

Announcer: [00:00](#) Welcome to a teaspoon of healing where we explore the pathways to wellness and vibrant living. Listen to personal stories of healing and interviews with experts. It's time to open a doorway to healing in your life through positive changes. Here's your host, Dawn DiMare.

Announcer: [00:23](#) Hi, I'm Dawn DiMare and you're listening to a teaspoon of healing. This is episode 10 of the podcast, and today is part one of a two part series about Reiki. Today we'll be talking to a Reiki practitioner, Kerry Walker-Collins from Laguna Beach, California, and she has been practicing Reiki for many years. She's going to talk all about what Reiki is, what it can do for you, and lots more. At the end of the interview, she'll be sharing her own personal story of healing, so stay tuned for that. It's very powerful. If you want to learn more about this podcast or you want to listen to previous episodes, is it my website, teaspoonofhealingdot.com.

Announcer: [01:15](#) This podcast is for informational purposes only and does not constitute medical advice. Please consult a physician or other health professional before undertaking changes in lifestyle or wellness habits. The author claims no responsibility to any person or entity for any liability loss or damage caused or alleged to be caused directly or indirectly as a result of use, application or interpretation of the information presented here in.

Dawn DiMare: [01:35](#) And before we get into our interview, let's hear from one of our sponsors Goff Tours.

Announcer: [01:43](#) Hi, this is Goff owner of Goff Tours, specializing in standup paddle boarding or surfing lessons. I even do snorkeling. You can reach me here. Orange County has what you're looking for. You can contact me via email at gofftours@Gmail.com or mobile number is nine, four, nine, three, three, eight, five, nine, three, seven. gofftours.com

Dawn DiMare: [02:20](#) Hi, I'm Dawn DiMare and you're listening to a teaspoon of healing. Well, let's talk to our guests right now. Hi Kerry

Dawn and Kerry: [02:26](#) . Hi everyone. How are you today? I'm doing well. Thank you for being on the podcast and carry. Your office is in Laguna Beach, California and you live in Dana Point? I do. And so you're a Reiki master? I'm a Reiki master practitioner and teacher. I'll see you teach Reiki as well. [inaudible]. Well, we'll talk about that for people who don't know, what is Reiki? Reiki is the Japanese form of energy healing. Okay, and what kind of conditions can it help? Well, primarily it will find the source of any condition that

has shown up on the outside or on the body going back into the spirit, the mental, emotional, and the spiritual side of everything. Being that we can work on emotional situations such as divorce traumas, personal changes that are occurring outside of our control that are uncomfortable for us as well as sicknesses and disease or we call it dis ease at times.

- Kerry: [03:32](#) I've been working a lot with cancer patients, young people with anxiety. I mean really anything from a to z anymore. Great. And I've actually had a reiki sessions with you. It is really beneficial for pretty much everything. My back sometimes has pain and it, it helped and just emotional stuff. So there are a lot of people out there, they don't know what it is. So when you do Reiki, is it mostly hands on or is it usually. Do you usually place the hands and and how does one do Reiki? Well, most practitioners in probably the state of California because of laws and regulations are hands above, are hands off. Traditionally Reiki was hands above because I have a background in skincare and I'm an esthetician my license as well as like nurses, doctors, massage therapists are all enabled to be hands on. So with the ascension is generally speaking hands on until we're working in the field or performing distance Reiki as well.
- Dawn DiMare: [04:34](#) We don't have to be in the same location. Oh, okay. So you could actually do it distance?
- Kerry: [04:34](#) Yes.
- Dawn DiMare: [04:40](#) Okay. And, and how did you get into doing reiki? Is this something that you've always done or, and how long have you been doing it?
- Kerry: [04:48](#) Okay. Well, Gosh, I was first introduced to Reiki probably about a little over 11 years ago. I believe I was always intuitive as a child would sometimes go exploring and seeking with different religions and wondering about that aspect of myself. So it wasn't completely new to me, the concept once I found it, um, but I didn't go looking for it. What had happened is about 11 years ago, I had what some would call a near death experience, a major, major shift in my life, probably as a result of all that seeking, but I was always doing and I was, I found myself in a different career path which was at that time skincare and primarily medical skincare as working for a physician in South Laguna.
- Kerry: [05:39](#) And it was there that I had a nurse client asked me when I placed my hands on her to start her skincare procedure if I was also. I'm a Reiki practitioner and I wasn't at the time, but at the,

