

How Reiki Supports Healing - Deb Dalziel

Deb Dalziel Reiki Practitioner.

Deb Dalziel has a passion for learning and personal growth, helping people connect within for healing & wellness. This passion has guided her career choices from Primary Teaching to the Business Sector as an Executive Coach, Trainer, and Facilitator and in 2006 founding my own Training Company, Fresh Outcomes.

Deb's study continues within her own daily practice as well as attending retreats and other studies.

In 2012 Deb Dalziel also studied with Inamoto Hyakuten extending her personal practice. She has also studied, with Kathleen Prasad of Animal Reiki Source for healing with animals. Our pets, animals are amazing teachers.

I met Deb soon after my first brain hemorrhaged experience in 2012, where we trained together by chance at a few of the same courses where we became friends and since then I have had the pleasure of experiencing a number of Reiki sessions at her practice and always feel amazingly calm and deeply relaxed after the visiting.

Our chat is an opportunity for me to catch up with Deb, but also get an insight into what Reiki is and why it is supportive for people when they are experiencing a difficult time in life.

Deb Dalziel Professional Development.

Professional learning has been a key part of Deb's journey and goes beyond her teaching degree. Deb has achieved a Master Practitioner of NLP (Neuro-Linguistic Programming), Accredited in TMS (Team Management Systems) a Practitioner of Spiral Dynamics (with Chris and Natasha Cohen), and a Certified mBIT Coach (mBraining) and Clean Language Coach with training under Penny Tompkins and James Lawley.

For Deb, this study is akin to developing her whole self emotionally, psychologically and wonderful support to the spiritual.

From her practice in Melbourne's eastern suburbs, Deb offers Distance Healing, Animal Healing, Healing for children, and Hands-On Healing. Check out the website here. <http://www.melbournereikicentre.com.au>

Check out more episodes from the RecoverAfterStroke Podcast click the link below.

Episode #20 Healing Emotional Trauma with JJ Flizanes

Transcription:

Intro 0:04

Recovery After Stroke podcast. Helping you go from where you are to where you'd rather be.

Bill 0:14

Hi, it's Bill Gasiamis. You know, as a health coach, one of the things that I have learned since I began this part of my journey is that in order to turn up and be able to hold the space for my clients, and so they feel safe and nurtured, I must be able to sit with that judgment was not projecting my model of the world on my client, as this would not be honoring them. And the reason they decided to engage me for coaching.

Bill 0:40

Projecting would make me no different to the caring friend that's offering advice that comes from the right place, but is often not that useful. I realized early on that I myself needed regular coaching. And the more I engaged with an amazing coach, to help me deal with my own challenges, the better coach, I still receive regular coaching because like a sports team, the coach doesn't turn up once and the team wins the league.

Bill 1:07

The job is not done in one session. The top sportspeople making a living from their craft who remain at the top in their field know the power of ongoing coaching. When was the last time you committed to regular coaching? If you have been considering engaging with a coach do get in touch, we can chat via Skype in

person or over the phone.

Bill 1:28

Go to recoveryafterstroke.com and fill out the contact form and I'll be in touch. Hello everybody and welcome to another episode of the transit lounge podcast. Today we have an amazing guest Deb Dalziel who has a passion for learning and personal growth, helping people connect within for healing and wellness.

Bill 1:53

This passion has guided her career choices from primary teaching to the business sector as an executive coach training and facilitator and in 2006, launching her own training company Fresh Outcomes. They began practicing yoga in her 20s and from this developed an interest in sitting meditation. They've attended her Reiki teacher master training, or shipping them, as it is known in Reiki in 2011.

Bill 2:22

Her study continues within her own daily practice, as well as attending retreats and other studies. In 2012, she also studied within a motor kooten, extending her personal practice. She also studied with Kathlyn Pusad of animal reiki source for healing with animals. Our pets or animals and animals are amazing teachers that has also achieved certificates as a master practitioner of NLP.

Bill 2:56

She's accredited in TMS team management systems, a practitioner of spiral dynamics with Chris and Natasha Cohen and a certified MBA coach and Clean Language coach with training and the period Tompkins and James Lewis from Melbourne Reiki Center. Welcome, Deb Dalziel.

Deb 3:18

Well, thank you, Bill. What an intro. That seemed truly long. Thank you so much. It's such an honor to get to chat with you. I love being able to chat with you. Anyway, this is really special. Thank you.

Bill 3:30

I really appreciate it too. I kind of find it difficult reading other people's BIOS because I know what I do. But reading what other people does sort of gets me a little bit unstuck. I'm kind of reading from my space, but I realized that No, actually, I should be reading from the other person's point of view. So Nevertheless, I could edit it all out and make it sound perfect, but I'm not perfect.

So it doesn't matter.

Deb 3:56

Neither am I. That's the journey in life, isn't it? That's the desk. thought,

Bill 4:00

That's what I kept telling myself. Yes. I really love having get having had the opportunity to get to know you a little bit in the last few years. I really love your background and the stuff that you're doing, I thought it would be a great opportunity to chat with you and sort of share with some people about Reiki and the different things that you've done in the past.

Bill 4:24

And give us a little bit of a rundown on what Reiki is because I think some people that haven't heard of it, who might be interested in going to have arranged a Reiki session, I think they'd love to know what it's about.

Deb 4:39

Oh, my pleasure. Look, Reiki for me is just an absolute beautiful personal spiritual practice. So it's a healing practice. And the word out might start it a little bit more detailed. The word is a Japanese word. So the practice comes from Japan and was a spiritual system founded by a teacher.

Deb 5:00

Buddhist monk called Nicola suey. And he was born in about 1865 and died in 1926. And so the practice of Reiki and that meaning of that word, it means spiritual energy or it's broken into two kanji ray is kind of the Divine or the miraculous soul spiritual or soul. And then key which a lot of people would know in the Chinese is ci or, or Q is in Japanese, it's k means spiritual energy meaning so it means energy vapor breath, vital energy.

Deb 5:36

As we know in Japanese, things often don't have one word for one thing. One meaning is one can have multiple meanings. One word can have possible meanings. But for me, the practice of Reiki and the word is sort of can make us a bit confused. So there's the word Reiki, spiritual energy, and then there's the system of Reiki, the practice of the practice.

