



Secrets of a Traveling Reiki Master

BY WILLIAM LEE RAND

I'VE BEEN TRAVELING AND TEACHING REIKI for 20 years. Recently a friend asked me if I had any travel secrets I could share. My response was that there are no secrets. Later I began thinking about this question and realized that I've been traveling for such a long time the special things I do have become so routine I had forgotten they were special. I began sharing some of my travel tips with a couple of other teachers who are just starting out and realized there are quite a few things I do that could be helpful to others.

Traveling can be an amazingly exciting and worthwhile experience. Going to places you've never been before can be invigorating and refreshing. The sights and sounds and smells and people and patterns of human activity and nature are all different than what you are used to. These new patterns require you to use parts of your brain you haven't used in a while in order to provide yourself with the basic necessities of life. You must locate your lodgings, find restaurants and stores, and learn to move about within this new area. The interruption of habitual patterns and the stimulation of new experiences allow new energy to flow through your system, clearing out the cobwebs and tuning up your energy field.

This pattern interruption can sympathetically induce a similar effect into other parts of your consciousness, causing you to look at yourself from a different perspective and see things about yourself in a new way, or see things you hadn't seen before. It can also stimulate creativity and allow you to see your work in ways that had been hidden from you in the past. Traveling to new

places in the outer world stimulates travel to new places within yourself; it broadens your perspective and develops greater understanding and acceptance of yourself and others.

All of these things are especially true when you are traveling to teach Reiki. The Reiki energy that flows to the class and your experience of the students responding to Reiki amplify and deepen this process. There are many benefits to traveling and teaching Reiki, some of which aren't obvious to the beginner, but become apparent later on when you reflect on your experiences. But let's move along to the practical purpose of this article.

Tickets

One of the important things you'll need to do at the beginning of your trip planning is get your plane ticket. There are a number of Internet services such as Orbitz or Travelocity that will show you the lowest fares or even keep you posted when low fares come up. These are good services to use. This will get you a seat on the plane, but there are a few things you can do that can give you an advantage toward getting a really good seat.

Frequent Flyer Miles

First I suggest that, if possible, choose an airline to work with that is "hubbed" at the airport you'll be using. This means that the airline is based there, usually has its own terminal, and therefore has a high number of direct flights from this airport to other destina-

tions. Not having to use connecting flights will save you travel time. Next, get a credit card that gives you one frequent flyer mile (FFM) for every dollar charged to the card. Then use this card to charge everything you can. (Avoid the cards that give you double miles. They do give you double miles, but they also charge you double miles when it comes time to get a ticket, so there's no real value.)

As you build up FFMs you'll eventually be able to use them to get your airline tickets, or use your FFMs to upgrade to first class! Note that when you travel with a ticket purchased with FFMs, the ticket is free, but the flight distance doesn't add to your Elite status with the airline. Elite status can be used to get through security lines faster in many airports and sometimes to get free upgrades to first class. Because of this, it can be an additional advantage to purchase a regular ticket and then use your FFMs to upgrade to first class, as you'll get your Elite miles along with first class! Elite status also gives you the ability to choose exit row seats before your flight, making it more likely you'll get them! If you have long legs, exit row can feel like first class, especially on long flights, and it doesn't cost you any FFMs! Remember also that FFMs can be used on airlines that partner with your airline, which gives you more flexibility in choosing flights.

Packing

I used to travel with all kinds of things I didn't really need, including them just in case I might need them. Then I began to think about how I could get by with just carry-on bags, and I began to adjust and recreate the list of things I carry. This has allowed me to pack for several weeks using just carry-on bags.

I use a roller bag and a backpack that are allowed on board as carry-on. (The backpack fits nicely on top of the roller bag so I don't have to carry it.) This eliminates having to wait in line to check my bags and is especially important now that airlines are charging extra for checked bags. I land and go my merry way, since I don't have to wait at baggage claim for my bag. However, if you do have to check a bag, I suggest using the curbside skycap service. The lines are usually shorter, and they provide good service. Note that while you aren't required to tip the skycap, it's a good idea to give him or her at least a few dollars, as it creates good energy for you and your checked bag.

I've developed a travel item list that I keep in my laptop and print out prior to packing. I check each item off as it's packed, which prevents me from forgetting things. If I don't need an item on the list for a particular trip, I cross it off and check only those items I've packed. If I realize I need an item that is missing from the list, I add it in pencil and enter it on my computer list later.

I've also developed a method of packing that allows me to take an amazing number of things in my carry-on bags. For example, I'm able to include a blender, sound system for my classes, a printer, scanner and supplemental food, all in a carry-on system. Here's how I do it: While I might be out for several weeks, I pack only enough clothing for four days. This includes four shirts and one extra pair of pants. This allows me to wear a different shirt during each class day. After class I take my clothes to a Laundromat, or wash and iron them at my lodgings. The blender is a small but efficient type called a Magic Bullet. The printer is a portable

Prairie Granola

Balanced cereal with lots of fiber, carbs, complete protein, essential fatty acids and calcium.

