

Pentad

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# Pentad Peak

## Reiki Corner - *Reiki at a Crossroad*



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It’s time to make the hike to Pentad Peak, and up on the proverbial soapbox.

I am confident that the general public acknowledges that there are times in which silence and patience are necessary and constructive. Yet, there are also those times in which we need to take a stand, and especially when patience and observation clearly point toward the fact that something may be awry.

This is one of those times, and in admit- tance, it is difficult to take a meek stance in this case. We learn that Reiki practitioners are to respect other Reiki practitioners. This is basically a positive practice, as long as partic- ipants are aware of the fact that it is possi- ble to respect other hu- man beings, and yet dis- agree with a field of practice at the same time. The disturbing part of this oath of re- spect, is that it often gives the impression or implies that differing

opinions about our field of work should be hushed, and not expressed. This I cannot agree with. As an experienced health-care worker, I know that this serves the practitioner more than it serves the client.

My intention is not to disrespect individual peo- ple practicing Reiki. It is rather meant to question the facts being taught, and the frameworks of various advertised practices. These are entirely differ- ent issues all together.

Professional therapists will expect and welcome different voices. I have sat idly by for a very long time; observing, respect- ing, and accepting that which is stated about Reiki, of which much is purely, non-factual.

The catalyst to this article was one of many, and yet another telephone call I recently received from a pensive new client that was interested in try- ing a Reiki session, yet uneasy and sceptical as a result of what they had been reading on various websites. It is not the first time that this has

happened.

This person reiter- ated specific aspects that have also plagued me for quite some time. Men- tioned were concerns regarding differing de- scriptions and historical accounts stated on vari- ous websites. The first was confusion about who Usui was, and how Usui Reiki developed. Secondly, this person wondered if Reiki is of such a nature that it is basically only intended for the, “specially inter- ested”.

Once again, another phone call ended in such a manner that the expla- nation that Reiki is for everyone, could not calm concerns after a power- ful first impression with the Internet. I can’t even keep count anymore of all of the time I have used on the telephone explaining to confused clients. People find it difficult to believe that Reiki is safe for them to try.

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## Reiki at a Crossroad

First of all, there seems to not even be agreement upon something so basic as the time-frame in which Mikao Usui lived. This is incredible even though leading International Reiki professionals have used their time and travels to Japan to uncover knowledge.

I am aware of the fact that this occurrence is due to a predominant oral tradition regarding the teaching of Reiki, yet it does not excuse personal responsibility to research the subject before courses are held for students. Not only does it border on professional laziness, it also compromises the precept of earning an honest living, and showing compassion for new and unknowing clients and students. Yes, fellow human beings. Discrepancies have been enough to make inquiring new clients reconsider Reiki as a serious practice. If a teacher is knowingly presenting incorrect information, then it is nothing short of abuse of power, and disreputable practice.

Understanding the historical development of Reiki, its journey to the West, and how this journey affected the practice of Reiki today in many Western countries, is the cure for confusion here. This is what students should be learning.

It was not long ago that I relocated back to the United States after living abroad for many years. Relocating my practice was quite an eye-opening experience. Soon discovered was the fact that Reiki was quite dissimilar from the Usui training that I had received over in Europe. Some of the practices that I was running across were completely unrecognizable to the practice of

the Usui system. Furthermore, often met were attitudes that one should adhere to certain non-Usui practices in order to please the Universe, and, “get it right”.

I have yet to encounter the same attitudes from long-standing practitioners and teachers that know the facts and history of Usui Reiki. Although they may have differing practices as a result of a specific influence, they have solid foundational knowledge. They are aware and mindful of the differences.

I very much empathize with all of those people out there that are new to the field, and feeling confused as to what the system is about, which historical account is correct, and which philosophy really lies at the heart.

Clients and students should rightfully expect to receive factual truth when investing their resources of time and money on their well-being. Professionalism has to be at the foundation when treating fellow human beings. Non-harm ethical principles, behavior, and underlying respect are indisputable key aspects of professionalism.

