

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.

Dawn DiMare: [00:22](#) Hi, I'm Dawn DiMare and you're listening to a teaspoon of healing is this episode 14 of the podcast. This week I am again joined by Reiki Joe. Joe is the Reiki master teacher based in Phoenix, Arizona, and we're going to be chatting about how you can charge yourself up when you're feeling sluggish, and what I mean by that is other than drinking coffee or eating something sugary, which is actually counterproductive, eating sugar is really addictive and it's going to go totally against what you're trying to accomplish. If you are trying to get some energy, it'll give you a little burst of energy. So what can you do to charge yourself up when you're feeling sluggish and you want to do something healthy? So stay tuned.

Announcer: [01:09](#) 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 are alleged to be caused directly or indirectly as a result of use, application or interpretation of the information presented here.

Dawn DiMare: [01:29](#) And before we get into our interview, let's hear from one of our sponsors Goff Tours.

Announcer: [01:41](#) 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 in 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: [02:12](#) Hi, I'm Dawn DiMare and you're listening to a teaspoon of healing today. Reiki Joe is back. Hi Joe.

Reiki Joe: [02:20](#) Hey Dawn. Thanks for having me back. I'm so excited. Thank you.

Dawn: [02:24](#) Thank you. I'm glad that you're back and how are you doing? I'm doing good. How about you?

Joe: [02:28](#) Good, good. Feeling really energized and charged up right now.

- Dawn: [02:33](#) Awesome. I did yoga today and I really needed it because I was feeling kind of sluggish, so I thought maybe we could talk about what do you do when you're feeling sluggish besides having coffee or something like this. What do you do to charge yourself up? What are some things that you do?
- Joe: [02:51](#) Oh, you're going to ask me this now. Oh my gosh. Yeah. What do we do? Right. So I'm a dad. I'm a working dad. I have a wife. I like to do stuff and recreate and do all that stuff and I get tired too. Our kids get tired and we all get cranky. We get hangry and I don't know if you know what that means, but hungry, hungry, angry and we get there. It gets crazy and oh my gosh. It's like one is bedtime and then we'd go to bed and we wake up tired. Somebody brought up coffee earlier and we'd go get coffee first thing. But that's what I do actually. I get water first thing because I'm that weird guy. Get two glasses of water with lemon and I put it, you know, I drink it like right away and then I chased with a coffee and then ip all morning. So anyways, so yeah, but sometimes you'll get up and you'll have coffee and you'll drink and you're like, oh my gosh, one cups not enough and we're going for two and we built up this resistance in this tolerance and we're all working against us and I don't know about you dawn, but I have a dropoff after I have my coffee buzz and I feel really, really strong and afternoon.
- Dawn: [03:57](#) Do you get that too?
- Joe: [03:59](#) I do. I get that and it's usually mid afternoon and sometimes it's so much. I feel like I need to take an habit going.
- Dawn: [04:08](#) Right. My lifestyle is similar to yours. I find that it's just, I don't know, you're just continually. There's just so much going on. My kids are a little bit older, slightly easier than when they were younger and there was no sleep. Actually, it's a lot easier than when they were younger. Although I missed the younger years. It's just that when they're sleeping and they can do a lot more stuff on their own, it's easier, but as far as the energy, I do feel a huge drop in energy in the afternoon and I'm studying nutritional therapy. I'm actually almost certified. It comes up in June and a big part of what they teach is about the adrenal glands and adrenal insufficiency or adrenal fatigue and it's not Addison's disease.
- Dawn: [04:53](#) The natural pathic doctor, they will run some tests on you, which I need to get done. They consider adrenal fatigue to be a pretty big syndrome nowadays. I read a lot of books about it. I don't know, particularly if I have it because I haven't been officially tested for my cortisol levels, but I know that I crashed

and I did a questionnaire about adrenal fatigue and I ticked off all the boxes, so I'm always looking for ways to increase my energy and drinking the coffee. That's good in moderation, but having too much coffee. It over works your adrenals and then they just get exhausted and they stopped producing cortisol.

