitless Love is beyond emotion, experience, and activity. Relationship, whether conditional or unconditional, remains a relative and dualistic expression of the unconditioned, universal Limitless Love that is One with Source.

Limitless Love can be compared to a vast ocean of water, unformed and undifferentiated. In the vastness, one drop in the ocean is not different from another drop—both are water. The analogy falls short when we acknowledge that it is only with our limited human perception that the seas of our earth appear as vast and formless. Earth’s oceans have floors and shorelines, whereas the ocean of Limitless Love has no edges or boundaries. Limitless Love is without form or shape. It has no inside or outside, no beginning or end, no top or bottom, no sides or directionality. It is vaster than any ocean we can envision and vaster than the universe or any multi-dimensional multiverse we might imagine.

All that plays, swims, and has life within the ocean of Limitless Love is made of this same Source energy and is contained within it, and everything is eventually dissolved or re-absorbed back into the formless source. Whatever appears to arise out of Limitless Love is like a wave on the surface of the sea. While appearing separate, the wave has never actually left the indivisibility of the Oneness, the ocean of Limitless Love. Understanding this play of the energy of Limitless Love as Loveforce is part of the wisening process of Kali-Ki Reiki.

The Divine Mother in Non-Dual Spirituality

Our inquiry into the nature of the Loveforce must begin with an understanding of both force and the Divine Feminine—whose intrinsic nature is the force of Limitless Love. Force is a dynamic concept pertaining to movement or change within and between what exists. Force is that which can potentially transform what is unitive and whole into the many and the many back into the One. If it weren't for some dynamic force within indivisible Source, there could be no appearance of separate objects or beings. There would be only unchanging Source and nothing else. Yet, we know that from the unity of Source has come the diversity of the universe. It follows that there must be a dynamic or creative impulse within Source that can manifest Limitless Love into all that is. In traditional reiki, this force or impulse is called Universal Life Force. In Kali-Ki Reiki, we refer to this dynamic of the absolute as the Loveforce and know it as the force of Divine Mother who creates, manifests, and makes whole all that is.

The mystery of how force and form can arise out of the unmoving, limitless, and formless oneness of the absolute to manifest the relative world is a profound inquiry of great saints and scholars and is beyond the scope of this book. However, in order to shed some light on this matter and to further understand Limitless Love and the Loveforce of the Divine

Feminine as foundational concepts of Kali-Ki Reiki, I invite you to consider teachings from the yogic traditions of Shiva and Shakti and the Purusha and Prakriti.

In tantra yoga, Shiva, the divine masculine, is understood as the divine Absolute—pure undifferentiated formless consciousness—and the Shakti, the Divine Feminine, is the force that arises out of Shiva so that the Absolute can know itself. She is the vibratory activating force of Shiva, and all she creates—which is everything that is—is manifested out of the Absolute and is a projected aspect of that primal absolute unity. As Mother of all, we refer to her as Divine Mother and, affectionately, as Maa. So, while Shiva is the Source of all, Shakti is the Mother of all; the divine intelligence and force that weaves existence and unravels and weaves again. As such, She is responsible for the interconnectedness and inter-woven nature of all living and inanimate beings throughout space and time. In Kali-Ki Reiki, we see Shakti as the force of the Divine Feminine that heals and makes whole. Her Loveforce is the cosmic power that manifests and regulates all life. Thus, as we define her, She is the Universal Life Force as described in traditional reiki.

The mystical secret of tantra yoga lies in the paradox that Shiva, the masculine divine, is not really separate or different from Shakti, the feminine divine, in that they are always in union and the stillness of one is not different from the vibratory power of the other. Their union is love manifesting love from love. That love which is manifested also enfolds itself back into its original absolute uncreated unity. Similarly, in Kali-Ki Reiki, we see reiki at its highest level as the unitive One that is both the Source and Force of Limitless Love.

In the descriptions of classical yoga, Brahman is the name given to the absolute beingness, the Source that is attributeless, formless, eternal, and imperishable. Out of the Brahman arises the Purusha, or eternal father spirit of being, as well as the Prakriti, the creative mother force. Everything

Prakriti creates is seeded by the essence of the Brahman through the Purusha. Like Shiva and Shakti, the Purusha and the Prakriti are the interwoven power and force of the absolute divine. Ultimately, they *are* that Source—Brahman— from which they arose.

These yogic teachings are seminal to how we understand reiki and its levels in Kali-Ki Reiki. In both tantric and classical teachings, the Divine Feminine expresses herself in various levels of Her being. In tantra, we find the most helpful description. Maha Shakti (the great Shakti) is ultimately one and no different from Shiva, the absolute Source. She is also the Divine Mother or cosmic creative force that manifests form out of the formless absolute, sometimes called Kundalini Shakti. Thus, she is both Source and Force, the first two levels in the language of Kali-Ki Reiki—Limitless Love and its Loveforce. On the third, more relative level, she is also the energy within the individual beings she manifests—reiki loveforce energy, which will soon be discussed.

The Divine Mother as Loveforce

Having explored the teachings and paradox of Source and Force, we are ready to turn our attention to the next level of reiki, the Loveforce. This is the creative, manifesting, cosmic force of Limitless Love manifested through the Divine Feminine. In Kali-Ki Reiki, we understand this as the Loveforce of Divine Mother, whether She is known to us as Kundalini Shakti, Prakriti, Holy Spirit, Maha Kali, or the thousand other names she has been given by the seers throughout time. This is the level of Her cosmic intelligence that continuously creates, sustains, and dissolves all that is. As the force of Limitless Love, She manifests time, space and matter, providing a template or backdrop for relative form and being to exist. Her Loveforce generates the karmic wheel of life, and it is She who is responsible for the unfathomably intricate interwovenness of existence. Through spiraling

and labyrinthian patterns and pathways that our human minds cannot comprehend, Her weaving Loveforce evolves humanity toward wisening and wholeness, to re-union with the Source it really never left.

As the Loveforce or energetic movement of the formless Source, Divine Mother has created the appearance of individuation and our relational sense of “you and me.” Thus, Her Loveforce is the energy of the absolute that creates the universe and also quickens and animates each of us, causing us to live and die. We arise and dissolve like a play of waves on the great undivided ocean of Limitless Love. In essence, everything that exists—what we call living and what we call inanimate— is an expression of the Loveforce of Divine Mother.

In Kali-Ki Reiki, the level of the Divine Mother’s Loveforce is where reiki healing is initiated. Reiki is the universal will of the Divine Mother for her creations to live in harmony with each other and their surroundings. Because healing happens as a result of Her intention for our wholeness, as Kali-Ki Reiki practitioners, we do not claim to be the ‘doers’ of Her healing. It is Divine Mother who initiates and empowers a healing. We are not the healers, She is. As practitioners, we are only her channels, the conduits of Her Loveforce. Where and how healing takes place in the individual is the next level of reiki in Kali-Ki Reiki.