The Usui system of Reiki is a non-religious practice. It is meant to be; all-inclusive, respecting and welcoming of all belief-systems, lifestyles, life philosophies, and viewpoints. It is based upon a humane and ethical philosophy, usually found at the heart of the Eastern Philosophies.

Contrary to the above stated, it is not an uncommon experience to find the personal belief-systems of practitioners adver-

tised on their websites. This is very unfortunate as it turns people away. Many become quite frightened by what they read.

If practitioners are practicing different branches of Reiki, they should know the facts and intentions of the development of the various forms, including the philosophies of the founders. They can then better meet the needs and wishes of their clients.

I extend a reminder in regards to that which is advertised. Far from everyone finds a deeper sense of satisfaction within a Western definition of “spirituality”. Neither does literally “floating too high”, represent wholeness and balance. To heal is to make whole. To treat holistically is to treat an individual as a whole being, and more than their condition. Health is the state of being well in body and mind. It does not need to be any more mystical. It is charming and challenging enough as it is. The movement away from wholeness, and towards an over-the-top New Age spiritualism, circumspectly resembles something more similar to chaos, than a position of centeredness.

Some people experience a deep connection to a talent or interest, while contributing its beauty for the enjoyment of others. Some may find that meditating and contemplating life’s more interesting questions, provides them with a sense of connectedness. Many find activity as simple humanitarians meaningful, grounding inspirational ideas into everyday acts of compassion that make this world a better place to live in. And more importantly, during this actual lifetime. Even atheists have a belief, and that is the choice and decision to, “not believe” in any higher power. Moreover, people of differing religions will doubtfully feel at home with Reiki if there are certain terms of expression,

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## Reiki at a Crossroad

and practices with specific undertones. Is Reiki not for them? It will certainly not be easy for them to understand that it is, by that which is frequently written about the practice of Reiki. Although there are existing clients and interest, there are so many that never dare to appear.

I cannot stress the fact enough, that the responsibility each practitioner shows in their advertisement and written accounts, in turn affects each and every single practitioner in the community. We all become put into one “categorical bag”. As practitioners and teachers profess that Reiki is for everyone and all-inclusive, then no one should be experiencing that Reiki may not be for them as a result of the advertised beliefs of practitioners. It is contradictory at best.

We cannot expect newcomers to Reiki to have enough knowledge about Reiki, before they have even tried. This is the sole responsibility of the Reiki community.

For existing clients out there, red warning lights should be flashing if you encounter attitudes signaling that the reason your problems are not being quickly and magically solved, is because you do not believe enough in certain belief-systems that you do not feel comfortable with. Any persuasion towards something that does not feel right for your in-

dividual nature, is unethical.

In professional therapies, it is the client/patient that stands center stage. It is irrelevant what the therapist personally believes. All-relevant is where the client stands in relation to themselves, their experiences, and their life.

It may be more natural in a course/teaching situation to have an open dialogue about different viewpoints, albeit never losing sight of the educational goal. However, in the treatment setting, the practitioner/therapist meets the client where the client stands. Our clients and students deserve the best. They deserve truth, and professionalism.

As newly trained practitioners and teachers finish up courses with certificates in hand, I congratulate you. Yet, remember that this is where your journey as a teaching practitioner begins.

Keep researching to make sure that what you have learned is historically correct, and in right intention and practice. Hold yourselves accountable for what you further choose to teach. Go in depth into the Eastern philosophies, and the history to align with the system as it was created. Become knowledgeable, so that you will be able to answer the questions of your students, follow them in their development, and support them in their freedom of choice

for their lives and individual paths.

If guidance is incorporated into Reiki sessions, then gain knowledge about therapeutic communication, and working with individuals/families in crises or difficulties. Learn about the process of grief and sorrow, and anything more that can benefit your clients.