Speaker 4: [05:31](#) You know, there's a starbucks on every corner. Now. Back in my corporate days, every morning we took that trip down to starbucks or the cafeteria to charge up and then sometimes in the afternoon we do the same thing. That line was out the door 24 slash seven and so

Dawn: [05:48](#) it really is because it's so good. It tastes good too. Absolutely.

Joe: [05:51](#) And we're a fatigue society. That's fair to say. And I think it, it's a stem of a lot. I mean we're sickest country in the world or something, I'm guessing for where we're, you know, at fiscally and whatnot, but that's pretty scary. And here it continues in. Our children are being brought up in it and it's go, go, go. And if you're not going, you're just still doing something. You've got a device so you can do whatever, but where's that time where you're truly charging up besides sleep? Sleep's a big, big, big issue in our country, right? I mean the average American doesn't get sufficient. The kids and this and that. And you know, other cultures get naps. Meditation is huge. You know, they have practices in place, but we're just like the wild wild west out here running around with our guns, shooting everywhere out of the pockets and that's probably a bad thing to say, but we're expanding our energy, let's put it that way.

Joe: [06:44](#) We're shooting our energy off and all these different directions that isn't serving us as the opposite of country because we're sick and we're paying for it. And Oh my gosh. Right. So what do we do? So this kind of goes back to what is one thing you do? I can tell you one thing I do is that, and I haven't been practicing yoga for too long. I did it years and years ago. I was talking to you about this offline and I started again just a couple of years ago doing it casually and now I'm going more regularly and that's one thing that helps charge me up. Exercise in general, but especially yoga because I like to run and it gives me a runner's high but then I get depleted later. So it works. But as a caveat, a little exercise, Yoga and meditation. What about you?

Dawn: [07:32](#) Yeah, same. Um, I only get to yoga like once a week.

Joe: [07:35](#) I trained Jujitsu, which is an outlet for me to get my mind nowhere near any anything else, which is important for me. Meditation, I try to practice that every morning. That's like

below in my universal life. I a water I think. I think that was like that practice and of its own has changed my life in so many positive ways. Yeah. So, but we still get there, you know what I mean? We know these things, we enjoy these things, but last week I kind of, I felt like I took a drop. It might. My, I was just zapped. I was like I need a break. And so just trying to incorporate more of that and less of these devices. We, we're all on probably listening to this and using to record this. We got to get away from him a little bit and I'm not saying don't have one but track your usage sometime and I think you're going to be really surprised the difference between that and actually being outside like outside of a building connecting. That's easy quick way. And I have a client up in Minnesota that walked on the bear snow the other day to charge up because that's how good it is to connect with nature. Right? Take off your shoes and put them on the earth. You will naturally recharge. We're all energy and you'll get the best energetic charge possible. You know, they say go, go get out in nature. Taking a hike, you know? Take a hike, right? Yeah. Take a hike because your energy, right?

- Dawn: [08:56](#) Yeah. The being barefoot. I do notice even live near the beach, the beach obviously, but just in the backyard or the front yard, putting your bare feet on grass, it really does energize me. Some people might think, oh, that sounds Hokey, but I like, I can. You can feel the energy of the earth.
- Joe: [09:15](#) And yeah, it's just when you're feeling stressed out, those devices are beeping and you're just constantly looking at notifications. That's me. And he's like, Oh, I've got another notification. It can't wait. It actually can. You can put it down as long as it's not an emergency text from a loved one. Then you can take a break from it, go out in nature. Going out in nature is a really good way to charge up.
- Joe: [09:35](#) These are all awesome, right? These are all great that we just mentioned a couple things, but you have to have boundaries in place to get to these things. You know what I mean? Like you talked about the notifications. We got to either turn off our phones for a set period or set up barriers like where you don't hear it banging, banging or beeping or whatever it does because it will pull you. It does. I've had it happen too many times where I just went into an APP and like a few months later was like, oh my gosh. That thing just sucked me in. You know what I mean? It's scary. It's very easy and that's what they're designed to do. They're enticing. There are apps. Do they draw you in?
- Dawn: [10:14](#) It's a dopamine rush and the people that founded facebook and Instagram, they didn't know that it was going to provide almost