Reiki Loveforce Energy

This third level of reiki is the energy that flows through us as living beings, and that is re-balanced and restored in reiki healings. This energy is the relative portion of her universal Loveforce that operates and regulates the physical and energetic mechanisms of our individual systems. This is the level of what we call reiki, or reiki loveforce energy, and it is equivalent to prana, chi, ki, kundalini, spirit, shakti, or life force. It is the subtle energy of our human system that supports our personal experiences of

memory, emotion, physical sensations, bodily functions, and egoic sense of individual identity. In Kali-Ki Reiki, we differentiate between the Loveforce as the direct energetic manifestation of Divine Mother and reiki loveforce as the lifeforce energy within the human system.

The energies within our individual system can become depleted or out of sync as a result of stress and disease. But our individual reiki energy can be restored, rebooted, rebalanced, and re-calibrated through reiki healing when fresh reiki energy is applied. Divine Mother's cosmic Loveforce creates and animates us while the reiki loveforce energy carries and transmits the divine intention and intelligence and empowers reiki healing in the individual system. Thus, through Her will and the application of reiki, the brokenness that results from our experiences of being embodied in an ever changing and complex world can be mended and restored.

Reiki as Light

The Light of the Divine shines at all levels. As previously stated, the Limitless Love that is the Source of being, the universal Loveforce, and the reiki loveforce energy cannot be perceived by our human senses, nor fully comprehended by our minds. But there does seem to be an intuitive means for us to know the effulgence of the Absolute and its emanations. Throughout time, mystics and seers have spoken of the Light of the Absolute. Jesus said, "I am the Light of the World. No follower of mine shall wander in the dark but he shall have the light of life" (The New English Bible, John 8:12). The Bhagavad Gita describes the light of the Brahman as more splendorous than the light of a thousand suns. "If a thousand suns should rise in the sky simultaneously, it might compare to some extent the splendor of the great Being [the Brahman] (Atmananda, 2022, Verse 11.12, p. 71).

Abinavagupta, the great 11th century seer of Tantric Shaivism, talked about Light as the indivisible essence of Consciousness in Chapter 1 (“Illumination of the Modes of Realization”) of his work, the *Tantrasāra* (Hareesh, 2018). This undivided Light radiates into all of creation as an expression of the Divine Mother. Through mystical or psychic perception—what the yogis call *jnana chakshu* or the inner eye of wisdom—practitioners sometimes perceive Her light in reiki healing. We may experience the symbols lighting up and our hands transforming into beams of healing light when we activate reiki. I find when giving reiki that not only do my hands light up, but sometimes, the form of the person with whom I am working also dissolves into pure light. I no longer see a body in front of me, but rather a field of light that I know as the essence of the person with whom I am working.

When giving reiki attunements to my students, I sometimes see myself and the student dissolving into softly glimmering or intensely shining light. When Maa Kali revealed the Kali-Ki Reiki symbols to me, she sometimes appeared to me as light and showed the symbols to me as dancing forms of light. This is why our Kali-Ki symbols are portrayed as light printed on a dark background and why, when we speak of wisening, we are referring to “enlightenment.”

Yoga texts and teachings often describe the elements of the subtle body, particularly the *chakras* (energy centers) and *nadis* (channels or conduits of subtle energy), as light. Indeed, as reiki practitioners, we may see these structures light up as we are working with them. At times, we see the prana moving through the system as light, almost like watching the movement of power in an electrical grid. Indeed, as many mystics and intuitive people reveal, we are all beings of light. Just as we are love emanating from Source, so too are we the light of that Source, the light of Limitless Love.

The Light of the Absolute is always shining, whether we are aware of it or not. Indeed, not all reiki practitioners “see” the Loveforce energy of

reiki healing flowing through their hands or in the system of the client. The jnana chakshu of inner sight may develop more quickly for some than for others. However, as long as a practitioner is properly attuned and trained, Divine Mother's healing will occur whether or not that practitioner "sees" the energy at work.

Many practitioners don't "see" the light of reiki and yet still *feel* its movement and flow. These healers are sensitive to the vibration and pulsation of the reiki within the client. They seem to have a more kinesthetic intuition that allows them to experience tingling sensations or temperature changes in their hands and in the client, which indicate how the reiki is working the client's system. Clients, too, perceive the activation and movement of reiki in a reiki healing. With their eyes closed, and even when covered by an eye pillow, they often report "seeing" light and color. Some are transported to other realms where beings of light, guides, and angels may appear. Other clients simply feel a degree of relaxation they have seldom before experienced, often accompanied by emotional release, a quieting mind, and an overall sense of well-being. There is a realization that all is well.

One doesn't need mystical vision to see the light of reiki Loveforce energy glowing in the face and eyes of someone who has just enjoyed the profound relaxation of a reiki treatment. Look in a mirror after having received reiki, and you will see that glow reflecting back at you. Every one of us has seen the light of the Loveforce in the faces of people when they experience great joy. That glow of joy is the same glow of the Loveforce energy that shines through someone who has experienced a reiki healing.

Practical Mysticism

While Kali-Ki Reiki can be a profoundly mystical path, as a healing modality, it is eminently practical. You don't have to already be a mystic

to practice Kali-Ki Reiki. The protocols and procedures for activating reiki and the use of symbols and hand placements can all be learned by anyone who is interested. However, we find that, over time, most Kali-Ki Reiki practitioners begin to see themselves as wisening beings. Offering reiki in service to others becomes a means of expressing one's wisening in the world.

As you practice Kali-Ki Reiki and experience its effects in yourself and your clients, the understanding that reiki is the energy of Limitless Love comes alive. As we investigate this energy that transforms and heals without chemical or physical manipulation, it becomes clear that it is the dynamic force of a very real, if intangible, power. To call this power love makes sense because of the goodness it bestows. Recognizing this love as beyond the conditional and limited nature of human relational love helps us to realize there truly are greater forces at work in the universe. In our natural human drive to know and learn more about what we experience, we aspire to ever greater levels of awareness and to union with the Absolute. We want to know ourselves as Limitless Love and to experience ourselves as one with the Divine.

Clients in need of healing don't have to be spiritual seekers to experience the benefits of reiki. Most clients are drawn to reiki healing because they are in emotional, physical, or spiritual pain. They turn to reiki after trying multiple medical and alternative modalities without good results. Sometimes they feel unloved, unseen, and even defective. Initially, the idea that they are actually composed of the energy of love may seem absurd to their battered egos. But when the reiki Loveforce energy works for them, as it almost invariably does, there can be a profound shift in consciousness.