something resonated inside of me when she said that, uh, I wanted to say yes, but that would have been a lie. And so I said no, but something of me was very intrigued by that. I realized what she was probably feeling at that time was the prairie meditation that I was practicing every morning and probably a little bit of my yoga practice as well. So it was about a week, week and a half later that I had one of my meditation mentors asked me if I wanted to go down to San Diego to take Reiki classes and I thought for actually a few years after that, that, uh, I must have told her about that experience that I had with this particular client and I didn't, so it was just spiritually guided and uh, I found myself in Encinitas taking my first Reiki one and Reiki two with a pretty, pretty well known Reiki instructor and it was in that, that she said that it would open up intuitive channels and, you know, guide us into a much deeper healing practice and meditation practice than, than we may have ever known before.

Kerry:

[07:00](#)

And I knew that I was at home nice. I knew that that was something that was going to probably benefit my clients and myself. And I just started doing it immediately. Luckily I worked for a physician that embraced it. Oh, nice. And, uh, started working on everyone in the office and the doctors that would come through, he was a physician in that train. Other physicians from all over the world and so every Monday I worked on all the doctors that came through and lots of practice all of a sudden and then when I moved through the levels I. It just laid down in my lap again. I really didn't go looking for it. I took my advanced training and master level when the teacher appeared and then I started teaching it there at that facility on the weekends. So Nice. Now is about 11 years ago now or so?

Dawn DiMare:

[07:46](#)

You've been doing Reiki for 11 years. Amazing. And then you open up your own practice?

Kerry:

[07:51](#)

I did. I did. It took. I'm having. I had my son about six years ago and realized that I didn't really want to be working nine to whatever, nine to six, nine to seven regular regular job. We joke real job and I was blessed enough to not have to do that, so I was able to drop back and just work a couple of days a week for awhile as he's gotten older and as word of mouth has occurred and what facility was more necessary. So I moved into a larger facility with a good friend of mine who had a wellness business in town about a year and a half ago and then she moved about six months later and now we are in where we're at downtown for the last almost year in March. Nice.

- Dawn DiMare: [08:34](#) Now if somebody else is interested in becoming attuned or I think that's the term that people use to Reiki. They how. How do you find a teacher?
- Kerry: [08:44](#) I, I look online sometimes I just. There's a lot of ads for, for Reiki, maybe. Maybe it's trendy now. I don't know, but it. Or maybe it's just that I'm seeing it is I've actually been interested in it, but.
- Dawn DiMare: [08:54](#) So if is interested in learning how to do Reiki, if they feel that they have a calling to do that, how do you suggest finding a good teacher? A good program to learn? I know there's a couple levels and then also to find out to get your mastery level.
- Kerry: [09:10](#) Well, I think it's important that, I mean we, everybody googles right? Anything you want online anymore. I think. I think that's how probably most people are finding and how the teacher has to resonate right now and I don't think that you really get attuned to Reiki before you're ready to become attuned directly.
- Kerry: [09:26](#) I mean anyone can learn Reiki. Anyone has the ability to utilize this and to heal others and themselves. It's just whether or not it's time for you and picking out a practitioner as a personal, personal thing. I mean, of course that's why word of mouth and recommendation is, is so good is that you want to find someone that resonates with you and, and spiritually is an alignment with, with, um, with a light background that you appreciate and admire and can trust. Nice. Now I've had reiki done and actually the first time I actually ever had it done was with you. So when you put your hands on someone and you're able to, because you're an aesthetician or if someone else had practitioner or they put their hands over, you actually did feel heat.
- Dawn DiMare: [10:19](#) And where does that come from? I'm a skeptic. I really enjoy or spiritual things and holistic things, but I'm also a skeptic, but I felt it. So where does that heat come from?
- Kerry: [10:30](#) Well, essentially the practitioner is channeling the energy. So reiki in itself, the word means God. Conscious life, force energy. Okay. So we are pulling from spirit divine source. God, if you're okay with that, and that energy is going through us to the client or to the person on the table or the friend or the plants or the animal, whatever we're working on. And most people will feel heat. So my hands become like little heating pads generally. Um, and that's how you can. Most people are feeling it. Some people will feel a fluctuation in just an energy and they'll feel maybe even a cool. So really occur. I had a client this morning