like the same dopamine rush you get when you're gambling playing slot machines because you get a like you post. and then you go back for more because it's natural that you're, it's actually really addictive and they didn't know and they were designing it. So I like your idea. I actually did disable notifications for most. I get notifications. The rest I actually have to go into the APP now to see the it or whatever it is that really that important to see on your homescreen.

Joe:

[10:47](#)

Trust me, if something's is that important, you're going to find out and you, you may find out intuitively because you're not connected to a device getting pulled your energy because that happens a lot. Oh, you'll be out. Maybe you're out in your yard with your feet on the earth. Oh my sister Patty, or whatever. I don't know if you have a sister named Patty, but you know, or maybe take a pad with you and that's what you know, doing what I do. I, my mind's always going and going and going and what I will do is just punch stuff into my phone, but I have to put that phone away or I'll get lost and so I just have paper, you know, and that's therapeutic and charging and itself, but the boundaries, like we're saying you have to make, make the time to do these things.

Joe:

[11:29](#)

It doesn't have to be a lot of time, like yoga is awesome, but you know, it does take time to get to a studio if you don't do it at home or whatever and blah blah blah, which is cool. If you got it and you've got traffic and that's another thing we can talk about that spawn energy, but you know, it's awesome. And then like, you know, meditation, you can do like five minutes sessions like at work, probably in an a and a bathroom if you're really have no place do it. I used to go outside and sit on a bench and stared at a man made lake with sunglasses. I don't think anybody really knows meditating, but at that point I really didn't care because it was like keeping me sane, you know what I mean? So yeah, we just have to make it, you know, make, make that like at the beginning of the day, you know, you schedule all this other stuff, schedule that charged time and you know, instead of walking down to the cafeteria at 1:30, walk down to the parking lot and do a lap. I don't know, everybody's got their own little charging devices, you know, and the less you have to rely on something to take in like coffee or food stimulant or something like that to Jackie up talking about adrenals, you know, if he can do it naturally all the better. Right. So it's cool.

Dawn:

[12:39](#)

Right? Well definitely getting enough sleep, trying to turn off the blue lights. One thing if they say keep the device in the room when you sleep, I can't because it's my alarm clock. But to turn on that night shift, if you have apple and on android it's the

same. They have some sort of night. Apple phones have a night shift. So it changes it to a yellow light because the blue lights are really interfere with sleep that the blue light should be. You should be using that when you're awake and then that's how your body build Melatonin. Because in the old days there was no light at night, so people will go to bed real early. Your body, once the lights go off, it starts to produce Melatonin, which helps you sleep. So if you turn off, I guess the yellow lights are not as disrupting. It doesn't interfere with that, but the blue lights do.