When, through reiki healing, a very sick or traumatized person experiences their own inner being as whole and untarnished, new hope may arise. The client may begin to know the self within as a light that cannot be dimmed even by immense suffering. This may give them the

comfort and strength to endure, accept, or even overcome their challenges. They may begin to have mystical experiences themselves and glimpse the Limitless Love at the core of all being. At this stage, clients often become intrigued with how reiki works and curious to learn how to access that healing energy for themselves. Sometimes, the most skeptical client evolves into the most sincere practitioner.

Reiki also can have practical benefits for those who struggle with spiritual practices such as meditation. Many westerners, accustomed to constant activity, find meditation and other quiet spiritual practices uncomfortable. Reiki is a practice that a person can *do* to bring about the peace and calm that not everyone can easily find in meditation. Because of this, for some people, reiki is an accessible doorway to spiritual contemplation and practice. Once a person experiences reiki and begins to feel the Loveforce energy, their system begins to ease and calm. They become still and quiet enough to meditate. Many find they want to understand the principles and mysteries behind the practice and its positive results. Kali-Ki Reiki becomes a portal to their wisening awareness and their spiritual path.

When we experience the Loveforce energy through Kali-Ki Reiki, we want to return to it again and again for its healing properties and wisening effects. The beauty of Kali-Ki Reiki includes the experience of the force of Limitless Love flowing through both healer and recipient, offering a transcendent glimpse of the universal. This mystical realization arises in conjunction with, and is reinforced by, the very practical experience of well-being and healing received in a reiki session.

Guided Sea Turtle Meditation

For a glimpse into the mystical and paradoxical experience of Limitless Love as both Source and force, you might enjoy this parable of the Sea Turtle. Use it as a guided meditation, reading it very slowly and pausing between

the lines to experience your own awareness floating in the boundless sea of Limitless Love. Feel yourself as both an individual being and the infinite source of all being and experience.

Making sure you are in a comfortable quiet place, take some deep refreshing breaths... Imagine yourself as a great sea turtle, old and wise... See yourself floating and swimming in a quiet ocean inlet, occasionally tasting the sweet sea grasses that grow near the surface or enjoying the occasional jelly fish that floats your way...

Satiated, you swim a little away from shore... You take a long deep breath and dive to the sea floor... Reaching bottom, you wedge under a protective rock and comfortably nestle into the sand... The water envelops you like a soft warm cloak... The one full breath you took before your dive provides all the air you need and soon you fall into a deep rest... You notice that you remain very aware even as you experience a restfulness beyond sleep...

Little sunlight can penetrate these depths, and you are resting in a peaceful darkness with closed eyes... Still, you experience a soft illumination within you and all around you... The sand beneath you and the water around you dissolve into that gentle luminescence...

You rest in complete silence, complete stillness... There is no more awareness of body, shell or surroundings... Unbounded, you and the ocean that holds you are one being, one light, one source... What you are is limitless,

vast... not sea turtle, not ocean... only the light of pure awareness...

After some unmeasurable time of resting like this, a slight pulsation or movement arises within the stillness... There is no sense of this pulsation coming from anywhere but the stillness itself, an impulse of awareness arising like a wave out of the ocean of awareness... One wave of awareness seems to bring another forth until, once again, you are aware of your body and your shell...

Now there is an impulse to breathe... You move your limbs and feel the force of them against the water, propelling your body to the surface... Here, you take a breath... As the surface light shines down on your solid shell and is reflected on the waves all around you, you know yourself as sea turtle once again.

CHAPTER TWO

Healing as Transformation

Kali-Ki Reiki healing is a gateway to the transformation and wisening of consciousness.

In Kali-Ki Reiki, we understand that it is essential to meet every client, student, and living being exactly where they are. There are those who come for reiki healing out a sense of desperation after years of failed attempts with conventional medicine and therapies. They may have a deep skepticism about energy healing but, finding themselves at the end of their rope, become willing to give anything a try. Then there are those who are already intuitively aware that we are not just our bodies, minds, and emotions, but also something more. They tend to accept that an unbalanced system can be restored to a state of wholeness through non-physical means. There are also those who prefer reiki as an alternative approach to medical treatments that tend to cause significant side effects.

Regardless of why they come to us, we trust that, if clients and students are sincere in their motivation to become whole, at some point in the healing process, there will be an opening in consciousness. This opening

allows a transformation which will move them forward on their own journey of awakening.

Every time Kali-Ki Reiki is activated, both the practitioner and the receiver have an opportunity for such a shift in consciousness. For those who are receptive, transmitting or receiving reiki allows them to be one with the reiki energy and marinate in the great *aham* or I Am consciousness we call Limitless Love. Kali-Ki Reiki can open hearts and minds to the unity that underlies all surface experiences of separateness.

Of course, not everyone consciously has this unitive experience when giving or receiving reiki. Because most people come to reiki with physical and emotional symptoms that have not been responsive to conventional treatments, and because they are entangled in the ego-driven concerns of most people on the planet, they arrive at the treatment room door looking for relief rather than realization. They are sometimes surprised at what they find inside.

There is an African proverb that declares, “There is no healing without first a change in consciousness.” Someone may come to Kali-Ki Reiki looking for a cure for physical dis-ease. As they experience the depth of reiki healing, there may be a concomitant release of long held or suppressed emotional trauma. Some even begin to have mystical experiences as the psychic self opens and begins to tap into the universal consciousness of the Loveforce.

Margie’s Resistance

Margie, a pragmatic accountant approaching retirement, came to me saying she didn’t believe in energy healing, but she was there because her sister insisted. Nothing else, including medication, supplements, and acupuncture, had worked to ease her rheumatoid arthritis, and to her, even acupuncture had meant going out on an adventurous limb. Still, Margie

agreed to subject herself to my table in a room full of crystals and statues of deities that held no meaning for her.

When the session was over Margie exclaimed in wonder, “I don’t know what you did or how it happened, but I feel better than I have in years!” She was completely mystified that simple placing-on-of-hands could ease her pain in a way that all the medicine and doctors hadn’t been able to. She doubted that the ease would hold. But Margie came back a week later saying that she had remained pain free for three days after the session, the longest period without pain she could remember in several years, and had come back for more!

Despite her initial entrenched skepticism, Margie eventually chose to learn reiki for herself. Now, she not only practices self-reiki but also tells anyone who will listen about Kali-Ki Reiki and how it has changed her life! Having once seen herself without an ounce of mysticism or psychic perception, Margie began meditating and promptly experienced visions of Jesus. Jesus showed Margie that her deceased mother was there with Him and that He was healing old wounds, and He told Margie she could now forgive her mother. Opening to forgiveness for her mother’s neglect healed some long-standing emotional wounds Margie had carried since childhood. Margie’s consciousness shifted from a pragmatic, materialistic outlook on life to a psychic, spiritual understanding of the world and her own inner being. She felt better physically and was a happier person.

