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FEATURED HOLISTIC

PRACTITIONER:

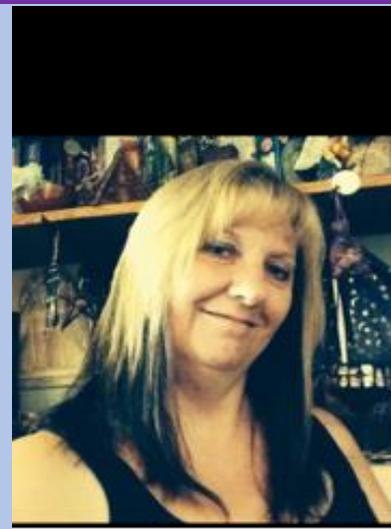
PATTI CONOVER, REIKI MASTER

Patti Conover lives in Oxford, New Jersey with her husband and has been married for 32 years. She has 2 children and 3 grandchildren. She is a Minister of the Universal Life Church since 2003. As a non-denominational minister she marries couples regardless of their belief system, where they live or the way they choose to have their ceremony.

Patti began 18 years ago as a Wiccan practitioner. She started her esoteric journey on Samhain (pronounced sou-an). Samhain is on Halloween and is the Celtic New Year. She spent 1 year and 1 day doing the walk and talk of Wiccan practices. Then, she attended Columcille at Megalith Park in Wind Gap, PA, where she self-initiated herself as a Wiccan practitioner. After 7 years of Wiccan practices she self-initiated herself as a High Priestess. Patti and her family celebrate both traditional religious holidays and Wiccan holidays (Eight Sabbats).

Patti has practiced Reiki healing for 10 years and became a Reiki master 1 year ago. She is trained in Reiki to heal people and animals. She uses many esoteric practices for healing such as Reiki symbols, tarot cards, runes, dream energy, crystals/stones, chakra work, divination, herbs, aromatherapy, reflexology, spells and magic.

Patti hosts 12 full moon ceremonies a year in her personal fairy garden. She celebrates new



PATTI CONOVER, REIKI MASTER

moon ceremonies and recently encouraged over 55 people, through her text blog, to participate in long distance healing for a new moon ceremony.

Patti posts daily information on FaceBook at: "The Spirit of Reiki by Patti Conover"

Patti is available for in person and remote/long distance Reiki healing.

Email Patti about her Text Blog or with questions to:

priestesswillow@yahoo.com



INTERVIEW WITH HOLISTIC PRACTITIONER:

PATTI CONOVER,

REIKI MASTER, OXFORD, NEW JERSEY

What is Reiki?

Reiki is a hands on holistic healing method that works on the chakra system. Reiki stands for universal life force or life energy. The "rei" stands for universal and the "ki" stands for life force. Reiki is pronounced Ray-Key. Life force or life energy goes through all of our bodies. When you become a Reiki practitioner you receive an attunement to work with the life force energy in the body to heal yourself and others. You do not become a Reiki healer overnight or suddenly get the power to heal. As a Reiki healer I become a conduit to open up the energy in clients' chakras in order for them to heal themselves. I am a channel to move their energy where it needs to go in their body for healing. By simply placing my hands in specific positions on the body I get their energy to move where it needs to flow. There are 7 main chakras that control the balance of the body, mind and spirit. Physical and mental energies work together. If you are mentally drained or stressed it takes a toll on the body physically. The whole body works together as one.

How Does Reiki Fit In With Traditional Religion?

A lot of people think Reiki is a religious thing or that it's a New Age thing. People think that you cannot do Reiki treatments if you are religious. Regardless of whether you are Catholic or any other traditional religion, Reiki does not impose on your beliefs in any way. Reiki is not witchcraft. Reiki is done in hospitals and holistic healing centers. As soon as people hear the word "Reiki" they put it with New Age beliefs. It became popular with New Age people because they tend to be highly intuitive. Now, it is taught in colleges and holistic centers. At Cancer Hospitals, Reiki, massage, reflexology and acupuncture are all encouraged. Reiki is relaxing and when you are calm it's easier to get through traditional medical treatments. It's not in conflict with traditional religion. There is no interruption to personal religious beliefs through Reiki treatments. It is a healing art and does not infringe on anyone's belief system. It promotes good health and spiritual balance.