- Dawn: [13:23](#) And another thing for charging up. Now some people are going to say, this sounds cheesy, but I find that crystals, I used to be a total skeptic about this, but I got some the last year and there are certain ones and if you put it near, either gets the heart Chakra for me or the head is I'm putting that there. And when you're, when you're having a day, you're just feeling sensitivity. You say is the gift. And it is. It is. I agree. But sometimes there's just too many energies. I'm pulling in people's energies and I want to kind of ground myself. What do you think about the crystals?
- Joe: [14:00](#) Oh my gosh. I'm so excited. Like I forgot we're going to talk about this.
- Dawn: [14:05](#) Why is it that it does that? And a lot of people, they're just going to probably laughing right now.
- Joe: [14:10](#) It's funny, like in a lot of people I know in this business, if you will, this industry healers or a lot of people I've connected with love rocks and, and even as kids and I used to play with the rocks. I still have some rocks from when I was a kid, but as I got older I was like, wow, I used to collect rocks. Oh my gosh. Right. But that was just me getting farther away from who I really was and obviously I was drawn to him and the kids, kids love them too because they all have different energies attached to them. Real life energies. And when we talk about getting outside and connecting, well guess what? You can take that outside in to connect like holding a crystal that his mother, you know that's mothering, that's energy from the earth, pure clean. It's not a device admitting who knows what, but each stone has a frequency.
- Joe: [14:56](#) Each Chakra and your body. I know how much are our listeners know about chakras, but they all have a different frequency and those stones can help move energy within those Chakras to help clean, if you will or recalibrate them so that you're in a better energetic balance, if you will. That's awesome. They're great

tools. I use them for Reiki sessions. I see chakra stones, I placed over the Chakras and I. It just feels like it amplifies the experience for the clients. At least that's the feedback I get and I just love it because you can feel the stones vibrate sometimes. Especially like if you're laying down and he put one on your, your third eye or your forehead. It's fascinating, but it's moving energy in great energy. You're talking about the best you can get. In my opinion,

Dawn:

[15:42](#)

I feel the same way. I don't have as much training as you as far as I'm only level one Reiki, but the crystals, I was always drawn to them when I was younger rocks and then I used to work at a store called visions and dreams and at the time that they call it new age type store and they had a lot of books and you say age and classes about meditation, but they had a lot of crystals and people would come in and ask about it and I would give them advice and at the time I said, do I really believe in this? Kind of, but you know what? I've always been drawn to certain crystals. Any kind of quartz rose quartz, the clear, regular crystal quartz. I'm not an expert. I don't know anything about the names and moonstone and Turquoise, like there's certain ones that I gravitate towards so I will use them and I need to research more about which Chakra points resonate with which crystals, but it seems to work with me. It, it seems to recharge me. Go. What about Reiki itself? Again, I'm only level one and I was the tune by you actually, distantly, which was really cool. As a, as a reiki master, can you use Reiki to charge yourself? Especially if you can reiki yourself. Can you use that also to charge?

Joe:

[16:53](#)

Absolutely. Absolutely, but like the other things, you have to make the time for it, right? You have to take a break from stuff. You know, self Reiki is awesome and I actually did it today during yoga, talking about yoga. I get there like once a week, but it's so amazing during the meditative part, I self reiki'd myself and I found myself. I got my hands on my head just wherever my intuition told me that I needed balancing, but yeah, absolutely. Reiki is a great thing and I think every wellness company, business program, whatever you want to call it, should have somebody onsite to charge up people. I really believe that because you'd see it all over the place. People walking around drained and tired and a lot of places where in front of a computer your energy's getting drained and ways on deep levels that can be adverse. To so absolutely reiki is a great, great charging and that's what a lot of my clients come to me for is just to recharge every so many weeks because whether you know whatever life gives you, you, you, you, you deal as best you can and sometimes you just need a little help and

that's where the, the Reiki comes in and adds that extra boost and it's awesome.

Dawn: [18:03](#) There's a couple other things I thought of. Sometimes reconnecting or connecting with a friend. In person having a Coffee. There we go with coffee again, having tea, coffee, whatever, having a tea or having a coffee with a friend. Live in person. Not just liking, not just messaging on instagram or texting them or liking their posts, but reaching out because it's so easy to not, you know, it's so easy to, to forget, you know, you get so busy with everything else. Kids, job, work, school. You know, kids, school, job, everything else. That friendship, nurturing, friendship is so important. So I make sure to make time for my girlfriends and also food. The food we eat and just being really mindful of taking in whole foods. Mostly plants as well as the proteins, whether you eat meat or not, if you're vegetarian having vegetarian, vegetable based, sorry, let me say plant based proteins, getting the right amount of fats and lot less sugar. To me, sugar that is I am a recovering sugar addict and it's so addictive and it's so depleting your blood sugar goes way up and now I'm. I'm not totally hypoglycemic like on the border, so I started just exhausted my body, so really just cutting the sugar out. I miss it sometimes and I still eat. I still do eat some, but it's nobody's perfect, but really just being mindful of what you eat because each person is different and each person can be energized by different foods that might deplete someone else.