Help clients to re-gain their personal power, and their lives into their own hands. Usui Reiki is a sound system that helps individuals holistically back to themselves, and to wholeness. The human experience is a life-journey. It is about meeting life’s challenges and changes with positive coping skills. It is not about delivering personal responsibility from the individual’s hands, hoping for a “quick-fix”.

Healing, and remaining balanced and healthy are for the most, learned skills. It can take time to reach a state of imbalance, and it not only takes time to re-gain balance, it also takes time to learn how to maintain it. Yet, the process is rewarding, and exciting. Not to mention, life-changing.

Reiki can benefit each and every single life. Yet, people need to feel rest-assured that it is in truth, for everyone.

## From the Corner of Nutrition

Upon my leaving the United States to live abroad, focus on nutrition and weight-reduction were predominately matters of outer beauty. That is, the “perfect body”, and the success and happiness one could obtain from its achievement.

Upon returning to the country, a shift has taken place. The American public is currently bombarded with the same issues, yet with a completely different focus. The media now talks about nutrition and weight-reduction in relation to health, and disease. It is clearly observable that fellow countrymen have grown a bit larger over the years.

How in the world did we get to the point where medical terms such as, “sedentary death syndrome” came to exist? It is incredible that, “because the children of this generation

are more physically inactive than their ancestors, they may be the first generation in American history to live a shorter life than their parents” (Enger, Ross & Baily, 2007, pg. 555). This, folks, is sedentary death syndrome.

Coming back to this society was like stepping into a giant spiraling whirlpool of chaos. There are people out there initiating change in their lives, however, this article isn’t directed towards them. Neither are they the majority. It is one thing to see grown adults willingly choosing to harm themselves, but it is almost painful to see children suffering the consequences of the adapted habits of their parents.

I know that some will feel that this message is brutal, and non-supportive. However, I have already put in the time, in years to be specific, defending Americans from the jokes and quips abroad.

Only to come back, and discover that it IS as bad as were the jokes. Yet, it is no longer funny when people are sick and dying as a result of their own choices. It is tragic.

It is also ironic to hear the stance taken by individuals and the media regarding the rest of the world and the need to learn from this country. Why spend money on war? Just keep opening more fast-food alternatives abroad, and that should do the trick of killing off any, “enemy”. Contrary to patriotic belief, the people of this society actually have much to learn from other countries regarding the subjects of healthy lifestyles, healing, and nutrition.

Do we all have bad habits? Yes. No one is perfect, neither is that the goal. However, the current situation is beyond just a few bad habits. It is out of

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***Simplicity is the ultimate sophistication.***

Leonardo da Vinci

## From the Corner of Nutrition

control. It is beyond the scope of motivational speeches, which do not seem to be working. Motivational speeches can spark the interest and wishes of individuals, yet that doesn't mean that changes start to happen. People seem to be waiting for the doorbell to ring, and upon opening the door, find the "motivation-repair-man" on their doorstep, announcing that he's there to service their motivation-button.

If the attempt to motivate only serves the purpose of providing the compassion and understanding to coddle people into remaining at their current status, then it's time to do something else. Norwegian Nurses, among others, work by a simple "help to self-help" principle. It respects people from the perspective that adults are responsible, self-thinking, and from the premise that they wish to maintain their autonomy. It means that adults have to own and become accountable for their lives. They must start to do the small things that create the needed change. One little step at a time.

Sometimes a wake-up call is needed to get that ball rolling.

I speak with 20, 30 and 40 year old people here

in the United States that are on medication that we may possibly only see the elderly taking over in Europe. It is surprising to see young adults in the prime of life on medication, as a result of lifestyle issues. Anti-depressants and pain-killers are circulating like candy. People seem to be afraid of the slightest sign of discomfort. They are confident that their doctor has medication to rid them of the signals the body is sending, and which clearly may be trying to signalize that a lifestyle change is needed. Yet, another pill then becomes necessary to rid the side-effects from the first pill.