The consciousness shift in Kali-Ki Reiki is not just about changing one’s beliefs about what heals and what doesn’t. It is a shift in awareness that brings one closer to the Limitless Love at the core of being. It allows us to come in contact with our true nature, that within us which is not our body, mind, or emotions, but what I call our Soul Self or soul essence. For a client, especially a skeptic like Margie who was desperate but doubtful, the deep relaxation and ease experienced during a session can become an initiation into a whole new way of looking at the world.

Transformation and Consciousness

Wisening and healing come not so much from the results of reiki healing, but rather from the process of experiencing the reiki and realizing what it means. Reiki clearly taps into something beyond the physical, mental, and emotional aspects of being, outside of ordinary awareness. People who experience reiki may begin to experience that “something beyond” as the Oneness out of which everything comes into being.

The experience of this unitive absolute is at the heart of most spiritual traditions, and a great many saints and seers have tried to describe and explain it. One articulate experiencer/observer in the Hindu tradition, Satprem, says in his book *Sri Aurobindo or The Adventure of Consciousness*: “The whole universe is composed of a single substance of divine Consciousness-Force.” He goes on to say, “Modern science has also finally realized that Matter and Energy can be converted into each other ($E=mc^2$), but it has yet to see that Energy is consciousness, that Matter is consciousness, and that by acting upon consciousness one can act upon Energy and Matter” (p. 276). This is what our clients often begin to see, that the transformation of matter required for healing physical illness directly corresponds with an energetically initiated transformation of consciousness.

Explaining How Reiki Heals

Most people in the west still think and act within the rational materialist paradigm of illness and health. Like Margie, they look for physical or psychological causes and solutions without understanding the flow of energy that comprises the physical, emotional, and mental planes of existence. Meeting these people where they are at, it is helpful to have a clear and simple explanation for how reiki heals.

I have found the simplest explanation for how reiki heals is to say reiki healing produces a deep relaxation response which allows the natural

healing properties of body and mind to be activated. For some, that may be all that needs to be said.

For others, I may go on to say we know, through studies and personal experience, that the relaxation response in reiki can be profound. I will share with them how people often tell me they have never felt such deep relaxation in their entire life. Through reiki—without chemicals, herbs, needles, or physical manipulation of the skin and muscles—the muscles of the body relax, the respiratory system relaxes, and the pulse rate normalizes. The parasympathetic nervous system is activated and balanced with the sympathetic, making it a gentle and yet powerful non-intrusive intervention.

I explain that, because of the relaxation response, reiki provides relief for almost all stress-related illness, including emotional and mental disorders. I may point to research that substantiates its effectiveness as a complementary treatment when given in conjunction with medical and psychological care. I suggest they do a Google search combining “reiki” and whatever disorder they are suffering from to find supportive evidence for reiki’s effectiveness in online groups and testimonials. Such searches are always useful because they provide outside validation for the perspective I’ve offered and for the client’s growing inner experience.

The relaxation explanation is simple, true, and usually satisfying to the rational material mind. What it doesn’t explain, however, is how the simple placement of hands on or even near a person could create such deep relaxation. This is the deeper question that many clients and practitioners begin to ponder, and it is the question that often leads to the wisening path.

The Deeper Explanation

For those looking for the deeper explanation who are already intuitively aware of energy flow, I explain reiki as Loveforce energy, stating that it is

the same energy that vibrates and pulsates through everything, though at different frequencies. Body, mind, and emotions are ultimately rhythmic movements of energy and concurrent experiences of consciousness. If these movements fall into disharmony, they can be restored to optimal balance through contact with other, more balanced rhythms and movements of consciousness.

Once the intention for healing has been established, the reiki Loveforce energy is conducted or channeled through the practitioner's hands. This energy activates the Loveforce energy within the client's system. As a conduit of Divine Mother's cosmic Loveforce, the practitioner neither transmits her personal energy to the client, nor does she absorb the client's energy. Rather, the reiki conducted through the healer's hands serves to reboot, recharge, and rebalance the reiki energy within the client. In the case of distant healing, energy is conducted more through the practitioner's intention than through her hands.

Discordant energies that have been stuck in dysfunctional feedback loops in the client's system are recalibrated and harmonized, thus restoring natural and healthy functioning. When Divine Mother's reiki Loveforce energy is welcomed into a disharmonious or chaotic energy system, there is a re-establishment of balance and order within that system. Reiki activates the energy of love that is already there at the core of the client's being, so it is their own spark of the universal Loveforce that orchestrates the realignment of the physical, emotional, and mental layers of their being. This is how the simple placement of hands can at once initiate healing in all levels of the client's systems. As the client understands and accepts the healing process, her wisening awareness is expanded.

Taking it a little further, since everything originates from Divine Mother's Loveforce, which is the formless force of Limitless Love, what appears to be physical and solid is actually energy pulsating at various frequencies. When the client understands that the body is ultimately

energy, it begins to make sense that energy alone, as conveyed through reiki healing, can relieve physical discomfort. The client now appreciates how the application of reiki energy to the physical body achieves a redistribution of energy within cells and organs. This relieves pain and can sometimes even reverse disease processes. Similarly, when clients understand thoughts and emotions as energy, they accept that reiki energy can also restore balance to minds that have become distracted or confused.

If someone expresses interest in learning Kali-Ki Reiki, I tell them that, in The Wisdom School, we understand reiki as a yoga practice that unites or re-connects us to the essence of what we are. The essence of every being is the soul which consists of Limitless Love, and each soul is always and already whole and healed. The soul is pure conscious awareness and, as such, remains ageless and untouched by the exigencies of life. This soul essence has been veiled, cloaked, and for many, rendered virtually inaccessible by the experiences and struggles of everyday life. When we practice Kali-Ki Reiki, the Divine reiki Loveforce energy penetrates through the veils and layers of the being to restore that which has been broken, separated, or clogged into a natural fluid harmony and wholeness.

Because it is not necessary for the client to know or understand reiki symbols for healing to be effective, I want to feel sure they sincerely want to learn about Kali-Ki Reiki and the healing process before discussing the symbols and their meanings. I then explain, whereas traditional reiki utilizes symbols that were revealed over a hundred years ago, in Kali-Ki Reiki, we have powerful light-form symbols recently revealed by the Divine Mother with the intent of bringing light to the darkness of this current age. The symbols activate the Loveforce and unlock portals to frequencies of healing energy that awaken and transform the consciousness of both the healer and the client. This alignment with the universal Loveforce of the sacred feminine radiates well-being into all aspects of the being.