Deb 5:57

And in essence, everybody has Reiki I always liken it to if you give a loved one or a friend a beautiful hug and you can almost feel the hug, I don't know if you've had this happen, you go to hug someone, and they just before you could almost feel the hug before or you might see a friend. And straightaway you just like oh, and you just want to hug them because you haven't seen them in a long time.

Deb 6:18

And so thanks it exactly. are at the end of a Reiki treatment. You know, people just want to hug you they just have this overwhelming sense of connection. And I think a HUDs hugs a lovely way to really understand something like Reiki that there's this offering in a hug, there's no real giver, there's no rule receiver in a hug. Both people have to be involved.

Deb 6:40

Both people have to hug you. I don't know if you've felt when someone's been a bit afraid or scared. They don't really open up and you can feel that in a hug. And in some ways, we all have this energy inside of us. We're all communicating with our energy and the practice of Reiki.

Deb 6:58

So learning Reiki helps us gives us meditations and techniques to develop that to kind of I call it really getting to know your true self really coming to know yourself through the meditations and the practice. What a lot of people do know Reiki for though, is what we call hands on healing.

Deb 7:15

So a lot of people say, Oh, that's the thing where someone puts their hands over your body, and then you balance the energy or, you know, different things like that and makes you feel better. And that's what most people know about the system of Reiki and that's I kind of understand because that's how we often experience it.

Deb 7:33

But really, it's a spiritual practice. It's a personal practice to develop yourself. That's how I feel. And also it's a practice to then become more centered, more grounded, more open, so you know, your hugs are great hugs and so much more present in yourself. So if life has its ups and downs, you can kind of ride those waves so much more elegantly.

Deb 7:55

Can't control the waves, but we can ride them more elegantly. And I think that's what Reiki does for May. So it's a spiritual practice that originated in Japan. The founder, Makoto Tsui was attended Buddhist monk but created this practice that isn't linked to a religious domain.

Deb 8:11

It is just a spiritual practice. So anyone can practice it. Anyone can learn it. And like I said, we already have it. It's just about RNA energy, and then developing that and cultivating that for our own well being. And then the byproduct is you can receive a treatment from someone or

Bill 8:29

Yeah, which often, which are often. And we'll talk about that in a little bit. Yes, but you call Reiki a hands on healing. But when you say Hang on, does that mean actual physical touch? Because I've never experienced the physical touch version of a treatment, although I get the physical touch of a hug. Kind of that part of Reiki? I guess,

Deb 8:50

Yeah. So So when you've had a treatment with me, sometimes I've placed my hands on your shoulders are I've placed my hands on your knees. Some people don't feel it because they just feel old. energy moving through them and they now may not feel my actual hands.

Deb 9:04

So this and this is actually opens up a really beautiful discussion and and because of your work and your study and beaten and breathing and all of that as well, I think that it's such a lovely compliment because ultimately, people know it as hands on healing, we place our hands, people talk about the energy traveling through the hands and out through the hands.

Deb 9:23

And that's where we feel it. And I think it's because as humans, we use our hands a lot. That's obviously a place that we do feel the energy, but ultimately, we feel the energy through our whole body. So the more we practice, a whole body becomes this offering of energy.

Deb 9:41

When you might have felt this at work, people might feel this when they're at work, someone walks in the room and everyone just feels brighter, or they're here, but no one really knows there's nothing tangible. They haven't walked up and touch them and said, Have some energy that that person's energy is just like a beautiful bright light. It just shines and everything.

Deb 10:00

When that person walks in, and that person just has great vitality positivity, that's their energy as well. So in a treatment, we do place our hands on someone, but ultimately, the Reiki is already happening just from our being just from practicing from our actual whole being.

Deb 10:17

Having said that, if we don't practice Reiki or we're not well, or we're new to Reiki, if I was just to sit next to you, and say, Okay, I'm going to meditate now and offer you healing. Most people would look at me and think that's a bit weird. And you're going to do something so in the West, we like to see the do word rather than the B word.

Deb 10:38

So in the east, they would say, oh, fabulous, you're just being with me. Just like we know when a child cries. We don't do anything we just been with the child that's crying, we know that's the most powerful thing is just to rest and be with them.

Deb 10:49

And so the same in a Reiki treatment, really, we want to be with that person. But we also move around because sometimes we're not used to the spiritual energy and we can't feel it. We're not we don't have Have that we haven't developed that sensitivity. And so therefore, we need the touch and the hands to be placed on the body. So the person's mind because it might be really scattered.

Deb 11:12

So it's similar to that principle of meditation, people's minds are scattered, ideas are going everywhere. And so in a hands on healing treatment, I place my hands and then the person's mind may go to where their hands are, and that calms their mind. What that does is then direct their energy into a more centered space, and then they can feel their own vitality.

Deb 11:32

So there's sort of the two parts is the hands on healing, which helps that person become calmer, that person go into a more centered space, that person to focus and center their energy and to feel something because people sometimes like to feel the touch. And then there's the piece that actually it's happening anyway. Separate from that.

Bill 11:53

Well, I'm either really good or not good. And the reason I say that is because I And we'll I'm going to talk briefly about oneness in this next little bit that I'm going to say, or, you know, what is it? Anyhow being or something like that anyhow, we'll get that make sense. All right.

Bill 12:14

So, I, I've never felt you touch me anyway. And I didn't realize that you you actually do that. That's why I said what I said, I thought it's just a hand hovering over the top kind of thing, which is really interesting that you say that.

Bill 12:28

And let me say that the one hour or so that we spend in session goes like as if it's a minute, and I've never experienced that sort of being, you know, just being present and going through an experience that much and being out of my head, so to speak that much before where I wake up and I have to, as you might have already worked out, always ask you How long did that go for?

Deb 12:57

Yeah, and lots of people would do.

Bill 12:59

The same like minutes, so what makes time go so quickly and make it so? So out of, you know, make it pass without being in our awareness? What happens? How does that happen?

Deb 13:17

I just need to say that I'm not a scientist, so I'm not gonna hit down that. That's not my background.

Bill 13:23

Tell me what your instincts telling you.

Deb 13:25

Yeah, for me, for me what's happening is you're becoming so present, that the man made concept of time, which is a man made concept becomes irrelevant. And you just become so present in yourself that that's all that you are aware of is yourself.

Deb 13:41

I think a lot of the time where our lives are so scheduled that time becomes this separate entity to ourselves, and we have to manage this even the language the language of us, we have to manage our time, you know, like it's so interesting. We use that word, like it's an entity that we have to manage. But really, we What we need to manage is being present.