that was actually talking about me moving energy and she was giving me a compliment about that. And I said, well, what do you see? And she says, I don't see.

- Kerry: [11:21](#) I feel so we're all different and how we receive it as well as far as um, what we're feeling. But generally speaking, most people feel like they just came out of a meditation, drops your body into that meditative healing space. Okay. So your body can heal whatever the issue is. Okay.
- Dawn DiMare: [11:40](#) And it can also remove emotional blockages as well?
- Kerry: [11:44](#) Yes. Yeah.
- Dawn DiMare: [11:45](#) And is it common to feel very emotional afterwards? Because I did. I have to say, okay, this is embarrassing, but I'm saying this to the world right now. I, I felt really good and then I came home and I started crying because it. Because things. Was that because blockages were removed or is it common for people to just sob crying?
- Kerry: [12:03](#) It is. I mean everybody will have a different experience and I think each time. I mean, I always say no to Reiki sessions are ever the same.
- Kerry: [12:12](#) Each time we come in a different way or bringing to the table, something else is bringing to the surface and being removed. I had a friend that was a therapist once say that even in her room, she had her space for her crying room. I mean, it's healing. It's good to let our emotions flow and oftentimes for that situation, for you, it may have been met. It had been a long time that you've had a release like that and we were just moving through some of the emotion that's been locked and stored. Oh, okay. Now when somebody has a serious illness, not that emotional issue, the emotional issues can be very serious. Let's say a serious physical issue like cancer.
- Dawn DiMare: [12:50](#) How does Reiki help with that? Because I know it removes the blockages, so how does it help to heal? I'm not saying it's gonna cure cancer, but how does it help to, to heal you with from physical elements?
- Kerry: [13:01](#) Again, always different. Like I can give you stories, case stories. There was a woman who is in her eighties, later in life, the second time of cancer. They didn't tell me that and at the time I, you know, they asked me if I could do this for her. I came, I showed up. That's what. That's how this works. If somebody is

asking and they want to receive, they're supposed to and it wasn't really about healing the cancer per se. There was emotional trauma that had gone on from the cancer from before that needed to make peace with and the other. The bigger issue that I wasn't aware of either before starting on her was that she had never taken medication in her life. She was very healthy, begin, didn't take pills, that type of thing. Yoga, I think she was a. I'm a spiritual teacher at some point.

Kerry:

[13:51](#)

They didn't tell me that either. I saw it on her wall and she'd never taken any medication and that was a big concern of them and so she got through it without ever having to take the major payment medication really, and it wasn't something that I as a practitioner sought after to solve for her. We just have to let the Reiki energy take over and do exactly what it supposed to be doing and there's been other cases. I had an oncologist who was that mid thirties cancer patient and we did this alongside with her chemo radiation and she would give me feedback that it was helping with the nausea that they feel just a lot of the other elements that come along with treatment and she's 100 percent cancer free, so you never know exactly if it's the western or the eastern [inaudible] and I think that's why it's important to do both because when the miracles that I've seen have been alongside with everything that's that we can utilize now and it's been pretty amazing process to see and other times we're just chasing around the issue a little bit, you know, alleviating the, the darkest parts of some of these diseases so they don't have to feel as much sickness, as much a Dema as much heart palpitations, as much pain when there's pressure in certain areas of their body from tumors, et Cetera.