Consciousness transforms, and there is a wisening to the deep truth that Limitless Love is the source and ground of being.

From Brokenness to Wholeness

Conflict. Disease. Death. Loss. Doubt. Poverty. Lack. Addiction. Injustice. Abuse. Trauma. Fear. Hatred. Jealousy. Anger. These are forces in life that break us down. No one escapes the pressure of these forces because they are built into the human experience. Some may experience fewer of these pressures than others, but we all experience them to varying degrees. Some may have more resources—internal and external—for coping with these pressures. But all of us at some time in our lives find our reserves depleted and our equilibrium shaken.

We may feel stuck when we realize our previously ingrained habits and coping patterns are no longer effective in dealing with the present reality. Whether it is the stress of a body that won't heal, a relationship that is failing, a loss of confidence in cultural institutions or belief systems that have come to feel empty or outmoded—or the combination of multiple factors—it is often the experience of brokenness that brings one to the reiki path.

Reiki, as the energy of love, seeks out wholeness. Where there is brokenness, reiki brings healing. The root of the word “heal” and also “health” comes from the Proto-Germanic word *khailaz*, which means “to make whole.” This is the way of the divine feminine, the Mother Force who wants wholeness for her children. For ego-driven adults, the love at the source of our being is often forgotten or clouded over by the challenges of life. We become preoccupied with our plans and our pains, our successes and failures, and our wants and desires.

Until circumstances bring us to our knees, or we somehow decide to slow down and find stillness, we feel disjointed, broken, and separated

from ourselves, from others, and from love. In the stillness provided by a loving reiki session, it is possible to regain access to the awareness of the wholeness within. Kali-Ki Reiki serves to open the mind and heart to the Limitless Love that lies beneath all pain, all ego identities, all fear and all suffering. This is what helps us to feel whole again. This is what heals.

Feeling whole and unbroken is the healing that happens in Kali-Ki Reiki. When we feel our wholeness again, it is like coming home to ourselves and being fully welcomed. Our emotional and physical distress melts away. Disease is not necessarily cured but we come to a place of acceptance of what is, knowing that, beneath the illness and the trauma, there is a deeper place of the self. It is always whole, at rest, and unaffected by the currents and crashing waves at the surface of our lives. The pain stops clamoring and sometimes permanently subsides. We recognize that the whole of who we are is more than this body, more than the goals and roles that have defined and preoccupied us.

In *One With God*, a series of books in which messages from the Holy Spirit are channeled and scribed by three women, Divine Spirit says, “Life is not about having ‘body wholeness.’ Life is about your completion through love, to come to Wholeness, the holiness of being One with God” (Book 4, p. 335).

To me, the wholeness of being One with God is touching into the Limitless Love as the Source of all being. The more we can access the wholeness within, the deeper our wisening and the better we are able to respond authentically, lovingly, and creatively to whatever comes our way. As a reiki practitioner, when I surrender my own ideas about what my client might need to the divine intelligence of Maha Kali, I become calm, awake, alive, and very present as I channel the reiki Loveforce energy to my client. Transformation of consciousness happens for both practitioner and client when reiki is activated.

Some argue that, for a practitioner to be effective, they must find their own wholeness first. Marion Woodman, an eminent Jungian psychologist, is frequently quoted as saying, “The healing of ourselves as healers has to take place first. Bringing ourselves to wholeness, we become more sensitive to other people. In the change of consciousness that happens within us, we bring about change of consciousness in those around us and in the planet itself.”

Our experience in the Wisdom School suggests that we need not be fully healed or enlightened to practice reiki as long as we are on a transformative and wisening path. It is the knowing of Limitless Love (even if one is not established in that awareness) and the capacity and willingness to open to the Loveforce that empowers the true healing flow of Divine Mother’s reiki Loveforce energy. Thus, in Kali-Ki Reiki, all practitioners are on a healing path, and we understand that our wholeness, like our wisening, is a gradual and ongoing practice.

.....

END OF CHAPTER TWO EXCERPT

CHAPTER FIVE

Meditation and Self-Inquiry

Kali-Ki Reiki has two wings with which to soar the expansive skies of
wisening consciousness: healing and meditation.

Only through the expanding awareness and deep revelations of meditation and yogic self-inquiry can the practitioner truly embody and transmit the grace and power of reiki healing. Thus, Kali-Ki Reiki practitioners are expected to have a *sadhana* or spiritual practice of deep meditation as well as reiki healing.

Whereas reiki healing expands the spiritual self and gives practitioners access to the Soul Self and the divine within, only in combination with deep meditation can this awareness stabilize and bring about ever greater levels of conscious awareness. When the practitioner goes inward in stillness, it is possible to realize the truth of the yogic teachings that, at essence, we are not the physical, emotional, mental, or spiritual components of the being that shape our human experience. We understand that the glimpses of Limitless Love and Divine Mother's Loveforce we experience in reiki healing are invitations to know our true nature. We come to our meditation practice as

a means for greater wisening and transformation of consciousness, for the realization of the Soul Self within.

The transcendental states experienced in reiki healing are a taste of what the meditator begins to experience more and more, both in meditative states and in the conscious waking state. Meditation may bring awareness of the source of being, and the knowledge that we are Limitless Love, we are Brahman, *aham brahmasmi*. As such, meditation is a gateway to manifesting the inner states of equanimity and spiritual wisdom. As we practice meditation, consciousness transforms, leading us to live as the awareness of the Self in every moment.

Flying on Two Wings

Most students who come to The Wisdom School to learn Kali-Ki Reiki are already psychically aware and very committed to studying energy healing. Some of them are not as enthusiastic about taking on a deep meditation practice, however. Some students may have tried meditation in the past but failed to find silence and stillness. Reiki seems appealing because it is practical and something that can be *done* using their psychic awareness. Of course, as mentioned in the last chapter, one of the first principles students learn is that we are not the *doer* of the healing but rather a channel of the divine shakti. This can lead a student to the deeper question, “If I am not the doer when offering healing, then what am I?” As this curiosity grows, it often becomes the motivation for the previously reluctant student to learn to meditate.

On the other hand, there are those taking meditation classes at The Wisdom School who love to meditate but don’t think of themselves as healers and who initially are not at all interested in learning reiki. Whether they are meditating for stress-reduction or expanded spiritual awareness, this group often discovers how meditation and healing go hand in hand.

Attending classes and satsangs alongside Kali-Ki Reiki practitioners, these students see firsthand the possibilities of reiki healing as both a wisening practice and as service to self and others.