Deb 14:03

And the more we are just completely let go and a present, then the amount of time becomes irrelevant. Some people actually experience the opposite. So this is the interesting thing. You've experienced it that it feels really short.

Deb 14:16

Other people say, wow, I feel like I've been here for hours, but also in a positive connotation. So in a way that wow, that just felt like forever. Was that only an hour? Well, that was amazing. So once again, it's the same thing, the concept of time has just gone.

Deb 14:32

And so in meditation, people talk about this when they do their daily meditation. What's five minutes for someone can feel like 20 in other days, five minutes feels like an hour. You know, like a really hard five minutes of concentration.

Deb 14:44

Oh my goodness, because their mind is so busy. Ultimately, the quiet the mind, the more present we become. And then that's the place from which we can make our decisions. And if we make our decisions from the small, centered, gathered, grounded space, Just gonna be happier.

Bill 15:03

Yeah, I'd like to sort of put that back on you and say that I think that the kind of relationship that you have helped sort of create between you and I, from a professional point of view, because the the personal relationship is really cool. It's

a fun one.

Bill 15:21

You know, we have a joke, and we have a lot of fun. Yeah, yeah, that's right. But actually on the, on the bed in the session, or the table, whatever you call it. I do I just go into this other place I've never been before and the experience that I have is one that I've never had before. I kind of compare it to some hypnotherapy sessions that I've had in the past.

Bill 15:44

And that I didn't think that I would get that kind of version of being in, you know, out of my head so much and being sort of really concentrate on not concentrating, really doing the opposite really doing the just being Have myself and it's why I go to Reiki it's like why I do it. It's, it's so that I can experience this feeling of just having complete trust in the person that's taking me through a process.

Bill 16:13

And then as a result of that allowing myself the gift of not being in my head because thing in my head sometimes doesn't work out. And for me, especially after my, you know, surgery and the stuff that's going on in my life, I'm in my head. And being out of there is really liberating. I find it really powerful and amazing, and that's why I felt like you had to be on the podcast.

Bill 16:38

And there's one other thing that I really need people to hear because I can't explain it and maybe you can. When years ago when I was going to this awesome chiropractor. He would ask me to lie down on my front and with my T shirt on so he wouldn't reveal you know my skin on my back on my screen. Fine with my T shirt on, he would know exactly where to place his finger.

Bill 17:06

And he didn't really, you know, he couldn't say what I thought he needed to say that inflammation or the alignment or any place his finger, and he would just touch my spine really gently and effortlessly. But when he left and walked away,

Bill 17:20

I could still feel his finger touching my back and I would have to sometimes look up and notice that he was 20 meters away wondering how come I can still feel his finger. And I would really kind of freak out but also accept that like, from the

point of view of well, this guy's amazing.

Bill 17:39

I'm not sure what he's doing. But it's amazing how an experience that I had with you. Was I had with you was I know you weren't touching my forehead, but I could feel something. I could feel the heat transfer or something happening at my forehead. Can you tell me what is going on there? Because my head My head is dying. To shoes, I can feel the touch of me she's not touching me what's going on in my mind tricks? What's going on?

Deb 18:06

Yesterday? My tricks I like it. Because there's so many examples I can give you. Can I tell a story first and share maybe is another story that will help people understand I think, because I think what you're asking also is like the essence of Reiki, what is it really?

Deb 18:21

I think we're still answering in a way that question probably. And sometimes these intangibles are very hard to put into words. In fact, a lot of my clients say to me at the end, I don't ask about the treatment of such as to say, how are you?

Deb 18:34

Is there anything you want to share? And they go, I can't explain what happened there outwards. So are we trying to explain something that sometimes it's about the experience, so we need to have that direct experience of that.

Deb 18:48

My the story I'd like to tell you, my dad a few years ago, had a knee operation. He didn't use DNA and had to go in for a knee surgery and he was put in a room In the hospital and there was a beautiful, slightly more elderly gentleman than my dad. So my dad Sienese late 60s and this gentleman was in his 90s.

Deb 19:07

And he was in for different reasons and he was in for his surgery. But for some reason they got chatting they got along and you know, having banter in their little hospital suite, so we joke you got he must have jokes about your experience, have you read code, but the hospital world is like to make a lot you know, enjoyable for yourself. Yeah.

Deb 19:28

And but my dad was struggling with the noise of the nurses at night and everybody buzzing you know, 1am and needing their drugs or whatever to help them sleep. He wasn't sleeping through and he said, I know this is affecting my well being and I really want some good sleep. And he said, I'd gone into my dad loves having a Reiki treatment, by the way, and I'd gone into offering him some Reiki during the day and he said that was you know, that was great.

Deb 19:51

Can you come back at night, but in this experience when I came in during the day, this beautiful elderly gentleman next to him was reading the paper. And if you can just picture two men who've been chatting getting along so good energy in the room.

Deb 20:05

Yeah. They get along. Ones lying reading the paper. My dad goes, that's fine. We check, would you mind if I pop some music on? And the gentleman said, No, no, that's fine. That's fine. So we just put on some more, you know, meditation, relaxing, soothing music.

Deb 20:20

And then I offered my dad a treatment. And while I'm offering the treatment, I look up, and I can see his beautiful elderly gentleman struggling to hold his newspaper up. And it's falling flat on his face. And then he's lifting it up again. And keeping trying to read and cool down on his face again, this goes like, Ah, he's joining the treatment. Isn't that beautiful? And then he tried a third time, lifted the paper up, and then he just let it go and was like, that's all too hard. And he just laid there.

Deb 20:52

And so I was offering healing really to both of them. And for me, this is the magic of Reiki is it's whoever's open Receive it can receive it. And the beauty is, is we didn't say I just said we're just doing some meditation practices. It's not about forcing Reiki on people. Like I said, it's there in a hug. This is not a religion, and it's already there. But it's only if you want to receive it.

Deb 21:18

So what happened to you was this man is in hospital, he's been getting on with

my dad, I'm offering my data treatment and this man is also opened the energies just being thrown in a room, you know, it's just there. Anyone can take from it, what they what they need. So when we said at the end, would you mind if I came back later because my dad asked me Could I come back in the evening to help him get a good couple of hours sleep before the noise in the night?