It is not my intention to generalize, and throw all disease and conditions into one category. Not at all. Yet, we know that so much of what people suffer from, comes from lifestyle imbalances. We know that many of these lifestyle problems stem from the cornerstone of nutritional issues. The, US government, "blames 300,000 deaths a year on weight-related diseases" (Enger, Ross & Bailey, 2007, pg.555). This number is staggering. The number of obese children that are dealing with their first health-issues, is staggering.

Although it is a given that many aspects of the sys-

tem are politically and economically corrupt, we still have to hold ourselves individually accountable, and make a difference for ourselves, and our families. Sitting in front of the TV complaining about health insurance after the fifth day of super-sized hamburger drive-thru combos, while munching on a super-size bag of chips, doesn't cut it.

So, how does one begin? The answer is, by the simple decision to actually begin. One step at a time. Again, the goal is not perfection. If people try to change too many things at the same time, they set themselves up to fail in the long run. Self-motivation comes from the first little step being taken, and the results that start to manifest. Encouragement and support from others flourish when action is implemented. However, the satisfaction of inner-pride is hard to beat.

How adults deal with their emotional, mental, and physical issues is crucial. It's OK to make mistakes, as long as they do not become excuses to give up, and throw the future out in helplessness. Everyone has more personal power than they give themselves credit for having.

Remember that children are watching and learning.

*Reference:* Enger, E., Ross, F., Bailey, D. (2007). *Concepts in Biology*. NY. McGraw-Hill.



Take your life in your own hands, and what happens?

A terrible thing: no one to blame.

*Erica Jong*



Within each of us lies the power of our consent to health and sickness, to riches and poverty, to freedom and to slavery. It is we who control these, and not another.

*Richard Bach*

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### Important message from Pentad

It will be necessary to further enforce Pentad's, *Policy Statement*, as of November 1, 2007.

Invoices will be sent for those appointments that are "no-shows", and cancellations less than the last working day in advance of an ordered and confirmed appointment. Further action will be taken if the fee is not paid in full. When an appointment is confirmed, you agree to the terms of the *Policy Statement*. No appointment will be confirmed until a valid home address and telephone number is provided. No fee is collected if you cancel within the allotted timeframe, or need to re-schedule.

It is requested that all students and clients respect other clients of Pentad. Please do not reserve appointment time with non-serious inquiries, and therefore take this time away from others. Thank you.

**Pentad**, which was founded by Registered Nurse Tamera Daun, originated as a freelance authorship. Tamera took her nursing degree in Stavanger, Norway where she resided for 18 years. However, she also has a BA from Pacific Lutheran University, in Tacoma, Washington in Legal Studies. She has a degree in Social and Group Education, and 7 years training within personal development and Usui Reiki. Outside of her background in traditional academics within the Natural Sciences, she is an Usui Reiki Master/Teacher, registered with the International Association of Reiki Professionals. She has completed her Karuna Reiki® Master/Teacher training with the International Center for Reiki Training. She began her Master of Science degree in Holistic Nutrition in 2007.

Ten years of experience in working with family units in crises as a Registered Nurse, contributed to her clinical experience "behind the scenes" and within homes, over long periods of time. In addition, she has clinical experience from the field of Psychiatrics. She knows that things are not always what they seem to be.

Tamera has used her educational and clinical foundation in studying the subject of personal development and "marriage/relationships" since the year 2000. It was this extensive work that led to the writing of the book, *Absolute Bliss*. As the book went out on the market, Pentad extended its services to holding seminars, publishing e-books and articles, and in-office therapy for individuals and couples. She is often engaged as a consultant, and provides service to larger communities.

Tamera offers guidance and treatment regarding general wellness, health, and relationships. Her authorship continues in order to reach out to as many people as possible in the global community.

**Pentad is a global organization with competency in tending to the needs of all individuals.**

**Pentad is an authorship and publishes books on personal development and relationships.**

**Pentad has relocated its base to Houston, USA and covers the International arena.**

**Pentad is a nonreligious organization that extends its services to everyone.**