Joe: [19:34](#) Absolutely, and like we've all heard of keeping a food journal or something like that because everybody is different. You know, whole foods that are actually meant to serve you, provide for you, nourish your body. That's what food's supposed to do. Somehow we got all caught up in the flavor of everything. It took us down this dark path, but absolutely what you're taking in is energy and that that comes out. So yeah.

Dawn: [19:58](#) Also, I think another thing that really charges me up, and it probably does for you, it's just spending time with family, spending time with my husband and kids and thesethings as the family because they grow up so fast and soon they'll be on their devices all the time. Hopefully not, but having that face time really just being present for your children. We made the, you know, you think that you and your wife made these people and I made these people and it's, it's amazing just to

Joe: [20:22](#) cool kids are actually really cool when you listen to them and you give them time and because they're so pure and man, I wish more kids were in places of leadership because they come from

the heart and they're not conditioned in certain ways. But backtracking a little bit, you said connecting with her friend. Oh my gosh. Right. Oh my gosh. Yeah. Face to face interaction away from everything. Hard to. Gotcha. I haven't seen my friends, uh, months, unfortunately some of them that I really want to connect with because everybody's busy and we put our phones down of course if there's an important text because it's really easy to just be hanging out with someone and then checking the phone and not because your rude, it's just we're just conditioned to do it. So like putting the phones down and just spending time face to face.

Dawn:

[21:06](#)

I'm really trying to do that because I, couple of years ago I was spending a lot of time with my girlfriends and now I'm just way busier so I just don't have time and they don't have time, but I'm trying to prioritize it. Like take an exercise class. I do yoga with a friend of mine, so we don't see each other too often. We see each other at the yoga class. I saw her today. Connect with people. Yeah. Like you said, not just a message. Family included physically be in their presence. It can so important because those things off charge us in so many ways because we are energetic beings and we are very close to these people. On all different levels, deeper than just, hey, we've given them a hug. There's these connections that we have with each other. Yeah, we're social animals and it's face to face social interactions.

Joe:

[21:52](#)

It's really healing and it's funny. It sounds so simple. It sounds so simple, but nowadays we're for some evolved technologically, but I feel like sometimes can lose touch with that and we have to read. I have to remind myself that I forgot all about this, so last September we did well. I didn't do it, but somebody in town here, the actually the love glass revolution, the love glasses I wear all the time. I think it was her and somebody else. It might've been just been her organize the. That was a part of the world's largest eye contact experiment where you sat across from somebody for two minutes and you just looked at each other in the eyes. No words just looked at each other in the eyes and this was going on globally and she did the Phoenix setup and you talk about powerful. I just got goosebumps thinking about it.

Joe:

[22:38](#)

I'm at some great people there. I'm still in touch with them, but to sit there and look at somebody amazing, I can't really put it into words. You know, you think of intimacy. It's very intimate. Total strangers and wow tiers. Smiling at two minutes, dawn and know what we need to do one of these some day or something. Right. Because it's, it's really powerful. Next to. What was that? So how long did you have to let do the.

Maintain the eye contact and you could blink. It wasn't like a staring contest. Yeah, yeah. No, it wasn't a. yeah, right. Not Funny. That's more common than this thing. A staring contest. Right. But no this exactly. So you just kind of make eye contact with a person for two minutes. It was at a park. So you're out in nature. You sat down, it was a downtown Phoenix, we sat on grass, it was a beautiful day and you just sat there and looked at each other and then at the end and you just had small talk and it was usually like, like a five to 10 minute interaction with each person and you just went around to the next and it was just open and it was so, so wonderful.

