

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 is your host, Dawn DiMare.

Dawn DiMare: [00:22](#) Hi, I'm Dawn DiMare and you're listening to a teaspoon of healing and this episode 11 of the podcast. This episode is part two of our two part series about Reiki. Today I'll be chatting with Joe from Phoenix, Arizona is a Reiki practitioner who was a former fraud investigator, so he's going to be talking about his career change and his adventures into Reiki and will also be chatting about how to do distance Reiki and a lot more if you want to learn more about this podcast, is that my website [teaspoonofhealing dot com](http://teaspoonofhealing.com). You can listen to previous episodes, downloads, show notes, and transcripts and read my blog.

Announcer: [01:07](#) This podcast for informational purposes only and does not constitute medical advice. Please consult 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: [01:28](#) And before we get into our interview, let's hear from one of our sponsors Goff Tours.

Announcer: [01:36](#) 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](mailto:gofftours@gmail.com) or mobile number is nine. Four, nine, three, three, eight, five, nine, three, seven. [Gofftours.com](http://Gofftours.com).

Dawn DiMare: [02:11](#) Hi, I'm Dawn DiMare and you're listening to a teaspoon of healing. Well, today we have a guest with us. Joe From Phoenix, Arizona. Joe is a Reiki practitioner. Hi Joe.

Joe: [02:23](#) Hi Dawn. Thanks for having me.

Dawn: [02:25](#) Well, thank you for coming on the show. So Reiki, how long have you been a Reiki practitioner and how did you get into it?

Joe: [02:32](#) Oh my gosh. Yeah. Reiki less than a year is kind of weird how I got into it, but it's been amazing. It kinda came to me and I think

that's kind of how the Reiki works. It finds people. It definitely found me. He found me a on a camping trip with my family, with my children and my wife was kind of weird. It's actually mother's Day weekend, so we went up and just to see how it would go and it got to a point. I was like, you know, I'm just going to take a little break, catch my breath, get away from. And we had just gotten tired and night. It was common and I was getting cold and this will be a joy, but anyways, I just started feeling really lethargic and short of breath. I don't know if I was having an anxiety attack or anything, but I've looked up, saw I light.

Joe:

[03:22](#)

Yes. The sun was in the skies, Sun was out. If this light was intensely bright, hitting me. I just wasn't a place of I could stay or go so I can describe it I guess, and I just remember saying I'm staying and I'm like, that's a no brainer question and from that moment on I could feel some energy within myself not knowing what anything that I had just experienced. I just walked over to the campsite and my wife thought it was up to something and I just said, I need to sit down for a bit, catch my breath and recuperate. Not. That was that story. So anyways, I was able to get through the night. I was okay, I didn't know what happened and I kind of questioned it and it just went from there. I could feel some energy in my hands and I was able to work with it and ways that I never knew I had or could at that point, never even heard of Reiki.

Joe:

[04:19](#)

Went back to work the following week or the next week, the Monday, and I was googling energy hands. Somebody sitting by me at the office said the word Reiki and I happened to be on a page reading about it and I was like, what? And she? Yeah, my friend was Reiki so I got connected with the friend like that same day she had to get work at the same facility, so I got to go talk to her and say what the hell? She's like, yeah, you got Reiki. And I'm like, what? No idea. There are classes you can go get attuned and learn more about it. So I was like, heck yeah. I signed up for it mostly so I could control it. It turn it off. It was, it would just be on all the time. I was at work all the time, walking around and just feeling like I was floating.

Joe:

[05:04](#)

It was like a constant aphrodisiac high. It was intense. I. It was weird. I didn't know it wasn't. It wasn't ill intended, it wasn't evil. It was like, wow, I love you. I love that tree over there and I love everything I have to work. Exist in this environment. People kept coming up to me, talking to me and spilling their guts at me, but I was able to respond to them in a way that maybe they need to be responded to, which was really cool, and that's part of the Reiki, the energy. Anyways, I got a tuned and that night I

went home. My wife's friend was over hanging out with my hands on her. I said, Reiki on turn that thing on, and she felt she loved it. She fell in love with it. I fell in love with it because I do it actually worked and I was just like, wow, this is it.

