

Dear friends!

A lot of practitioners of Reiki and other healing practices noticed that sometimes during sessions they are actually able to sense something strange like figures, noises, voices, luminescence, etc. So what is it? Do we imagine it? Reaction of our unconscious to energy changes? Manifestation of higher powers? Presence of other beings?

So to gather, systematize and (hope!) to understand those experiences we need certain amount of information about this phenomenon. This is why we make the survey.

If you don't mind to help us please invite people you know to participate in this survey. If you feel that we missed some questions you consider to be critical for this purpose, do not hesitate to write me all you think needs to be changed or added. This information will help all of us and may lay down in basis of next surveys if they will be needed.

Accompanying phenomenon in spiritual and healing.

Introduce yourself, please. Use initials or nickname, country:

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1. Yours experience in spiritual and healing practices:

A. Reiki

A1. Reiki I

A2. Reiki II

A3. Master

B. Use another practices (please write witch)

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C. Use my own energy

D. Use Pranic energy

E. Use cosmic energy

F. Use energies I attuned myself to

2. I started practicing after:

A. Attunement from Teacher

B. Self development of existed abilities

C. Receiving attunement in channel

D. Else (please write what)

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3. Have you ever faced any energetic phenomena:

A. During session

B. During self-sessions/practice

C. During group sessions/circles

D. During making attunements/initiations to my students

E. While receiving attunements/initiations from my teacher

F. Other (please list)

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G. Never

4. How do you feel energy :

A. Can see some unshaped vibrations in the air

B. See luminescence

C. See energy in one particular color (list what)

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D. Usually see it in colors (list)

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E. See vortexes

F. See waves

G. See streams

H. See cloud-like clots

J. See balls of energy

5. Other phenomena's you experienced:

A1. source of light (ray, lightening, candle etc.)

A2. symbols

A3. peoples figures (eyes, heads), animals, things

A4. interiors

A5. parts of other real looking territory (peaces of others life)

A6. fantastic realms

A7. else (please list)

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A8. cannot describe exactly

B1. noises

B2. music

B3. voices

B4. else (please describe)

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C1. changed parts of space (more hard, cold, hot etc.)

C2. else (please describe)

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D. Smells/odors

E1. just appeared in text

E2. appeared as feelings

E3. appeared as view of organs and alike during healing sessions

E4. simply knew but not aware how

E5. else (please describe)

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6. Have you felt presence of energy beings during Reiki(or other practice) sessions:

A. Yes

B. Yes, but do not know whose

C. Never

D. Paid no attention

7. Have you met during Reiki (or other practice) sessions with energy beings you can describe:

A. Spiritual teachers - prophets (Christ, Buda, etc.)

B. Saints, mythological personages, Gods

C. Historic personalities (M. Usui, Sai Baba, etc.)

D. Being from your religion (angels, bodhisattvas, etc.)

E. Beings delivering messages

F. Just people (humans)

G. Aliens

H. else (please describe)

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J. Never met

8. During session/practice have you met:

A. your spirit guide/angel (SG)

B. Reiki energy guides

C. guides of other energy you practice

D. SG of other people

E. other beings (please describe)

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F. beings you cannot identify

G. Never met

9. What did you feel in the first meeting:

- A. it was unpleasant to be watched
- B. I felt support
- C. Interesting
- D. it doesn't matter
- E. fear
- F. was unaware how to react
- G. do not remember

10. During next meetings you felt:

- A. Support
- B. Calm observation
- C. Goodwill and patronage
- D. Particular help
- E. I was trained
- F. Unpleasant tracking and control
- G. They disturbed
- H. Felt fear
- J. They were making something of their own
- K. Else (please describe)

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- L. Something I cannot distinguish

11. Do you feel you have Spirit Guide/Guides:

- A. Yes we keep contact
- B. I am not sure but feel some presence
- C. Have but we are not in contact
- D. No
- E. Do not know
- F. Never thought about it

12. When it happened that you became completely aware of yours SG presence:

- A. In childhood
- B. Before I started to practice energy/spiritual practices
- C. On first degree of Reiki or other practice
- D. On second-degree Reiki or other practice
- E. When became Master of Reiki or other practice
- F. When I reached certain level in (please describe)

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- G. It was connected with particular episode of my life (please describe)
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13. How the contact is established:

- A. I see SG with my eyes
- B. I see SG with my inner vision
- C. I see SG with my eyes and can talk to him
- D. I hear his voice
- E. First it was only voice than I began to see him with my inner vision
- F. First it was only voice than I began to see him with my eyes
- G. I see him but he answers with mimics and gesticulate
- H. I receive information straight in my mind