Deb 21:40

And he said, and the gentleman said, Oh, that would be fabulous. That music. It was so relaxing. I couldn't keep reading my paper. I had to put it down and just live it. And it was just so humbling and so beautiful to realize it.

Deb 21:55

So when we came back, I came in that night and we put the music on As I walked in, the gentleman said, I'm sorry, dude, I'm sorry, do I have to go and just hang up to a family member? And he was like I said, well, you don't have to do that. That's fine. You know, we can wait. He's like, Oh, no, I think looking forward to this all afternoon.

Deb 22:15

And so for me, Reiki is an offering. It's not a do Iraqis, as beautiful blessing that you can offer someone and offer yourself that's the best. That's actually the best thing. You can do this for yourself. But what it is, is that you're just holding a space for someone, which is what you've experienced in a treatment, and you're just holding that space.

Deb 22:35

So that person may take what they need, that person can receive what they need. And so what you're talking about with your chiropractor and him touching and going away and what you could feel with that energy is it's not coming from our head brains. It's not as diagnosing there's no diagnosing in the normal Western type sense or even in a Chinese medicine sense.

Deb 22:58

You go into as a practitioner If you keep up your practice, this is the most important thing is your own daily practice as a practitioner is the more practice you do, you're able to let go of yourself and just be in that space that more open universal energy space, which is all around us, anyway, back just be and then that is the space that the person can take what they need.

Deb 23:24

So for me, it's like if you came over for dinner, you and your family, and I put out a whole spread of food. I'm not going to pick up the food and start shoving it down. You and your wife's mouth. Hey, no, no, you really need this. It's absolutely delicious.

Bill 23:36

You come from a great family. You mean?

Deb 23:39

That's right. Exactly. Yeah. I realized some failings but you know, like, that's not the hilarious. But you know, it's not like if you were in a training session, you're not going to do that to your participants, or you know, very seriously Have you tried this and stop beating them.

Deb 23:54

What you're going to do is is you're going to look at the buffet, and you're going to say here, everybody, please Take what you need, take what take what feels right for you and some people will load up their plate. And other people will just take a few things and some people might take a little bit and then come back and take a little bit.

Deb 24:11

And for me, that's like a Reiki treatment. So that's why no Reiki treatments ever the same. And what you're feeling is, when a person when you when you're feeling it, it means you're really open. It's like a hug. It's two way you're really open. So the energy is traveling within you where you need. And I'm really grounded and open so that you can receive what you need. And just hold that space.

Deb 24:33

And the reason you feel like whether it's the chiropractor or myself, whether you wouldn't do Qigong, Tai Chi, or Chinese medicine, shiatsu, to me, I feel like they're all the same. I feel like all of these beautiful practices just help our mind become still when our mind is still that's where the energy flows.

Deb 24:51

When our energy is nice and still, then we have more chance for well being because our energy isn't scattered and doing 17 million different things. It's just

one space. And from there, we can choose what we do. So even in a hospital setting anywhere, Reiki can be amazing.

Bill 25:08

Yeah. So my, my current way of giving you a little bit of insight into what's happening at the hospital session and why this guy loved that so much is similar to a party, right? So, we've all been to parties where the parties are dying.

Bill 25:26

A serious death, and we're kind of like, Oh, well, you know, what am I doing here? Yeah, the energy's flat for whatever reason, and then somebody turns up, and they call that person the life of the party just turned up. And for some reason, the party goes off and from then on, it's an amazing thing. It's an amazing event.

Bill 25:46

So I kind of, you know, I kind of experienced a similar sort of thing when I walk into your, your, your room is a potty like it's a potty, like the energy is already good. I can actually come up and experience my own version of, you know, good energy or whatever I want to sort of get out of it. at a party, people turn up, and they have a good response based on the energy in the party.

Bill 26:12

And we've also heard people kind of say, when you've walked into a room where there's been an argument, well, you can cut the tension with a knife. We don't know why. But we kind of sort of feel it before we walk in. And we know what's going on. So I'm kind of I said that to give people a bit of a different perspective as to how energy is noticed and felt.

Deb 26:34

We know that the scientists and I've lost his name, this is not my strength is I read lots of things. And then I don't remember the detail. But they talked about it was proven, you know, centuries ago that they aligned to clocks, you know, the old grandfather ticking clock and they put one at a different rhythm, swinging to another and then eventually, whichever is the stronger pendulum will sink to the bottom of the other pendulum and that that sinking will just happen.

Bill 27:03

Yeah.

Deb 27:04

And that also happens if you had tied to tuning forks, the tuning fork that has the the stronger resonance, the other tuning fork as you bring it near that tuning fork will start to resonate. Like the other. Yeah. And so for me, we already know this in science that things have a resonance, you know, from your work within bit, the beautiful resonance of the heart and the electromagnetic field and some of that capacity stuff. Yeah, because that's what we're feeling.

Deb 27:32

That's why we talk about hugs, because that's a concept that we're very familiar with. But also science has proven these resonance existed, exist. And so for me, Reiki is just another part of that. It's if my resonance is centered and grounded and open and you know, we embrace it.

Deb 27:50

We talk about heavenly energy, earthly energy, and then oneness, you know, the harmony of all of that. If I'm in that space, then your resonance can start to vibrate in your way in that space. So in in a way, you're not vibrating the same as me, but you're going into your space within that broader space, if that makes sense.

Deb 28:12

So it's like, if I keep meditating and practicing, and I keep developing, and then if I go to my teacher and he keeps practicing, then our vibrations change and then you know, that this is why, you know, amazing, beautiful temples throughout Asia and even he have you walking in and you can feel that space, you know, you can feel the energy because for centuries, people have been meditating and offering spiritual blessings.

Deb 28:40

And that resonance sits there like a singing bowl. If you have a singing bowl, and you hit the singing bowl. The resonance of that singing bowl isn't just at the point of tapping it that that resonance goes on and on and on, and eventually drops out. That's kind of a something.

Bill 28:58

Loaded question, but who is Reiki for and I kind of I asked her because I want the people listening to God and get a bit of an understanding of whether or not they if

they've been, if they've been curious about it whether or not you know, they might want to go along and check it out.

Deb 29:18

Reiki is for anybody. And Reiki is for someone who is well and just wants to maintain that wellness and understand themselves better. Reiki is for someone that might be going through some emotional things and really need some support and healing. And Reiki is for people with physical ailments.