Kerry:

[15:03](#)

But the outcome is always, always seems to be better when we're adding alternative healing methods. Yes. And many hospitals, they're actually incorporating reiki. I've read about this and maybe not all hospitals but, but some of them. So what do you, do you think that the western medicine world, traditional medicine or more, they're becoming more and more open? No, absolutely. Absolutely. I mean, I, I know that there's Reiki practitioners that my mind teachers have been doing this for 30 plus years, so it's an Reiki itself has been around. I mean our assuming master lineage was found in the thirties, but we know that it's been here a lot longer than that just in the 11 years that I've been here. It was a little bit more of an uphill battle and when people would come into the physician's office and they just wanted medication, right? Know the s they'd come see me, but they really just wanted medication for whatever it was.

- Kerry: [15:57](#) And I've seen just in general the population awakening to this idea that there's other things that can also help alongside of their medications and Western medicine. And I know that nurses and doctors alike, but made a lot of nurses have done this in hospitals for years. Um, it's just, I think more talked about now, it's definitely becoming something that has been more talked about in media and in fact I think Dr Oz's wife has a Reiki master practitioner and so it's on his show quite frequently.
- Dawn DiMare: [16:28](#) And for someone if they are looking for a Reiki practitioner, of course they can google what should they look for if they're, maybe they're not in Laguna beach there and you know, wherever they live. Are there things that you should look for when you're, if you want to start, you know, maybe word of mouth, like you said, or people are just googling.
- Kerry: [16:44](#) Yeah, I mean if you, if you're interested in an alternative healing method, ask your friends. I mean that's number one. Asked around if anyone ever seen a reiki practitioner. Has anyone ever seen, I mean anything that you're interested in writing a naturopathic doctor. Number two, if you google it, you'd Google Reiki in Laguna or Reiki where wherever you're at in Austin, I have actually taught Reiki students all over. So they're, I know we're everywhere and then I then look at it, look at their website, read the website, feel if you, if you resonate with it, I oftentimes people will say they picked me because they liked my picture. They, they liked the colors or the look of the website, you know, I think just really letting it follow your intuition. We all have it. Our sixth sense, our gut feelings, we call it.
- Dawn DiMare: [17:24](#) Right. And your website is you have a website.
- Kerry: [17:27](#) If they do, it's mysticreiki dot com. Okay.
- Dawn DiMare: [17:30](#) And so you also teach Reiki?
- Kerry: [17:32](#) I do. I teach Reiki. It's about every three months or so. We teach level one and two and then master training. We teach about once a year depending on who's ready. And master training is advanced Reiki training and master of gets. I just end up calling it master training. It's the third level and we teach it here at the office. I do Reiki circles monthly at better living, Yoga in Aliso Viejo, lots of cool stuff. We're going on a retreat with a friend of mine that's yoga instructor in Sedona.

Dawn DiMare: [17:59](#) Oh really?

Kerry: [17:59](#) At the beginning of March, um, or we'll do healing groups and healing sessions and that sounds fun. Sedona is definitely a healing place. It is quite afford techs out there and so people can find out about that on your website as well. Yeah, they can, they can. You can always email me at Kerry k e R R Y at mystic reiki dot com.

Dawn DiMare: [18:40](#) Earlier in the interview you mentioned that you had a near death experience. Do you mind sharing a little bit about that?

Kerry: [18:46](#) Sure, sure. Yeah, I'll share about that. I had, I call it my past life now. I feel like we have many live while we're here, but I found myself, you know, all through my twenties adjusting to social pressures I guess and not having any tools basically to deal with emotional things. Right. And not realizing it, not realizing that I have this in my family because I do believe it's hereditary in some sort. It's passed down to us, alcoholism. So my coping mechanism was to drink, you know, and when you turn 21 it's like okay, we can do who we get to go out. And I loved Laguna beach because it was, you know, fun stuff to do at night. At least. I'm not a sleepy town like Mr Ba whoa was I went to high school.