Joe: [05:58](#) This is it. Like I said to my wife like, Hey, I can leave my job and do this and a half years into a career. The weird thing is I packed up my desk the Friday before, so then it launched me into fast forward after a year. I'm a teacher now and I have a client base growing and I've been working reiki in some events here locally in this market, like yoga style type things where energy is used and very loving and productive ways and gee, I don't know, it's just taking me on this ride and it's been amazing and I'm so, so glad you're on it with me and force everybody out there listening. We're going to do some great things with it and I'm super excited.

Dawn: [06:42](#) Experienced the light. You had this energy in your hand and you went to work and so you hadn't heard of Reiki before and so you googled it and then a cubicle mate or office mate told you what it was, so it wasn't anything that you are aware of?

Joe: [06:54](#) Not at all . I'd never heard of that. I never knew that people had experienced a spiritual awakening such this is all new to me. I worked in the insurance industry for Fortune 500 company and for 18 and a half years, I believe it was 16 plus as a fraud investigator, investigating organized groups of claimants, attorneys, medical providers, body shops. Any groups of activity, which was awesome and I had a great time doing it when we were able to do it, but the job got into numbers data and we weren't investigating after awhile and machines are doing the job and I'll get paid a lot of money to do it and no, it wasn't. It wasn't right. It wasn't the job that it was described to be any more. Came in, took me, took me on this path of wow, getting back to what I really like to do best about job was connecting with people and helping them through, you know, hey, you're in a car accident, but hey, guess what? It doesn't have to be your investigator on the case and I'm going to be with you every step of the way. Right. So it's all part of that.

Dawn: [08:17](#) Oh that's great. And it seems like it came to us at the right time. Now I interviewed last week another Reiki practitioner that lives in the town that I live in, Laguna beach. And it's interesting to hear the different stories about how Reiki found you. So can you describe for our listeners that may have not heard the other episode or if they have in there are still more curious, what is the Reiki and how does someone find a Reiki practitioner and what does it do for them?

Joe: [08:47](#) And you're right, it does find people when they needed at the right times, which is really cool and I've seen that with people I've been connecting with on that level. So reiki is universal life force energy. It's a Japanese word. Let it be known. Energy hasn't wasn't just started with Reiki by Dr , 19 22, so it's fairly new in the sense of what it is, quote unquote Reiki, but energy in the form that it is used, which is assisting others with love and healing themselves. I'm not a healer. I am the conduit. I can pull in a high vibrational frequency of energy because I've been attuned by a reiki master. Not Anybody can just go grab Reiki. Yes, you have energy. You have a field of energy with Reiki. A reiki attunement by a master allows you to open up your vibrational frequency and it will go at a higher rate, and that is the cool thing about it because you can't just walk up to the higher vibe, but reiki allows that frequency to expand and it is very hard to explain on that in those terms.

Joe: [10:06](#) Most people who have reiki feel more connected to themselves, to others, our environment more loving, they feel more positivity. They they find more flow of energy and it helps clear blockages. The reiki. This sole purpose is the channeling of positive loving energy light to balance, move clear any negative energies or blockages which exists in your auric field and within your body because we're all made up of energy and it moves those blockages and brings and brings in the loving energy, the positive light, to allow those to clear your field and connect you with ultimately who you are.

Dawn: [10:54](#) Yeah, that's really interesting. And you mentioned distance Reiki. Now I had a Reiki session, a couple of Reiki sessions in person here in my town, and I also add a distance reiki session with you a couple of weeks ago and it was amazing and this is coming from someone who's skeptical about a lot of things I didn't think, oh, how could that be Dawne over the phone and I've actually never met you in person. Talk to you on the phone a lot, but I've never met you in person and it worked. Tell our listeners a little bit more about that. About Distance Reiki.