Deb 29:34

In Reiki, we don't say we heal one thing Reiki can heal emotional, physical, spiritual, psychological can heal anything. And we don't we don't limit that. So really Reiki for anyone who just wants to try it. I personally my bias is Reiki for people who really want to have an awesome life and really want a sense of groundedness and centeredness in their life that can permeate through all parts of their life then that's Then my keys for them,

Deb 30:01

But some people prefer Shiatsu Some people prefer so why would you pick Reiki? I think for me, Reiki gives you a lot of tools that you can use on yourself from hands on healing, certain meditations, the achievements and the precepts.

Deb 30:16

And then as you learn Reiki too, so Reiki, we haven't even talked about the system of Reiki and learning it but if you were to learn it, there's also mantras and symbols that help us tap into the energy centers which are actually aligned with ambit interestingly enough, and these meditation techniques are really for self because

Deb 30:34

I can't offer so you know, I've got my kitchen from Greek and I've got my kitchen but I don't cook, can't really offer you much can I? So I've kinda gotta be cooking.

Bill 30:42

You can't chance

Deb 30:44

That's it exactly. So I've kind of got to be doing my own cooking, I'm going to cook away. And and therefore it's only when I do good cooking, I have something

to offer hence, hands on healing. And therefore, for me a hands on healing session.

Deb 30:59

He's actually just like doing my own practice. It's amazing. Other people's Why don't you get tired or that no, it actually goes the other way. It's It's like I'm just even more full of vital energy, and it's just going into that space.

Deb 31:14

So, really Reiki for people Firstly, who interested secondly, who just feel a calling. And third, anyone that's just curious, you can learn Reiki without having to be a practitioner. And this is the other part that I love. So you can learn Reiki and never really offer treatments to other people. You can say I'm just doing it because I love it for me.

Deb 31:35

But you can also then maybe down the track, end up offering treatments or teachings as well if that's something that interests you it's it's not a one stop shop. You don't learn it because you're going to teach it or because you're going to do treatments. You just learn it because you want to learn more about yourself.

Bill 31:50

Yeah, I certainly it does certainly help me learn more about myself and even if I don't remember which I never do remember what happened during the session. I do learn later on like, especially during conversations like this or with other people, I do learn about this opportunity for me to be completely out of my head.

Bill 32:09

And completely still and completely present. I've never really had the opportunity to experience that even during a meditation. You know, meditation is good for me in that I do go to this different place. I do notice things come in and go out and all that type of thing and it's great.

Bill 32:28

But this is the one thing that I've done that has gotten me completely out of my head like I've completely switched it up. And that is really relieving. It relieves the pressure, the tension, you know, the pain or all those things, which I didn't even notice before, but I noticed them now because I've had my head switched off, so to speak a few times and and now that I've been able to do that I know what's

right and what's not right.

Bill 32:57

I know what feels good in my head and what doesn't feel good. Rather than just being in the space of always feeling this stress or pressure or whatever you want to call it, and thinking that that is normal, because

Deb 33:09

Yeah, you've had another you've had another direct experience of yourself. Yeah.

Bill 33:13

So it's really good, right? So from from this, I want to also ask you, I've got a beautiful Persian, white fluffy cat. Her name is Sapphire. Oh, beautiful. She's awesome, right? And if anyone's ever had a Persian cat, they look a bit strange.

Bill 33:32

You know, they don't have the long, elongated face of a normal cat. They have a flat base, but I'm feeling like, maybe she needs a little bit of animal Reiki. What do you reckon, do you can you tell us a little bit about animal Reiki because we're taking a concept of Reiki, which is pretty far out for a lot of people. Yeah.

Bill 33:52

And we're trying to demystify a little bit and we're now we're taking it into the animal space and we're gonna talk about animal rights. Tell me about it.

Deb 34:01

Okay, so really there's no difference. Okay? In essence, Reiki is just Reiki spiritual energy, there's the practice of it, then what we're talking about is the application of where can this amazing practice, extend, and one of the beautiful places that can extend into, there's many, but one of them is with your pips with your animals.

Deb 34:27

And the difference with animals is, believe it or not, there are actually a lot more open and centered than we are a lot of the time. Surprise, surprise. And so there are a lot more sensitive to the energy. And you may know this because if you're feeling sick a bit to your cat, just hop on your lap and start pairing and we all know that the resonance of a purr is a healing. It's been proven as a healing.

Deb 34:50

And that's why they could because the resonance creates a healing energy. That's why I love pets. And for me, this is also what is happening with women. Offer to pets is aware getting as much healing as them potentially just like me in a treatment, you know, you're just going into that space.

Deb 35:07

So with animals, the only difference is like I spoke with if I was to work with humans, human animals, sapiens, it gets very linguistically challenging, but we'd rather work with humans. I do place my hands despite you not feeling it, I do place my hands so that they know where I am. Yeah, so that they feel comfort. Okay, that's what she said she would be doing okay, that's great. You clearly just drop into such an open space immediately. That's irrelevant.

Bill 35:32

How do your hands

Deb 35:33

See it? Exactly.

Deb 35:36

But for me, animals, they can already sense it. So we don't go up to them and touch because that's just over that would be too overwhelming for them. Having said this, I mean, I don't do that with my clients either. So the point of where the hands may touch the knees or the shoulders or wherever, is only once they're on the massage table and I've instructed that that's what's going to happen.

Deb 36:00

They don't walk in the door and I just start placing my hands on the top of their head. Yeah, so, right. Yeah, that's right. That would be a bit strange it would be be strange for me, but it also be very strange for them.

Bill 36:11

I might be offering different services as well.

Deb 36:13

Again, that's not what this and that's actually a really good point that's not the service. That's a very nice day dressed in a record. Let's let's just dive it from animal. When you have a Reiki treatment your client stay on. The person should

not touch you in any inappropriate ways. If you have any experience.

Deb 36:31

Otherwise, please leave that Reiki practitioner and report them that's actually really important. It's not that type of practice. So that's very fun. But then it's for me the same principle of duty of care and love goes with animals as what we do with each other is I don't just walk up to the animal and go, Oh, I've just learned this great thing. Reiki I'm just gonna start putting my hand on my cat. If you just do the meditations or your own meditation and just sit with your animal, the animal chooses what they would like to have

Deb 37:00

And so the animal comes towards you, the animal will determine and I've seen it where, you know, a cat and I often what happens is, especially with cats, they're they're very inquisitive. So they'll come in and they'll sniff your hands. Yeah, because they can feel it. Or they'll come in and they'll turn around in front of you. Like, they're just soaking a bit up, and then they'll walk away.

