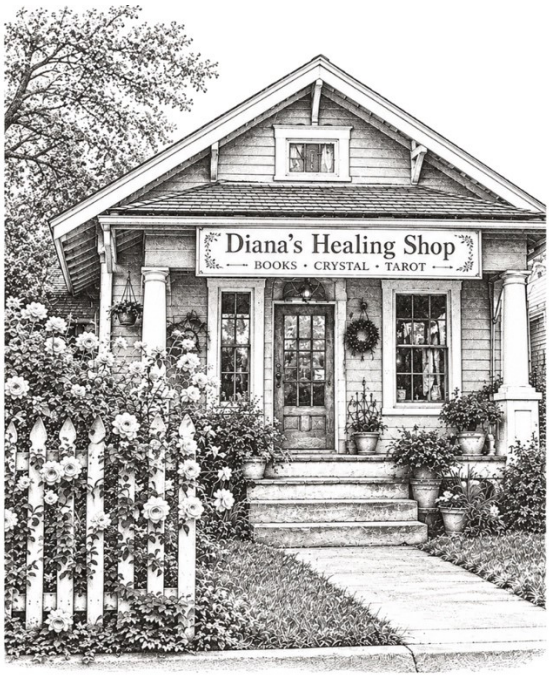
Dear Friend,

Have you ever been in a place that was supposed to be safe—to feel safe—yet something inside you quietly said, "Something is off"?

Today I want to share a moment early in my Reiki training that not only impacted me but also helped shape how I would train my students in Reiki. Like many in the beginning, the thought of a group coming together in love to help each other heal was a beautiful concept—but not always a realistic one.

Every Saturday afternoon, I drove Highway 1 from San Diego to Oceanside for a healing gathering. It took place at a quaint metaphysical shop run by my teacher, Diana, and her business partners, Donna and Gerda. On any given weekend, people wandered in to browse the crystals and books, join the healing circle (more out of curiosity), or became regulars that just like to hang out. Then, there were those who came strictly to "do business" with Diana.



This story is about one of those visitors, though I can't remember her name, I clearly remember her energy. She was a tall woman who exuded strong power. She came just as we were getting started to do healing work on each other. She was hoping Diana could promote her tour to Europe to see Celtic sites and learn more about paganism. I thought that would have been an interesting trip and contemplated going. But after that afternoon healing session, I wrote that idea off.

Nothing was said out loud. However, it was another story of what was happening while I was on the table for healing, getting Reiki.

In that in-between state, when my body was still, the inner world becomes louder. Soft spiritual music was fading into the background. Everyone in the room was quiet, focusing on doing their Reiki healing.

As I drifted into my own relaxation, I saw myself in a field of green and open space—and that woman standing in front of me. She was dominating the space and was poking at my heart. As the poking continued, I felt her pushing me backwards. I was stumbling in the field with each poke of her finger. I kept hearing her say over and over, "You're a little snot… you little, little snot." Nothing had occurred between us before the healing. In fact, she had only been there briefly before we began.

Being in this space with her didn't match the gentle music or the energy of the other healers. At first, I stayed quiet and let everyone continue working on me. I was completely confused as to what was happening. —Like many of us do, I didn't want to make a scene. But this felt off.

Was I imagining this? Or was this actually happening in the astral world?

If we had some off-putting encounter, I would have understood this—but nothing did happen.

Finally, in that astral dream state, I saw myself getting my balance back and got the courage to begin poking her back. As I pushed forward, I confidently said, "No. You're the snot—and you need to stop it now!" The moment I did this, the energy shifted. And the healing had ended.

After the session, almost everyone appeared blissfully quiet. Except for Donna, who looked at me as if she had witnessed the whole encounter. She stayed silent; I stayed silent. Then the woman abruptly broke the quietness of the room and said, "I'm leaving now. There was a pause. No one begged her to stay. No one spoke. Then she coldly stared at me and said, "By the way, I am not a snot." I felt my eyes widen and thought, "Oh my God! That was real!"

I sometimes wonder now what would have happened if I had not stood my ground in the astral world.

Why did it happen? I have no idea… I just knew that it did happen, and unwittingly, I had the ability to take care of myself. And that was all that mattered.

Many teachers teach with the idea of forming healing circles. It's a wonderful idea, and I so much miss those sessions with the familiar people I truly knew, where we did come together in friendship to heal one another.

But those private circles fell apart too.

Because not everyone shows up in a healing space with good intentions. Not every group healing is safe. And as wild as that story was, it happens more subtly when people aren't truly confident in their abilities—or trust their own power but impose control over a group to feel safe.

As a healing teacher, this is one thing I paid a great deal of attention to. I structured my program around selfhealing with one or two sessions working in twos but never in groups.

In the Reiki community, there is so much talk about love, openness, and connection in healing work. There is also talk that "Reiki is perfectly safe," and that isn't necessarily completely true.

But what often gets left out is *discernment*.

Because energy is exchanged whether it's spoken or not. When people come for healing, they bring their unspoken resentments, the need to be in "competition," their judgments, and insecurities. All of these factors move the energy. And even though Reiki is promoted as perfectly safe, these energies co-mingle with the Reiki energy because our own energy fields integrate with others who are lying on the table.

This doesn't necessarily get taught in Reiki programs. But what also often gets left out is discernment.

If we don't have discernment, we can mistake discomfort for "part of the process" or dismiss it in its entirety. instead of recognizing it as something that needs a boundary.

While I'm speaking of Reiki healing sessions, these energies carry over into our everyday lives. Many people aren't even aware of these unspoken energies. You might hear someone say, "I can't put my finger on it, but something isn't right."

So, this month I would like to invite you to reflect on the energies that are influencing your everyday life:

Where in your life are you ignoring what you *feel* because the environment is supposed to be "safe"?

Where have you stayed quiet when something in you clearly said, *This isn't right*?

Do you know the energy of the people you're allowing into your own space—whether that's a practitioner, a group, or even a friendship?

Healing isn't just about opening up to psychic energies. It's also about knowing when to say no—even if the energy feels powerful.

It's about trusting the moment when your inner voice interrupts the calm and says, "Pay attention."

Because sometimes the most important part of healing is the moment you stop allowing something in.

My hope for you is to trust what you feel, honor the boundaries that protect your spirit, and remember that discernment is not the opposite of compassion—it is one of its most important expressions. Take care of yourself, as well as all other living beings~

Sara🌻