Kerry: [19:39](#) I was pretty normal with it for a few years. Not having any idea that both grandfathers on both sides were functioning alcoholics or uh, my grandfather and great grandfather. Okay. And nothing in my immediate family that I could see. So I had really no idea that it was like a little ticking time bomb in me. So you know, relationship issues and probably pretty normal things that would go on. I would overdrink and deal just cope that way. So I was about 30 and had another episode basically for the first one of the first times ever felt like I couldn't quit drinking. So it was about three day little bender, I guess you'd go on. I was off for a few days and upset about a relationship thing and drank and then woke up. And then drank some more and then woke up and I went back to sleep. I woke up and drink some more and I'm pretty foreign but made the right phone calls in it and I felt like God just had swooped down and plucked me out of them right then and there.

Kerry: [20:32](#) So in hindsight it was the beginning of January of 2007. I had come home from the bartending job that I had had and was on my patio looking up at the sky and I didn't realize at the time what I was talking to or anything, just that there was something bigger than myself. And I said, I think I'm losing my mind. I still didn't think there might've been a drinking issue. I just thought

a, something's going on. I just don't feel right and I don't feel like I can trust myself anymore. And I'm 11, 10, 10, 11 days after that I was in a rehab, which for us at 31 years old, after being on your own since you were 17, it was pretty shocking and there was quite a humbling that needed to happen and there for sure. And it did at some point in the process I got out of that.

Kerry:

[21:19](#)

I was in there for a little over 30 days and insisted I moved back to my apartment and that I loved and like you and I and I'm grateful that they let me because it's not always the best thing to go back to your same life that I did. I went back to bartending and luckily I worked at a bar that I absolutely adore the owners and they had strict rules about drinking and working and I always abided by those. And so it wasn't a horrible place for someone like me to go go back to because I actually could still abide by the royals. But my life turned around. I mean turned around and turned around quickly. So I went back home. But nothing was the same. And little by little things started to change and I went to esthetician school, just something quick, I'd always been interested in skin, but it was kind of a quick thing to get me out of bartending full time.

Kerry:

[22:04](#)

And then it was, I mean, it was right after that I got out and started working with the physician and Reiki came into play. And, and there's been no, looking back since part of my sensitivity as an alcoholic woman, once you get over the shame of being a female alcoholic is a realization that the sensitivity that we have, this extrasensory perception that we all really have is what I was dumbing down. Right? So when I took away my, I always joke it was wine and you're starting to get a little too chubby. It would be vodka soda.

Kerry:

[22:36](#)

So if I wasn't putting that in my body, I had all of my intuition that I'd always had. I've been trying to cover up so I wouldn't be weird or wouldn't be different. Was out there and raw and there was really no ignoring it anymore. Right. And so, uh, luckily we all have this higher power or at least I believe we all have this higher power that I knew exactly who I was before I knew what it was and lead me in the right way. And, and I got to arrest the disease. I mean, it's still, it's always an ongoing battle, but it's not something that I think about daily anymore, for sure. Which is amazing because when you're in it, you can ever imagine not, not doing it. It's such a part of our, um, social norm. It is, it is just so grateful because nothing that I have in my life not finding out who I really was.

Kerry:

[23:23](#)

I mean, I, I can now say, you know, psychic medium channel healer, clairvoyant. I mean I can say exactly mother, wife,

normal. There is normal. All the things that I've been hiding and covering up, you know, we're nothing to hide and hide and cover up. There was no shame in it of course. But when you're young, you don't know. A lot of people don't. You don't know it, you know? And then there's that struggle of, well I was 30 years old when I got sober, you know, was it just a normal 20? Was it a normal thing that we all go through? I mean, it could be, could be, but I feel like why test it? Right. Why test it? Oh, right, right.