Joe: [11:31](#) I was as skeptical as anyone or is okay and farmer fraud investigator. Come on bull crap. But think about right now. Right now we're connected. And how is that a signal? Right? That is energy. Okay. Why? What's the difference between that and what we did here with the distance session, there's really nothing because we're. We're connected and we can even connect without. I know we did our session. I think we had the phones on speaker, but we could have done that with you hung up or me and you would have had a whole nice session when I started my Reiki business and I would do a session, a distant

reiki session just through messaging on Instagram, you know, how are you doing? And we could get to clear blockages through casual conversation, through messaging words. Words are symbols. Symbols are everywhere. Words carry meaning. They carry energy, so the way it worked with us, which was really cool, we'd do a verbal one or we just had a conversation and we also did one where you gotten a place where you comfortable in your home and I had a place where I was comfortable in my home and I set up my table, my reiki table, and I put, for lack of a better term, a dummy on the table with pillows through what I would typically go through in a session on these poles connected to you through through the Reiki.

Joe: [13:04](#)

So I would. It's almost like a guided meditation, if you will. We are connected at that level and through that process I'm able to scan your aura, feel your chakras. I don't know if we've talked much about those are your audience knows much about those. They're the ports within your body were blockages may exist and at the end we would discuss those, what I felt and you would discuss what you felt and it's always fascinating to see how that experience goes for that person and what moves and what does it say, move energy moves and it may trigger an emotion. Might you might want to try something, try might wanna take a real rate for stress reduction, anxiety. It's just fascinating how it all works, but it makes sense as energy simply knows. No time or distance. Very bizarre. It's hard for me to explain it.

Joe: [13:58](#)

I really haven't had to explain it. So this is good for me to do it, experience it, try it, and I think you will be very, very surprised. Wonderful. And yeah, like I said it, it actually did work. It removes some blockages and was all done through, uh, distance. I think that's really awesome. And one day I wouldn't mind getting attuned, at least care for myself and my family. Got Level two. That's all. That's all you would need to even practice a have your own reiki practice, I believe is made depending on where you live, but once you're able to practice on others that that's the route you want to go. Of course it's recommended continuing to get up the master. I think that'd be great. And Go from there. I am a Reiki master teacher, but a student of everything. I Dawn't. I'm not a master of Reiki.

Joe: [14:47](#)

I'm a student. We learned together and it's very individualized. It's very specific. My style of teaching is it's yours. The reiki is yours, it's you. It's your experience. Do what you want with it. Of course, as long as it's in a positive and loving life, you can take reiki and be a soccer player. You can take Reiki and do Jujitsu. Being good to you, right? You can self reiki.

- Dawn: [15:10](#) So Joe, what have you noticed that's different about this industry, about the healing arts, about Reiki than in your previous profession.
- Joe: [15:19](#) And this industry loves the driving force. And it's so cool to be a part of that. Uh, what about this industry? Oh, there, that there are actually bad seeds in the, in these apples to people that aren't coming from that good place or they got something weird going on. They may be in the healing arts, but the way I look at it, we're all in this together and we got to work together.
- Joe: [15:42](#) I got the sense at some places especially well known healing places, a rivalry, the competition thing, which I don't know, man. To me that's just bad energy and there's something or mess with that. So that really surprised me. Not many male reiki practitioners. I, most of my clients are female and I'm a male, which is, you know, kind of weird. You don't always place your hands on people. It can be, like I said, we or discussed distantly or over the phone or however, or hands over. It doesn't have to be hands on, but very few men do this. Our ever. I'm finding the men. A lot of men are coming forward in this and doing this, this energy work and Reiki and I'm, I'm feeling some energy is coming from some dudes in the community and they have some awesome energy. Their comment, and I really see this going, there's going to be Reiki, every word.
- Joe: [16:40](#) They're going to be on every corner like baskin Robbins, I guess, and the future, and I truly believe that they're going to be centered where people can go basically get charged up because we have so much pollen from us on a daily basis and I hate to blame those devices, but we're surrounded in a lot of stuff that isn't the best for our vibrations or electronic or electromagnetic fields. However you want to term it, and it gets down to your emotional and spiritual levels and we don't take that into account and there's only one way to adjust that and that's to raise your vibrations through love and positivity. You're taking in a lot of negative negativity in your environment. That's probably why you feel the way you do and you're fighting it. So get some more love in there or constantly told we're not good enough by advertising.
- Joe: [17:33](#) Pay attention to the billboards and stuff. Really read the shows. Everybody's beautiful and looks perfect and we're always trying to live up to this thing that just isn't real. If we start taking care of ourselves daily and a routine a regular basis, try to feel you're feeling and not be rushed all the time. Some people meditate, pray, Yoga, run, do dishes and work through things. If you feel bad, feel bad, cry, let it go. That's acknowledging and emotion.