Whether someone comes to The Wisdom School primarily to meditate or to learn Kali-Ki Reiki, the compatibility and reciprocity between the two practices soon becomes apparent. Meditators begin to heal, and healers begin to meditate. The inner realizations and ananda-saturated experiences of connecting with the Soul Self and the divine within that occur in both practices reinforce and stabilize each other. Even the most reluctant meditators begin to love time spent in meditation and often feel out of balance on days when they don't meditate. As Sally Kempton says in her book, *Meditation for the Love of It: Enjoying Your Own Deepest Experience*, "The more you crave the taste of the inner world, the easier it is to meditate" (p. 9).

Building Spiritual Muscle

The dual practices of Kali-Ki Reiki strengthen what I call our "spiritual muscle," or the ability of the human system to tolerate the expansion of consciousness beyond the parameters of the ego self. We need spiritual muscle to experience and maintain ever deepening levels of transcendent awareness. Our two practices of healing and meditation nourish and fortify one another in our evolving awareness and experience of the Soul Self and the world. They allow us to tolerate and retain experiences of the thinning of the veils between the absolute and relative realities. Without preparation and a strong foundation, experiences of the divine within can be overwhelming to all levels of the human system. "Spiritual emergencies" are energetic events that ignite so much shakti in the unprepared person that all systems can be thrown into uproar, creating physical, emotional,

and/or mental dysfunction. A person needs guidance to manage the aftermath of awakenings like these.

When Krishna revealed himself as the Supreme Being to Arjuna on the battlefield of Kurukshetra, as recounted in Chapter 11 of The Bhagavad Gita, Arjuna reacted with awe and terror: "... seeing Your great form consisting of many eyes, arms, thighs, feet, bellies and mouths gaping with many huge teeth, the worlds tremble and so do I. O Lord, seeing You touching the sky, of blazing hues with gaping mouths and large fiery eyes, I am frightened at heart. I feel neither fortitude nor peace" (Atmananda, 2022, vs. 11.23-24). There are many references in the Bible to "fear and trembling" in the face of the Lord (Psalms 119:21, Job 4:14, Jeremiah 5:22). In Hebrews 12:21, Paul tells us, "So appalling was the sight, that Moses said, 'I shudder with fear'" (The New English Bible).

Both Arjuna and Moses were great yogis who had been prepared to see both the creative and destructive aspects of the universal force, but still, the intensity of what was revealed to them in the direct experience of the divine was at once awe-inspiring and wonderful, but also almost unbearable. As yogis seeking awakening, we must be prepared to lose our sense of individual separateness to experience the fullness of the All. This can be disorienting at the least and a source of fear for many. To experience awakenings with calm and fortitude requires a foundation of physical health—and emotional, mental, and spiritual stability—and familiarity with ego-less states in meditation. This gives us spiritual strength.

Spiritual muscle is also required of the reiki practitioner who encounters a client's energetic blocks and releases. Not only do we need strong spiritual wisdom and intuition to understand when negative energy is being released and what to do with it, but all the components of the practitioner's system also must be prepared to manage the potential influx and release of powerful energies. Although the attunement process provides protection against absorbing another person's energy, we need to

train body, mind, and psyche to remain a steady and focused channel when a client is releasing. We develop and fortify these spiritual muscles through reiki self-practice and our daily practice of deep meditation.

Although every sincere student is bound to have powerful spiritual experiences and energetic awakenings, in Kali-Ki Reiki, we prefer transformation and wisening to be a gradual, gentle, and loving ascent of consciousness. We do not seek or encourage drama that can be disorienting and disharmonious. We want spiritual strength and stability to serve as powerful healing channels and to expand our own awareness. As Kali-Ki Reiki practitioners move toward mastery, our everyday consciousness becomes increasingly pervaded and saturated by the awareness of our true nature as divine beings.

Practices Before and After Sessions

I believe Mikao Usui, the founder of traditional reiki, was aware of the need for his practitioners to build spiritual muscle through meditation. He taught certain meditations that were to be practiced before a reiki session to help in “generating a greater amount of spiritual energy” (Steine, 2015, p. 37). When the spiritual energy within us is strengthened and stabilized through our meditative practices, we can work with and manage whatever energies may come up in a session without imposing our own egoic concerns. Fortified by our spiritual strength, we are prepared for whatever may arise in a session: We don’t deplete the Loveforce energy in our system, and we do not contaminate the client’s energy field with our samskaras and egoic desires. A strong meditation practice makes us more capable channels of Divine Mother’s Loveforce and more powerful vessels for transmitting what is needed in a healing session.

In Kali-Ki Reiki, we recommend several practices before giving a session. First, we clear our physical space through the use of symbols and

various other techniques, such as burning sage, aromatherapy, and sound toning. I like to clear space using my singing bowls. We then clear our own system through reiki self-practice, chanting, and pranayam such as the Kali-Ki Four-Part Breath (see Chapter 3). It is also important to employ grounding techniques such as visualizing roots extending from the soles of our feet deep into the earth. Once the healing space and our systems have been cleared, we invoke reiki energy into the healing space, asking that we might be a clear channel for Divine Mother's Loveforce. These practices tone the practitioner's spiritual muscle, which allows us to remain equanimous and stable throughout the session.

END OF CHAPTER FIVE EXCERPT

CHAPTER NINE

Shri Vidya Trishul: Trident of Wisdom



Seven Nights of Light

The first Kali-Ki Reiki symbol, Shri Vidya Trishul, was revealed to me over a period of seven nights in 2008. I didn't know what I was receiving those first nights, and, in truth, it has taken years to unpack the full meaning and applications of the symbol, if, indeed, the unpacking is complete.

In the years prior to the symbol's revelation, I was still a practicing psychologist. I had been teaching yoga and meditation for many years and practicing first and second level Usui reiki for over ten years. I was mastered into the Usui Shiki Ryoho lineage by Connee Pike (aka Amita Llamó) in 2007, after a one-year apprenticeship with her, and had already begun mastering my own students in this lineage. I was also in the initial stages of what would become a ten-year course of study and deep meditation practice in the Kashmir Shaivite tradition of tantric yoga with Paul Mueller-Ortega. I think the powerful combination of my yoga and meditation practices and the reiki master apprenticeship had prepared me to receive the Divine Mother's symbols.

In August of 2008, I presented a first-time workshop at a local yoga studio called, "Yoga, Reiki, and Meditation," in which these practices were woven together to bring about deep inner awareness and healing. The workshop was well received, and the next morning, as I got on an airplane to visit my aging mother in Michigan, I was on fire with shakti, and my heart was filled with delight.