Deb 37:19

They're just setting you out. And then if they like it, and that's what they feel like, they'll sit down in front of you. And if sometimes we're especially with cats, if they really like it, they'll be on your lap. Yeah, I had a friend. And her beautiful cat unfortunate. He's passed away now. He and I are I never went up to him. But I have to say my I was a little bit enthusiastic in my early days of Reiki, and I would go to their house for dinner.

Deb 37:44

And I would just start meditating and go, Oh, I wonder what the cat will do. Because he would be sort of nearby. And it was like this. And it was just out of the room. No, it's like, it was very direct feedback. He does he's not interested in a couple of times, I'd go over and I'd just be really curious to see sit there and meditate now out of the room. So I got the message. Yeah. Anyway, so years later, I didn't do anything anymore.

Deb 38:08

Intentionally, I should say intentionally didn't do anything. We're always doing Reiki but you know, not intentionally. And I just sat down on the couch and I was chatting to my girlfriend's daughter's and the next minute their cat jumped on my

lap. And straightaway, I could feel the energy. He was like, Hello, today's the day.

Deb 38:26

And now we're like, Oh, dude, his name is Prince, God love him. And they're like, you know, Prince, and I'm like, actually, you know, do you want to focus right now like, no, that's fine. And then they start telling me that he'd only just been found three days before and he'd been locked up for 10 days in a shed. And for me, this is the magic teaching of animals.

Deb 38:47

He knew that I was able to hold the space for him. He knew that he could receive some healing, and he decided when that would healing would happen. And that, to me is the power of Reiki to be gone. It's always But to me that was beautiful. And it went for about half an hour. And to finish you know, he didn't need me but he went to that's that's often cats do that just to communicate you know, say I'm done and then just slipped me slept for about another hour.

Deb 39:16

And then afterwards what I love this is what I love is the daughters who of course, they knew Reiki but one of them just turned to me and said, I've never seen our cat so settled, so calm. Can I have some of that? And so then we did some little practices with them. And that was so humbling, so special. And to me, that is the essence of Reiki.

Deb 39:38

It is just an offering. It comes from your heart. It comes because you do your daily practice, you're grounded. And yet it can make people feel out of their mind. It can make them feel grounded, it can make them feel more true to themselves. It can heal things that are out of our conscious awareness. Yeah. And with animals, it's the same thing but They're just more sensitive. So

Bill 40:01

Yeah, that's really, really cool. Thanks for sharing that story about them. About the cat. It does remind me of my cat as well. Like when it's hard to know, when I'm feeling a bit, you know, moody or crappy or whatever she does. She comes in, she makes an effort and she lets you know that she's there. And you know, she's available for sitting in your lap for as long as you know, you're likely to sit there and

Deb 40:28

How adorable.

Bill 40:29

Yeah, and I've experienced that a lot with kids over the years because we've always had one cat in our family and whatnot. We're not crazy cat people, like we don't have 15 of that. We bought.

Deb 40:41

Maybe if you start doing Reiki it just might happen.

Bill 40:44

Maybe the whole neighborhood cats will. God. I'll put the message out that i'm not i'm not available for our free Reiki sessions for all the neighborhood cuts.

Deb 40:57

That's right. That's right.

Deb 41:00

Animals will find you. I guess that's my point. They're more sensitive. And when it's something they want, they will come to you.

Bill 41:06

Yeah. I want to change topic a little bit. So we've had an awesome discussion about Reiki. But you're somebody that, to me is a bit of a doula, but not from the space of doing doing and doing and doing, but

Deb 41:22

kind of in and that's okay.

Bill 41:23

Yeah, we've been there. But I'm talking about more. I'll put it in context. Your President takes action on things. Yes. And, and I think it's really important to share. Well, hopefully, you feel the same way. And I'm sure you will, too. share a little bit about your decision to leave corporate world and go into this really different world and then sort of become, you know, make a decision to open up your own practice.

Bill 41:54

Can you give me a little bit of insight into how that evolved because I have, I think

that'll help a lot of people. Understand, and sort of come to terms with the fact that wanting to leave the corporate world or their or the job or something that they're not passionate about anymore is okay.

Bill 42:10

And it is something that's doable, achievable. And it requires, you know, a little bit of faith, a little bit of action, taking a little bit of different things. Tell me about your journey from 2006 briefly into your world today.

Bill 42:26

Wow. Um, so me, so I started my training business. And so I left corporate because, truthfully, I was burnt out and moved from being a corporate person to then starting my own business. And I did that purely because when I was burnt out, and too, I always felt there was more you could do but sometimes the business objectives of the corporation you're working for limited that and I always felt like I wasn't therefore, offering to the full potential.

Bill 42:59

And I think My heart deep down wasn't happy with that it didn't feel fulfilled. And I think I also have a mindset. And I think I've always had it, that if something doesn't work, that's okay. Let's go back and do something else. I think that's really just my disposition. So I always give everything a go. And if it feels right in my heart, and that's what I want to give it a go, I then find strategies and think about ways of making it happen.

Bill 43:25

But then if it's really in my heart, I give it a go. Maybe the biggest thing that's helped that helps me and still today helps me with what I'm doing is I'm okay if it doesn't work. Right. And I think a lot of the time people go in thinking, I have to be the best I have to be the most successful or I have to earn a certain amount of money or all of these things.

Bill 43:47

And whereas I go in going, Well, how much do I need to earn? What's my backup? So how long can I do it if it's not earning money? I don't have a you know, people talk having I plan to I actually don't currently have a plan to this doesn't all work in the next few years, you know, I mean, I'm doing really well now. But you know,

Bill 44:07

I don't know. Like things can change. That's okay. I'll work that out. I'll work that plan out when that time comes. And I just have deep, deep inner trust in myself. And that's not coming from an ego of Oh, I'm amazing. It's just coming that I trust that I will make the right decision. Or I will source people to support me, that's also another key important thing,

Bill 44:30

I will source people to support me with whatever decision I need to make at that time, but I don't and this fits into Reiki so beautifully, but I don't worry about that now. Because the minute I'm worrying about that now, I'm not in the moment of making my decision. I'm in the worry. And if I'm in the worry,

Bill 44:49

I'm not even in the present moment. For me, being in the present moment is where you get your strength. It's the same as Reiki we bring all the energy back into the one Place and then you have that inner vitality to make these sorts of decisions. You also have to be realistic.