But guess what? Ask yourself why you feel bad, and then you get to find the solution and not a problem you don't have. You have solutions. You are the solution that takes time. It takes discipline, but you got to practice until it's automatic. If you start feeling irritable and people aren't wanting to be around, you look in the mirror, you know, feel yourself. What are you putting out there?

Dawn: [18:33](#) I agree that was excellent and especially looking at yourself, you know when you're feeling something bad about someone else, which is natural to do because we've been conditioned to be envious, what energy are you putting out and people are going to respond to that and as far as the advertising, you're, you're totally right. Everything you see be like this and then somebody will love you and you got to fill up that cup and then yourself.

Joe: [18:58](#) Ask yourself what's important to you, what do you love? And you start there and you find ways to get that into your life because that is you is you because your luck and that feeds you and you keep growing with it and you keep your field. Your vibrational field vibrates higher. Your our expands. When that thing goes, guess what people want to be a part of because it's love. It's good. We talked about protecting your Bible lot with what I do and it's keeping it high by feeding it every day with whatever it is that makes you tick. So find out what you love and launch it.

Dawn: [19:40](#) Joe, thank you for joining us. And I know you'll be back. You're really fun to talk to you and I really enjoy the energy that you bring. Now for listeners that are interested in distance Reiki, or if they live in the Phoenix, Arizona area, how can they get in touch with you to book a session?

Joe: [19:56](#) Call me or text me? Six. Oh, two seven seven. Zero nine. Three, nine. Seven is my phone number. Text, call. Email its rootsHug@Gmail.com. R O tsh u g.at Gmail Dot com. Or on instagram? Hyrvibrations at Hyr? Hug your roots vibrations. My company is that healing, understanding gratitude. And it's about what we just talked about, which is good and loving that shit. So you fly. I'm excited. Thank you, dawn.

Dawn: [20:33](#) Okay, I'll get back to that instagram again and I'll also put it on my website. It's higher vibrations.

Joe: [20:40](#) Absolutely. We run a lot through there, so if you're in phoenix or anywhere because we can connect anywhere. Follow us and pay attention. We do Reiki I Thursdays at three and other than

that, check this out because we're doing stuff around town. It's super cool, but thanks again.

Dawn:

[20:58](#)

Thank you for listening to this episode of a teaspoon of healing. If you have any questions for me or for Joe, visit my website, [teaspoonofhealing.com](http://teaspoonofhealing.com), click on contact, fill out the form and I'll get back to you. while you're at my site. You can read the blog, listen to previous episodes, downloads, show notes, or transcripts. You can also reach me at [facebook.com/teaspoonofhealing](https://facebook.com/teaspoonofhealing) on my instagram at [teaspoonofhealing](https://instagram.com/teaspoonofhealing), and if you've subscribed to this podcast or listen to it on itunes, please leave me a review and a star rating. I'd really appreciate it. Stay tuned. Next week on episode 12, we will have a guest, Jennifer Kaufman, who was a survivor of the Boston marathon bombing. Her story of healing is so powerful. You won't want to miss it. Have a great week.

Announcer:

[21:56](#)

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