When visiting Mom, it was my custom to sleep in the room and bed that had been my father's. Although Dad had passed ten years earlier, it was always comforting to be in what had been his space. This first night, I was quite tired, and I hoped to get some good rest. The bed was cozy and spacious, and the room-darkening blinds ensured that I might sleep well into the morning.

Around 3:00 a.m., I was awakened to light all around me and in the room. Astonished at this unexpected luminosity, I searched around the room for a source. All lamps were off, and I had unplugged the only nightlight from its wall socket before retiring. No light shown under the door from the hallway, so I assumed my mother was fast asleep in her room. It was new moon, and no outside light penetrated through the blinds. Nonetheless, light permeated the room and my vision. The light itself was at once ethereal, diffuse, pure, and clear. It was still and, yet, very vibrant. There was a fullness about it, and to me, it felt permeated with conscious awareness, wisdom, and portent. This light saturated the entire room and also seemed to be focused directly in front of me, as if inviting me to look at it, to interact with it. When I closed my eyes, I could see the same light, just as bright, clear, ethereal, and diffuse as with eyes open. It seemed to be both surrounding me and within me.

I sensed the loving presence and energy of Divine Mother Kali. It felt as if I were being bathed in Her light and that this light was pure love. The perception of light was accompanied by a sense of awe, and I wondered how so much light could radiate within the very dark room.

The first night, I saw only this diffuse light. Over six more nights, and to my continued astonishment, I was awakened at the same time in the same way with the same light penetrating the dark room. However, each night, there was a slight change in how I perceived the light. On the second night, slightly brighter light seemingly emerged out of the original all-pervasive diffuse light. I remember musing, “How can light emerge out of light? How can there be gradients of light with no apparent source, no external light from which the light I saw could be projected or beamed, and no shadows in the room to give the appearance of contrast?”

Nonetheless, each night, light seemed to take form against a backdrop of the same light. Progressively, more distinct forms of light emanated out of pure light. On the fifth night, three vertical lines or columns of

light began to emerge, each seemingly extending infinitely above and below. I could see these pillars of light extending way beyond the physical boundaries of the room. By the seventh night, a horizontal crossbeam of light appeared to connect the three vertical columns, forming something like a sideways capital letter “E,” with comet tails extending beneath the three prongs of the “E.” Since the central pillar of light seemed particularly bright, the figure also looked like a standing trident, or what I later learned is called the *trishul* in Sanskrit.

I heard a voice deep within my soul tell me that this light-form was to be used as a reiki healing symbol. I intuitively knew the inner voice to be that of the Divine Feminine—the Kundalini Shakti or Holy Spirit—which, to me, are one and the same. To me, she was Kali Maa, the power of transformation and the Divine Mother herself, and She was revealing Herself to me through Her Divine Light. She made it clear that, if this light-form was acknowledged and meditated upon as a symbol of Her Loveforce, in time, and with practice, the mystery of its power and purpose as a healing symbol would be understood. Although I agreed to work with the symbol in this way, I still had no idea that this was the beginning of a new reiki lineage.

The entire cosmos is born of Her womb. Those seven nights of light emerging out of darkness and taking form were a sort of birthing process—the issuing of divine light out of one dimension of consciousness into another. Birth is an initiation into new beginnings, new life, and new practices. Little did I know at the time that these seven nights of light were to be the first of many such births or initiations that would take place over several years. Each revelation of a new light-form would be an extension of the Loveforce being given form and purpose in this dimension of reality as a new reiki healing symbol.

Initial Experiences with the Symbol

Returning home after the seventh night, I excitedly, but cautiously, began to share my experience with a few people who I felt might help me to understand and learn more about my experience and the symbol that had emerged over those seven nights of light.

First, I invited Lisa Gottfried, whom I had recently attuned as a reiki master, to exchange reiki attunements to the symbol with me. Lisa is a gifted psychic and intuitive. As soon as she saw my first drawings of the symbol, she identified it as the Hebrew letter *shin*. The shin looks very much like the sideways letter “E” I saw initially. The shin represents the union of heaven and earth, of absolute and relative. When I attuned Lisa to the symbol, she experienced an immediate and deep healing from a chronic hip injury while feeling kundalini life force energy being powerfully activated throughout her system. When Lisa attuned me to the symbol, she saw thousands of tiny shins, all made of light, interlocking with one another and completely surrounding my auric field, which was pulsing and filled with bright white light. After completing the attunement, Lisa dropped onto the couch in my office in wide-eyed amazement at her vision of the many shins dancing around me.

Landing on the couch, to her even greater surprise, Lisa “saw” someone seated next to her. She immediately recognized this being as the Baal Shem Tov, a great mystic and founder of Hasidic Judaism. Lisa, being no stranger to visitations, asked the Baal Shem Tov why he was there. To which he replied, “I’m here to help Joni to fly through space and time.” Both Lisa and I were surprised with this response on two counts. For one, up until that moment, I had never heard of the Baal Shem Tov and had no expectation to meet him as a spirit guide or in any other role. Lisa, on the other hand, is a deeply spiritual Jew, so when she saw the Baal Shem Tov, she thought that he would be there to guide her, not me. In retrospect, it is clear he was

there to facilitate both Lisa and I in the understanding of the power and purpose of this new symbol.

Regarding flying through time and space, well, I had already been given the understanding from Kali Maa that the symbol was to be used to help people transform and heal, but I had not considered that it may also be a vehicle for astral or inter-dimensional travel. Only later, did we uncover the symbol's role in activating remote healing in both space and time. Later still, we learned that the symbol could serve as a bridge between dimensions and can heal beings both in this and other realms. Only then, did I understand how the symbol was meant to help me and others to "fly" as the Baal Shem Tov had foretold.

Next, I spoke with my meditation teacher, Paul Mueller-Ortega, about the seven nights of light and the appearance of the symbol. Paul identified it as the *Shri Vidya Trishul*, or Trident of Wisdom, an important symbol in Hindu iconography and in esoteric tantric philosophy. I was familiar with the trident as part of the iconography of the Greek and Roman Gods of the sea, Poseidon and Neptune, and understood that its three prongs represented their dominion over earth, air and sea, but I had no idea that the trident was also a pervasive and important implement in the cosmic armory of Hindu deities. Once I began to look for trishuls in the iconographic imagery of Hindu gods and goddesses, I saw them everywhere. Most notably, I realized that my beloved Kali Maa often carries a trishul, as does Shiva, the great meditator, and Ganesh, the elephant-headed destroyer of obstacles.