- Dawn: [24:00](#) By the way, I'm really, I'm really impressed. That's, that's really an amazing story. And congratulations again. How long has it been?
- Speaker 3: [24:07](#) It's been 11 years.
- Dawn: [24:08](#) Wow. Wow, that's amazing. You should really be proud of that because it's not easy to do, really isn't. It's not easy to do and it, and it's true. We do kind of cover up things with substantives, alcohol, whatever, whatever it is people choose. And maybe those are things that need to come out. Sensitivity, intuition. Yeah. And it's okay. It's okay.
- Kerry: [24:29](#) You know, an alcoholics anonymous, they told me that alcoholism was a spiritual malady and I talk about with my clients that we all walk around with this God shaped hole, you know, and many of us are trying to fill it up with something. Right? You know, women maybe more clothes and shoes. Guys. You know, cars, I don't know what it is, but we're all trying to fill up this whole and it's probably why I'm Reiki has been such a passion for me is that it's a great foundation that we actually fill up that hole with spirit and at first we're doing it for them and eventually, hopefully soon through the process they're starting to feel that connection to the divine and they're able to do it for themselves.
- Kerry: [25:11](#) And all these things are tools or tools for us to live the way that we, that, that were intended to, um, so we don't have to feel different or shame or less than we're. None of us are less than him and most of us, we have anxiety, you know, and if the truth, the truth came out, I think everybody has their insecurities about things, you know, but we always feel so alone in that. So, uh, it takes one at a time, one person at a time to heal their god shaped hole, their spiritual malady, and to share it with others. And so they can do. And so that's what we're doing here. That's great. And again, congratulations, it's not easy to do, easy to do. So that's great. Well, is there anything else you wanted to share with our listeners? I hope that you find is.

Kerry: [26:00](#) I hope you find someone that can assist you. There's amazing, amazing practitioners in this town, a meditation practitioners and yeah. So that was a question I had. Are there any other practices that you recommend along with Reiki that can just, you kind of enhance it? Meditation, Yoga, Meditation, Yoga, Yoga is energy healing. Meditation is meditation is the foundation. Once you start meditating, you really start tapping into connecting. It can change your entire day. If you'd meditate even for five minutes. Most of the time we can't meditate because we can't turn our head off, but we're not supposed to. Laureate own can help you out in there with that. Yes. So there's only going to be on a beach. Um, and then we have practitioners here other than myself. Sherry's Gammons here, she's another Reiki practitioner, and other esthetician that works for me when we're not here.

Kerry: [26:49](#) And there's a medium that comes in and does monthly group anything that you're attracted to that way. Um, I say do it, take the leap, jump, get some, take care of yourself. Self care is important and um, there's healing and the messages. So go look for the Messenger. Great. Well thank you so much, Kerry, for being on the podcast. And what is your website again for people to find you? It's mysticReiki.com.

Dawn: [27:15](#) And so you do Reiki and you do skincare as well?

Kerry: [27:18](#) We do. We do organic skin care. Okay. And also teaching to then lots of classes late.

Dawn: [27:23](#) Well, so people can look that up. MysticReiki.com. And I'll put that on my website as well.

Kerry: [27:28](#) Thank you. Thanks for having me.

Kerry: [27:30](#) Of course. Thank you. Have a great day.

Dawn: [27:30](#) Bye.

Dawn: [27:35](#) Thank you for listening to this episode of a teaspoon of healing. If you have any questions for me or for Kerry, is it my website? Teaspoon of healing.com. Click on contact and fill out the form and I'll get back to you while you're on my site. You can listen to past episodes, read transcripts, or read my blog. You can also reach me on instagram at teaspoon of healing or on my facebook page, facebook.com/teaspoon of healing. If you're listening to this podcast on itunes and you enjoy the podcast, please leave me a review and a star rating. I'd really appreciate

it, but tune in next week for part two of our reiki series. We're going to be talking to Reiki Joe from Phoenix, Arizona, so stay tuned for that and have a wonderful week.

Announcer:

[28:27](#)

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