How Do You Apply Reiki Healing?

I start with a simple touch at the crown of the head and work down the body. As I channel good energy through clients they feel warm sensations. My attunement energy works to get their body to open up and as I touch them energy goes through their body. I'm intuitive and I sense things easily in the body, whether it is good energy or negative energy. When I place my hands over clients body parts I know where bones have been broken. I can also sense when clients' had headaches the day before because I feel a static sensation. I complete my session after all 7 chakras have been cleared. The 7 main chakras not only control the physical conditions in the body, but also coincide with each part of the body.

When I move my hands down a client's body they feel heat and their body warms up. Once I move negative energy above their body and into their aura I brush it away with a special natural feather fan. The feathers came from exotic birds. The fan creates a cool breeze over the client's body and gives them a sense of release of tension. If I still sense static energy I go over those areas of the body again. Finally, I fill in the 7 charkas with energy and heal the problem areas with white light. I often sense problems that clients didn't tell me about and it surprises them that I know what parts of their bodies hurt. Intuitiveness is a gift I have. I can also look at people and tell their mood and how they feel just by their appearance and the way they move. I sense the auric level around them. If their aura color is off they may smile, but I can tell they want to cry or I may feel a sudden sadness and I know they are hurting in some way.

I use aromatherapy with my Reiki healing. When a client arrives I speak with them for a few minutes to decide which aromatherapy oil to use. If they are sluggish or tired I use an energetic oil or if they need relaxation and grounding I use calming oil.

Does Reiki Cure Illnesses?

It can. For example, clients with major anxiety from traumatic experiences may have social disorders. Those clients do not want to go near anybody. They tend to stay home and everything scares them. They may try many different treatments like traditional psychotherapy, acupuncture, Reiki and other holistic things to get their mind, body and spirit back in order.

My clients begin with weekly Reiki treatments and soon after have gone out there, socially. Their level of anxiety goes down because they become grounded. I feel you can cure anxiety because clients get better at knowing who they are and how to handle situations so that anxiety does not control them any longer. It takes many sessions, but in time it can work. Anxiety also causes aches and pains and Reiki alleviates all of that. Anxiety is one of the biggest healing areas that I deal with for my clients. It's amazing how anxiety causes body parts to ache, lethargy, moodiness and more. People that are not grounded have heavy legs. They feel lazy because their shoulders hurt from shrugging. They don't realize that they hurt themselves physically through their anxiety. I heal body parts by calming clients down mentally which over time alleviate their body of aches and pain.

Can Reiki Heal People With Chronic or Long Term Illness?

Yes it's possible, but treatment may be long term. It won't happen overnight. For example, if someone has Rheumatoid Arthritis (RA), a physical issue, I put energy in certain areas to open up their chakras. I will not cure them, but I can help with the stress of the illness and provide some relief. I work on the proper chakras for each type of illness. By doing so, chakras either open up to help heal or relieve stress or chakras slow down if they are overactive. The energy in the body needs to be put into balance. Some diseases are incurable, but they can be contained or the symptoms can be reduced.

How Often Do People Need Reiki Sessions?

Reiki healing usually lasts 3-5 days for emotional issues, so weekly visits are good. Some clients may come only twice a month while other clients sense that they need to see me more if they are not doing well in between the treatments. I try to see clients twice a month for physical illnesses like aches and pains, too. Some people come one time a month and I work with them to meditate in between treatments. Sometimes it depends on their schedules or finances.



Patti's Reiki Healing Room

How Soon Can Someone Expect Results from Reiki?

Instantly, for some. Sometimes people will sit up after a session and feel better right away. For example, a client had gas troubles and after one session she belched and we laughed. She was so much better and she said that was the quickest she ever felt something work. It opened up her charka enough to relieve her belly issues.

After a session when clients sit up they may feel a little dizzy. They don't realize that their body has sunk in like a mattress that took them inches below their body. When you first sit up you want to move slowly so you don't become lightheaded. During a session clients feel like they meditate for 45 -50 minutes. Reiki treatments for illnesses or stress can take weeks to get relief, but every time they come it lasts for longer periods of time. It gets better and better for client so they can come for treatment less often.