Bill 45:06

You can't just go with the heart and go, whoo, I just want to do something and not really think about it. I think there is that, that element of that I call it a beautiful dance between, okay, what's practical? What's feasible? And also what's realistic? And then does that fulfill me? Does that make me happy? He said, He's giving that ago, giving me that spark in life.

Bill 45:26

And I think if you follow your spark, you may find you don't need to leave corporate, a lot of people don't once they find their Spark, they can stay in their corporate and have their Spark. So it's not for me about whether you leave or you don't leave. It's about what's your spark? What really ignites you, what gets you excited? And then how are you bringing that into your life? I didn't know that I would be running a Reiki center. I cannot at any point tell you that this was a long term plan. I had no idea.

Bill 45:55

It just was something that evolved that I fell in love more and more with Reiki And I just loved the treatments. And one day someone asked me to teach them and normally I would refer them to my teacher in this particular day. I was like, Yes.

And I was like, wow, Where'd that come from? That's amazing. So I must be ready to teach. So there's a innate trust.

Bill 46:16

There's an innate love of what I'm doing. And making sure I'm tapping into that, and knowing and knowing it, so really getting to know what I love. And then also being practical, okay, what's feasible, what's practical. So you know, not setting a business up and setting it up with 10 staff and a whole range of things that require funding if you don't have that funding, if you've got that funding go for it

Bill 46:41

Brings me back to a time when I sort of changed Korea years ago, as well around 10 years ago, and I started doing what I thought my new career was going to be. I started doing it on the weekend, kind of as a hobby. Yeah. And then that allowed me to continue earning money in my full time job. continued to sort of give me an opportunity to see what I was experienced. If I do this thing on, you know, this hobby.

Bill 47:08

If I do that full time, I kind of had a feeling of what it would be like. And then only when I was really comfortable with the decision of, Okay, this is something that I could do more than one day awake, did I sort of start moving into that space, so I gently moved out of the space doing to the job part, bringing in the money paying off the mortgage, did that get followed my passion, it made my job more bearable. That's it.

Bill 47:34

And then when I realized that my job really wasn't a job that I wanted to do anymore, it made it possible for me to go okay, I actually have an idea of what I want to do because I've been doing it for six months now part time or as a hobby. I'm going to move into it as a as a permanent thing or a full time thing and, and it was a really easy and simple transition.

Bill 47:58

So I think Something similar kind of happening with you as you kind of started to emerge what it was that you enjoyed, just started following that. And you just took the path and it led you to where it led you. And now you have this awesome practice in, in the Melbourne Reiki Center, which is in Hawthorne in Melbourne

something

Deb 48:21

Yeah, yeah. in Hawthorne in Melbourne. Yeah. Look, I think there's that there was for me and in my other businesses, I suppose I've, I've been able to have a bit more of that flow with this one. At some point, I realized, if I didn't fully commit to it, it couldn't grow.

Deb 48:36

Seemed like a seed you planted, you need to water it. If it isn't working, you don't blame the seed, you adjust the conditions that the seed is growing in. And I realized I needed to do some adjustments to my conditions, because there was getting a bit of water and a bit of sun.

Deb 48:51

But the opportunity for me to grow in the world of Reiki wasn't going to happen unless I went into it a lot more and so I did that. Having to make a big decision and not keep the other business going. And probably sooner than what most people would if they were doing the same sort of transition as you. They weren't really the financial signs or the security in place to say, yes, this is going to be successful.

Deb 49:16

It was more Yes, I can see the possibilities. And yes, I can see that it's got great potential. And yes, I love it. And then it was about setting myself up to give it a go. And that made it a little bit different this time. But see, I just, I also have, because if we have to, in Reiki, we talk about attachments.

Deb 49:35

If I'm too attached to something, I can break it. So I find so dear, and I hold it so tight, I can actually crush it with my passion. So it's about being passionate and holding it really open. And for me, that's a really important point that I absolutely love this practice. I love what I'm doing.

Deb 49:55

And I hold it really open because it may need to evolve. It may need to change it's got to adjust Just to the climatic conditions that scene and I've got to adjust to that sometimes as well, as well as making sure that I'm like that big singing ball and I'm the one with the good resonance. So there's it's a dance.

Bill 50:11

Yeah. Awesome. Now, as well as Reiki one on one with clients and you also do some courses, tell me a little bit about the courses and who would come along to those courses, what type of person would come along to those courses?

Deb 50:28

Well, awesome. People come along, you know that?

Bill 50:32

Yes.

Deb 50:34

Awesome. Because Reiki, reiki, I might just share Reiki is like in a good a good way to understand Reiki if people after this decide to start googling or what is Reiki a bit more and they may discover there's all different types of Reiki. So a lot of people know yoga so a lot of people know. There's Iyengar yoga and hatha yoga and power yoga, which is more modern and there's a lot more but anyway All these different sorts of yoga but no Yoga is better than another.

Deb 51:03

Each yoga type is suited to a person and they fall in love with it and it makes sense to them and they like the teacher. And the same with Reiki. There's some different types of Reiki I teach one called Usui, Reiki roho, which is as traditional as what we know to what was practiced by Sui.

Deb 51:18

And I won't go into the history of all that, but there are also therefore other branches of Reiki, there's Tibetan Reiki, there's western style Reiki, there's radiance, reiki, the Reiki Alliance, there's gendai, Reiki comio, Reiki which is what in a moto heighten that I have studied with teachers know one type or lineage, they could delete lineages.

Deb 51:40

So where the teacher has come from their journey, no one type is better than another. And so within the lineage that I'm within, we teach a three level Reiki system where the first level is called shoden, which is beginner teachings.

Deb 51:55

The second level is called Arkadin, so hidden teachings and the third is called

shinden. You Mystery teachings. And what I love is if we put a Western head on beginner yeah beginner hidden Oh, I don't know about it and mystery who's you know who What's this mystery thing. But if you put an Eastern philosophy sort of philosophy on it, begin it means it's you're just beginning to understand yourself, you're beginning to come into yourself.

Deb 52:20

It's the beginnings of very discovering yourself and hidden isn't that something it's not like, Oh, I'm the amazing teacher and I've got all these hidden things I'm now going to teach you. It's, these are amazing since these amazing energies are within you, this universal energies within you, and I'm just helping you find your way to your energy. These are hidden gems, and we're rediscovering.