Joe:

[23:43](#)

It really was never done anything like that. And way out of my comfort zone actually, I have a lot of people's comfort zones. Um, yeah, I would have a hard time. I wonder. Yeah, I think. I think honestly it is very intimate. It's extremely intimate and I think a lot of people will be uncomfortable about it, but it's so connecting. That's how we need to connect with other human beings. And that is Reiki, is that connection? Reiki is connection. So yeah. And, but how often does somebody just had their hands on you for an hour? You know what I mean? It's like never. And but it's so healing and massage, Reiki those things. Yet both of bodywork having massage done. Another thing I think charges me up is to volunteer, like to give back to a cause, and I know it sounds cheesy, I'm not trying to get any Brownie points for it, but it really is. I mean, you're doing something for someone else, whether it's an environment.

Dawn:

[24:34](#)

I've done stuff with some environmental causes or the food pantries, you know, just stuff. Helping, helping out people, helping the homeless on Thanksgiving. Just even a small, small thing just going, you know, just helping someone out. Like on a gofundme. It sounds silly, but really it know, for me it makes me feel good when you're just doing something outside of yourself and not even having to announce it to the world. Like to sit and not say, Oh yeah, look at me, I just did this, but just to do it for yourself and, or even with their cart, you know what I mean? It even the little things that don't cost anything and you know, it's fine. That eyeglass experiment. I met with a guy named Chris hooli with rekindle kindness here. Phoenix is doing an amazing thing with the homeless, so he has a second chance Saturday every month and in that is so cool.

Joe:

[25:25](#)

Right. And being able to be a part of that is awesome at like, but that is it because when you're done doing those things, your fault, your heart, your heart is full and you have nothing to do, but carry that forward. And what's the word I'm looking for? Vibrated out. But it's expressed that. You know what I mean?

You carry that. It's love and it goes. It goes. That's the cool thing is so cool. Anyways, so loved charges, everything. We know that. Wow, that kinda. It kinda concludes it, right? It gets back to love whether it's loving yourself, it's taking in love, whether it's loving food, whether it's loving relationships, including with devices and activities or substances or whatever.

- Dawn: [26:14](#) Creativity. Creativity is another one. I can. We could list this probably all day, but mainly to get back. Yeah. Being creative, creating something. Even if even if it's just do it making a recipe like I get into certain recipes or fermentation or something I'm doing and it just, it charges me up because it's something that you're focusing on outside of yourself again and, but definitely I, I really liked this discussion. I hope it helps some people out there. Yeah, definitely. And if anybody has any questions, they can always call me or email, text, whatever and maybe give your info again for Joe does in person Reiki and Phoenix and also distance Reiki for people anywhere in the world. So where can they find you?
- Joe: [26:51](#) Roots hug at Gmail Dot Com. An email address or just call me or text six. Oh, two seven seven. Zero nine three nine seven or hyrdot com or hydr vibrations, which is hugging roots, vibrations.com.
- Dawn: [27:04](#) Well, thank you so much Joe for chatting with me today and have a great rest of the week and I'll talk to you again soon. You too.
- Dawn: [27:17](#) 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, teaspoon of healing.com, click on contact and fill out the form and I'll get back to you while you're there. You can download transcripts of previous shows or the show, listen to previous episodes. You can read my blog and read the show notes. If you subscribe to this podcast on iTunes, I love you for that, and if you could leave me a star rating and a review, I'd really appreciate it. We'll stay tuned next week. I am going to actually be interviewed by Joe on this podcast. Reiki Joe will return and I'm going to talk about how you can optimize digestion and a little bit about fermentation, so stay tuned for that. There'll be kind of a switch because I'm going to be interviewed. Have a great week.
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