Is Reiki Effective if Someone Falls Asleep During Treatments?

Yes, it happens and some people even snore. For some it's the best relaxation and sleep they had, even in only 30 minutes. They let themselves get so deeply relaxed that the mind actually becomes empty to the point of not paying attention to what I'm doing. It is a cool thing when that happens. I had a client under major stress that fell asleep during treatment. That night she opened up to the point that she remembered a dream and usually she did not remember her dreams. Everyone dreams but they don't always remember them. I even had a client that had a dream during her session.

What is the Average Cost for Reiki Healing and How Long are the Sessions?

It takes about an hour for Reiki healing. I use relaxing music called "Merlin's Magic". It's a beautiful song that I found after searching through 50 songs. I have seen charges of \$ 75 to \$ 120 dollars and some practitioners also include massage therapy. I charge \$40 per session because I want it to be affordable. I want clients to leave feeling well. Clients' need water or tea when we're done with a session because the heat builds up and it leaves them feeling thirsty. I want clients to relax for 5 minutes after a session and talk about what they experienced. The total time for a session is about 1- 1 ½ hours. I take my time to listen to clients. I spend 2 hours in between clients and see no more than 3 clients per day.

Why Did You Become a Reiki Master?

Ten years ago I learned Reiki I and II. When my husband battled cancer we were afraid and devastated. The cancer had gone from his neck area to the lymph nodes and through his glands. It was horrific because he's not going through it alone. When someone in the family has cancer the whole family goes through it and we all had to deal with it.

One night I did a Reiki treatment on my husband's neck area I shook like crazy and heated up to the point where I cried and became very emotional. It was a feeling that overcame me and I had no explanation for it. He grabbed my hands and said "this feels funny". We both became overwhelmed, but I did finish the session. I prayed to heal him and stop the cancer from spreading. The biggest thing was to stop the cancer from travelling to his lungs or any other area. That night I had a dream that I was handed a diploma. That was my sign that I needed to continue training and become a Reiki master.

What Special Skills Do Reiki Healers Have?

The main skills needed are training classes for Reiki I and Reiki II. Reiki I is the simplest form of hands on healing where you learn one of the three main healing symbols. The Reiki I symbol magnifies energy. Use of the 1st symbol increases energy in areas that many need more work. Reiki II uses the other two healing symbols, one which helps heal people on mental and emotional levels and the other which is used for long distance healing. Reiki practitioners use an object for long distance healing to help visualize a client. I use a teddy-

bear named Crystal as my Reiki helper. I hold Crystal in my lap and touch her while I use the Reiki symbol for long distance healing. I meditate and send healing energy to the person over any distance and time.

A Reiki master uses a 4th symbol which is like "the-everything" symbol and is equal to the first 3 symbols. The master symbol is also used to pass attunements on to new Reiki practitioners and prepare them on their healing journey. The names of the symbols and how they are drawn are only for the eyes of the practitioner.

Anyone can be book smart and get Reiki I and II training, but I feel you also need a sense of spirituality and a desire to heal people. People who get Reiki treatments trust you to help them. You need the gift of wanting to heal and to be part of your clients' lives because you will develop an ongoing relationship through healing. That's my life and I love every bit of it. I love helping people.

Can You Explain What Attunement Is?

A Reiki master gives attunements to Reiki students. You sit grounded with your feet on the floor and in a prayer position. The Reiki master attunes your body with the Reiki symbols. When I did my masters I felt the energy go from my head to my feet. It flowed naturally. I felt a rainbow that went over my head and I felt every single energy color go into my aura. I was replenished and renewed and when I opened my eyes and I just wanted to smile and celebrate. It was amazing. As a master I can now provide the attunement for others to get Reiki healing skills. Attunements are done for the practitioners, not for clients.

Attunement classes are \$ 150 or more. Colleges and holistic centers offer training, but not everyone does the master level to receive the attunement to actually become a teacher. Even if people only want to heal family members and friends, I recommend level one training. You don't have to go on to higher levels.



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