Deb 52:44

So Reiki is like a rediscovering process of that one. And mystery is that once again, it's the great mystery of the universe, which also is inside of you, but we need to practice. For me. Reiki, we learn shoden Reiki one, and then we practice it really important. Yeah. And then we learn Arkadin, Reiki two, and then we practice what we learned.

Deb 53:07

And then same with mystery teachings. shoden is just beginner. So you can do it on yourself, or maybe a friend or someone, Arkadin after you've learned and been practicing, that's when we classify as a practitioner. So that's when you could charge for treatments. And they have been done is teacher level.

Deb 53:26

Some schools have another have a teacher level in two parts, but the mine it's in the one and in shippin, and it means that you can teach. But as you know, we teach all the time, everything we do, we're teaching. So all the way through learning. And when you talk to someone or how you hold yourself or how you pour a cup of tea is teaching. So for me, really, we're always teaching but formerly within Reiki, you can't teach until you've learnt shipping done.

Deb 53:53

Once people have learnt Reiki when they will say oh yeah, I wouldn't do Reiki One, two and three. I'm really keen. I want to learn it all. Then they learn Reiki one and then they go, Ah, now I get why you said, like, I might just want to sit

with this and practice for a while. And I'm like, yeah. So everybody's different. Some people will learn at different rates that doesn't make one person better than another. It just means what we're ready for. So we learn, we learn what we're ready to receive.

Deb 54:21

And for me, I've reset with my teacher, I think it's like almost a dozen times each level, I think I just reset or not quite a dozen for shipping. And I think I just reset level three the third time, each time you just go deeper and deeper in your practice. So for me, Reiki is just beautiful to learn. You can take those teachings just learn Reiki one and be happy someone else might want to go and do Reiki two, but they just want to practice for themselves.

Deb 54:46

Someone else might want to do one, two, and then become a practitioner. And some people go I just want to take it further. But I don't want to teach well then they come and learn shipping and to take their own practice further. And that's kind of how I started I just did it for myself. I had No intention. I just enjoyed treatments and did it with friends and like you said, then I doubled up put up a website. Well, I'm really enjoying this. I wonder if anyone else will come along. I was just curious.

Deb 55:08

And then that's when I got more people, I really started to love it. And then all of a sudden I started teaching. And then that's when I was like, Oh my god, I love this, but I didn't know I would love it. So it wasn't a planned decision. So so people also keeping an open mind if they look for Reiki is that they want to do that.

Deb 55:26

But also if I can just add, find a teacher, you feel a connection with fire that is so important. There's no one teacher for everybody reaching out talking to different teachers. Gosh, I just encourage it so much. And just yet if someone comes to me and they're not sure, I just say go and talk to some other people. Go and have a treatment with someone, see if you like it, see if you enjoy their company.

Deb 55:54

Because for me, that's we're opening ourselves up and we need to be comfortable

with the teacher that we're opening up with. And that's we're all very different. And I think that's a really important part of your journey is to find a teacher that you really connect with.

Bill 56:08

Awesome, fantastic, Tammy. If somebody wanted to find out more about your practice as in the place where I come in Melbourne, and if I wanted to connect with you where would be the best place for them to go and do that.

Deb 56:26

So to connect directly with me would just be Melbourne Reiki center, if they type that in, they'll find me It's [www dot Melbourne Reiki center.com.au](http://www.melbourne-reiki-center.com.au). There's also all my phone numbers and everything are on there just to keep it easy so they can contact me phone or email.

Deb 56:40

They can book directly online as well for anything that they interested in and any other information about Reiki And what it is is all there as well. If people are interested in their listening, I know you have an international audience if you're listening around the world, they're amazing. If you're listening all around Australia there are amazing Reiki practitioners everywhere.

Deb 57:03

If you're nowhere near me in Hawthorne, they are amazing Reiki practitioners around Melbourne, trust me, two ways of finding them is if you're really desperate and you're not sure you can contact me and I will be able to put you in touch. I know lots of people over in the US California East-West Coast as well.

Deb 57:22

And I also know people over in Dublin and I'd be able to put you in touch with people in the UK. And I know people in wha lots of people in Sydney I know people in North Queensland so I actually have lots of contexts amazing it's a beautiful practice that puts you in touch with amazing people. I'll Paris I know people in Paris I'd be great place everywhere IKEA.

Deb 57:47

So for me if Yeah, contact me if you're interested. If you're nowhere near where this is being recorded, and you're not in Melbourne, but you're still really cane, Google search. My teacher teachers are internationally as well. So And all that's

on my website. Yeah, the read book or read books. There's so many books, read a book.

Bill 58:09

Fabulous, Debbie. It's been really awesome getting to chat to you and understanding a little bit more about Reiki and what it is and how fabulous it can be. I really do appreciate time. Thank you so much for

Deb 58:21

Thank you. This has been fun.

Bill 58:23

And, and for me too. I actually love these episodes. I tell people all the time that I learn more about people that I've known for ages in a one hour interview than I would ever learn by having, you know, 10 or 15 or 20 coffees because we don't seem to talk about that kind of stuff over a coffee ever.

Deb 58:44

Since it's so nice and focus. And

Bill 58:52

That being said, I'm gonna leave it at that. Thank you so much and all the best and

Deb 58:56

All the best to you and everyone listening. Thank you for the opportunity. It's been beautiful.

Bill 59:00

My pleasure. You're welcome. Bye Deb

Deb 59:02

Bye.

Bill 59:04

Now that was a fun interview. Deb it really is a great Reiki practitioner and a session with them really does feel amazing by the time you leave. If you have been curious about Reiki, go to your local practitioner and if you live in Melbourne, go to Deb's page at Melbourne Reiki center and get in touch with her.

Bill 59:26

Now if you feel that this interview was a great Listen, go across to iTunes and leave us a review. Your feedback is greatly appreciated and makes a huge difference. Also, you could share this episode in your circles via your favorite social media site and tell others why you love the episode.

Bill 59:46

If you would like to have me speak on any topic at your next event, please go to BillGasiamis.com and fill out the contact form. And we'll be in touch we can discuss how we might be able to tailor a presentation to suit your audience. Until the next time. Thanks for listening to the transit lounge podcast.

Intro 1:00:09

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Intro 1:00:27

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