K. I feel him but do not know how exactly

L. We communicate in sleep

M. Other (please describe)

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N. We do not contact – I ask him and this usually happens

14. How you met for the very first time:

A. Do not remember

B1. in meditation

B2. in sleep/dream

B3. in some very critical moment of my life

B4. during session/initiation I saw him with my eyes

B5. I simply saw him with my eyes

B6. I simply saw him with my inner vision

B7. during session/initiation I saw him with my inner vision

C1. In temple or other power place I saw him with my eyes

C2. In temple or other power place I saw him with my inner vision

D. He opened a portal (door, etc) like from other

E. He was all the time close but I realized that he is my SG later

F. I heard his voice

G. Other (please describe)

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15. Who usually initiates contact:

A. SG

B. Me

C. Both ways

D. Specific place

16. How those contacts happen:

A. By mine will/intent

B. it happens different form time to time

C. we meet only in particular place (real, astral, mental)

D1. in meditation

D2. in dream/sleep

D3. in time of critical changes of my life

D4. during healing session or initiation

D5. in temple or other place of power

D6. in prayer

D7. during fasting and cleansing

17. Do you have any specific way to distinguish the message from SG from message from yourself:

A. Yes (please describe)

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B. Do not know

C. Never thought about it!

18. Is appearance of SG accompanied by any sounds:

F. voice

B. music

C. some noise

- D. some sounds
- E. parts of phrases
- F. No
- G. do not know

19. Is appearance of SG accompanied by any odors:

- A. No
- B. Yes (please describe)

20. What was first you learned:

- A. name of SG
- B. figure
- C. he appeared and introduced same time
- D. voice
- E. the results of his work – then who is he

21. How did you learned the name of SG:

- A. he told me
- B. I understood it the moment he appeared
- C. do not know his name
- D. I was told and than understood that it was his name

22. Did SG changed from contact to contact:

- A. voice changed
- B. figure changed
- C. he always changes – appears each time slightly different
- D. usually he looks the same but sometimes he is changed
- E. No

23. How much time you practice energy work:

- A. less than a year
- B. from 1 to 3 years
- C. 3-7 years
- D. 7-10 years
- E. more than 10 years

24. Did you have interval in practice for more than one month:

- A. Yes
- B. No

25. If had how you felt:

- A. As usual
- B. Better than when practicing
- C. loss of powers, listlessness, health became worth
- D. I became ill and recovered for long period
- E. do not remember

26. Do you believe that Reiki (or yours energy practice) has ergo (deva, energetic personality):

- A. Yes

- B. No
- C. Hard to say
 - . More yes than no but hard to say what it really is
- D. Never thought about it
- F. Cannot understand what it is

27. Do you really think that SG is:

- A. Figure from unconscious, personalized program, like shamanic keeper
- B. Real figure once being human
- C. The higher being sent from above to help us
- D. the way our higher self manifests itself
- E. Link to information field of Earth
- F. Alien
- G. Spirit teachers of mankind helps us this way to improve spirituality
- H. Do not know
- J. Other (please describe)

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28. SG warns me about troubles:

- A. Yes
- B. No
- C. Not me, but others threw me

29. When I speak to SG it brings me a lot of useful information:

- A. Yes
- B. No
- C. We do not chat
- D. All he told me in the end was not really useful

30. Everything that SG told me about myself was right:

- A. Yes
- B. No
- C. He told me nothing

31. All SG told me about others was:

- A. right
- B. wrong
- C. he never speaks about other people

32. Do you think that SG and guides of Reiki and other systems when you practice them are the same :

- A. Yes they all form one source
- B. No
- C. Who said that those practices have their guides?
- D. Do not know

33. Do you believe in energy interchange when contacting other beings :

- A. Yes!
- B. Probably yes
- C. Probably no
- D. No
- E. I don't know

34. Do you think that this energy interchange can harm:

- A. Those tricks are useless!
- C. Yes
- D. No
- E. Do not know
- F. It depends on my intent
- G. It depends on contacted being

35. Have you ever tried to make something with Reiki or other that can be harmful to somebody else :

- A. Yes and I succeeded
- B. Yes but no result
- C. No but I thought about it a lot
- D. Never

36. Have you noticed increase of any abilities since starting to practice healing/energy practice :

- A. I started to see people's aura
- B. I started to see energy
- C. I became much more sensitive
- D. I become telepathic
- E. I started to predict
- F. Other (describe please)

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G. No nothing that I am aware of

H. Despite all these time I practice, I never experienced anything extraordinary, I do not feel any energy or something during sessions

If you feel OK about it, please share some of yours experiences here:

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