When I told Paul about my attunement experience with Lisa and how she had identified the symbol as the sacred Hebrew letter shin, he was not surprised. As a scholar of the world's mystical traditions, Paul was familiar with the Baal Shem Tov. He explained to me how the Hasidic panentheistic philosophy shares many characteristics with the Tantra of Kashmir Shaivism into which he had been initiating me. In brief, panentheism

sees the divine absolute as within everything and everything being within the divine absolute. However, the divine always remains greater than the universe which it creates and simultaneously interpenetrates. Panentheism very much resonates with my experience of the Divine Mother as the Limitless Love of the absolute Brahman and reiki as Her Loveforce that animates and moves through everything.

Upon deep contemplation, I settled on the symbol as the Shri Vidya Trishul (reverently and lovingly referred to by Kali-Ki practitioners as “Trishul”), a trident of sacred wisdom. Because the symbol was revealed by Kali Maa, it felt right that She was offering Her implement of power as a healing element, the instrument of Her Loveforce. There is a poetic and mystical elegance in how the form of the shin overlaps and is embedded within the heart of the Trishul. Similarly, the sacred cross of the Christian tradition is also embedded within the Trishul. Thus, Shri Vidya Trishul as a healing symbol is interspiritual in its nature and origins.

A Final Confirmation

Having presented the symbol to my meditation teacher, Paul Mueller-Ortega, and to reiki master Lisa Gottfried, I also very much wanted to share it with my reiki teacher, Connee Pike. Unfortunately, she was on a months-long silent retreat and was unavailable. So, I reached out to Dr. Susanna Luebcke, Connee’s master reiki teacher. The moment I showed Susanna the symbol, she felt its power. She experienced the energy in the same way as Lisa and I had, as a symbol of kundalini power that vibrates at a higher frequency than the traditional Usui Reiki symbols. She also agreed it was no coincidence that this symbol was being introduced into our current times when the consciousness of many people is also vibrating at higher frequencies than in the era of Mikao Usui.

Although Susanna was trained in traditional reiki, she unreservedly felt the Shri Vidya Trishul should be brought into the world and taught as an advanced level healing symbol. She recommended that I begin to initiate my students to it, but only those already at advanced levels. Thus, even as I continued to ponder its mysteries and healing qualities as a reiki symbol, the Sri Vidya Trishul was gradually introduced, at first to only one student at a time, and later in small groups.

END OF CHAPTER NINE EXCERPT

.....

ARC

ABOUT THE AUTHOR



Joni Dittrich, Ph.D. (Rajashree Maa), a master of four reiki lineages and a venerated interspiritual teacher of meditation, yogic wisdom and holistic wellness, understands healing as a practice of opening to the universal love that is limitless and without conditions and as a means to realize the divine within us. From her first reading of the Bible and the healings of Jesus, she knew that true healing must come from the “inside out.” Graduating from the University of Michigan with a degree in world religious studies, she then studied theology at Vanderbilt University and earned a master’s degree in human development counseling. She went on to receive her Ph.D. in psychology from the University of Memphis and practiced as a clinical psychologist for over 30 years before devoting her life to her yogic studies and spiritual sadhana.

After embarking on a long course of deep meditation, Rajashree Maa experienced a series of mystical encounters with Divine Mother in the form of Kali Maa beginning in 2008. Out of these revelations, Kali-Ki Reiki

and The Wisdom School were midwifed into the world. The Kali-Ki Reiki symbols are light-forms that transmit the universal Loveforce energy of healing to all levels of the being: physical, emotional, mental, and spiritual. The practice of Kali-Ki Reiki becomes a yogic practice of “wisening,” or awakening to the Soul Self and our unity with all that is, the deeper reality that resides within each of us. The Wisdom School, physically based in Napa, CA, is home to both a local and online kula, or spiritual community. It is dedicated to offering healing sessions and teaching Kali-Ki Reiki, meditation, and supportive practices at all levels to anyone wanting to explore healing as an expression of the Limitless Love at the heart of all being (<http://www.thewisdomschool.us/>).

I like to think of myself as what Br. Wayne Teasdale refers to as a “practical mystic.” From a very early age, I would often see the light that shines within and through people and nature. And I was certain that this light was something that, if everyone could see, all would be truly well. From the play of light and motion on ocean waves to visionary experiences of light taking the form of healing reiki symbols, for me, the notion of “enlightenment” has always been literal. It is the divine light of being in which there is no separation between self and god and all is truly and wholly One.

–Rajashree Maa

The name “Rajashree Maa” was given to her by her guru, Swami Sri Atmananda, when she lived at Satyachetana Ashram in Tiruvannamalai, India, during the COVID-19 lockdown of 2020. The name means “Queen Mother” or “She of the Royal Lineage of Divine Mother.”

A powerful book on the science of spiritual transmission. It can be read again and again, each time to reveal something new. —**Swami Sri Atmananda**

This book is a true account of traditional reiki and its derivate, Kali-Ki Reiki. It describes their effects and benefits in therapeutic healing and spiritual growth, as conveyed through the author's genuine experience. —**Susanna Luebcke, M.D.**, Usui Reiki Master, co-author, *Emotional Body Healing: Touches Your Heart, Changes Your Life*

Suffused with ancient yogic wisdom, this system of healing and spiritual awakening has immense practical applications for our personal and societal well-being... [Kali-Ki Reiki] is a substantive example of the “new path” that embraces the evolution of consciousness with a non-dual perspective of existence. —**Paul J. Mills, Ph.D.**, author, *Science, Being, & Becoming: The Spiritual Lives of Scientists*

Reading *May the Loveforce Be With You* is akin to approaching the luminous presence of Kali Ma herself. —**Constantina Rhodes, Ph.D.**, author, *Invoking Lakshmi: The Goddess of Wealth in Song and Ceremony*



May the Loveforce Be With You immerses you in the powerful practices of Kali-Ki Reiki™, a “wisening” interspiritual path birthed into the world by the sacred feminine and midwifed through Rajashree Maa’s mystical revelations and knowledgeable, practical applications. With story, meditation, breathwork, guided visualizations, and deep contemplation of the illuminative Kali-Ki Reiki symbols, you will experience the Loveforce of the Divine Mother and Her healing power. Through Rajashree Maa’s DROPPP method for releasing trauma, psychological blocks to spiritual progress can be removed. Turning the pages, you will have the opportunity to rediscover the wholeness that always abides within you and experience the Limitless Love at the source of everything around you. If you want to explore healing and love on a cosmic or individual spiritual scale, this book will serve as a constant companion on your journey.



Joni Dittrich, Ph.D. (Rajashree Maa) is a master of four reiki lineages and a venerated interspiritual teacher of meditation, yogic wisdom and holistic wellness. From many years of practice as a psychologist and healer, she sees true healing as a gateway to spiritual wisening and awareness of the Limitless Love at the heart of being. She is the founder of The Wisdom School based in Napa, California, which is dedicated to offering online and in-person healing sessions and training in Kali-Ki Reiki and supportive practices.