Double Batch

- 2 cups Oats (organic uncooked)
- 2 cups Hemp protein powder
- 2 cups flax seeds, ground
- 2 cups sunflower seeds
- 2 cups un-hulled sesame seeds
- 2 cups almonds, diced or ground into flaky powder
- 2 cups apple, diced
- 6 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp stevia
- 1 tsp sea salt

- 1/2 cup hemp oil
- 2 cups Applesauce with 3 tiny scoops stevia (original used 1 cup Molasses)
- 8 tbsp apple juice

Preheat oven to 300F. Mix all dry ingredients together. Blend liquid ingredients until reaching a consistent texture. Combine liquid and dry. Mix well. Spread on a bake tray and bake for approximately 1 1/2 hour or until dry. Baking time can be varied for soft or crispy. ■

Canon IP90, (current IP100) and the scanner is very small micro scanner. The sound system is a set of small MP3 speakers that I plug into my laptop on which I've recorded all my class music in MP3 format. Try Sonic Impact 5009G Gen 3 . These are amazingly small but good speakers that take up very little space, but there are also others. I also take a shaker bottle and a supply of Vega, a meal replacement powder, along with homemade Prairie granola (see recipe above). All of these things can easily be found by doing a Google search for them on the Internet.

The printer and laptop go into the backpack, along with the power supply and mouse. Some planes have a power outlet under or near the seat that allows you to plug in your laptop power supply for extended operation. Some outlets require a special adaptor. (Check with the airline to see if this option is available on the plane you'll be on.) This is handy, especially on long flights when it's possible to get a lot of work done. For instance, I'm writing this article over the Pacific Ocean en route to Maui.

I ship larger class supplies such as class CDs, books and other products by UPS direct to the hotel or the location I'll be teaching or to the person sponsoring the class. At the end of class, I pack up the products that haven't sold and other items I don't need, leave it at the hotel and call in a UPS pickup to have it shipped back to my office. If you don't have an office, you could have it shipped back to your home if someone will be there to receive it.

I know many of you will say it's easy for me to pack light because I'm a guy, but I've shared these methods with female travelers and they have been able to improvise and produce similar results.

Airports and Security

Often you're asked to get to the airport two to three hours before your flight leaves. Sometimes, because of the way the airport is set up, this is necessary, but usually it isn't. If you will be traveling through a specific airport on multiple occasions, take note of how long it actually takes to get through security and to your gate and make use of this information the next time you travel through that airport. This can save you time sitting around in the airport.

Getting through security quickly can save a lot of time at an airport as well. If you take a laptop, pack it on top of everything else, as you'll be required to remove it at security. Wearing shoes that are easily removed is also helpful. If you've got Elite status or are able to fly First Class, you'll usually be allowed to enter security using a special lane that has fewer people in it. However, the best secret I've found for getting through security quickly is the hotel method. If the airline terminal you'll be using has a hotel connected to it, the hotel will usually have its own security station for guests, which usually has a very short line. The most I've ever experienced at one of these stations is two or three people; often I'm the only one. Even though it's for hotel guests, anyone can use it. Call in advance to see if the terminal has a hotel attached to it and if the hotel has its own security check point and, if so, where it's located.

Airplane Exercise

One issue that needs attention is the need for exercise on long flights. Sitting for long periods of time can cause circulation problems and create restless uncomfortable feelings. One thing I've done is to get up and walk around the plane or go to the back of the plane and stand between bulkheads and do deep knee bends. As you move your joints, activation of stretch receptors in your muscles called proprioceptors stimulate deep breathing, which in turn stimulates your lymph system to move toxins out of your body, which stimulates your immune system. Doing this once or twice on a flight really makes a difference in how you feel. And of course you can give yourself Reiki while flying and this can help you fall asleep if you need the rest.

Staying Healthy

Being exposed to so many people on a plane sharing the same air supply can be a challenge to your immune system. Of course, giving yourself Reiki while flying will really help boost your immune system. In addition to Reiki I use Oscilloccinum. This is a homeopathic remedy for colds and flu that's sold in most health food stores. The remedy is in the form of small white beads inside a container. A secret to its use is that you don't need to take the whole container per dose in order to gain its full benefit. You only need a small amount to get the homeopathic effect. I usually take about 1/3 of a container per dose. This extends my

supply and requires that I carry less. I usually take a dose just before boarding, then another one or two while in flight and another after the flight. Using Reiki and Oscilloccinum prevents me from getting sick while traveling. Note that this is also a method to remain healthy even when you aren't flying.

Travel Food

Airline food isn't what it used to be, and it never was all that great. And now most flights have stopped providing meals, or they charge an additional fee. Here are a few ideas to handle the food situation while flying and while traveling in general. One secret is to order a carry-out meal from a good restaurant that is on the way to the airport. Allow an additional ten minutes or so to stop to pick it up. Then take it on the plane with you. As long as it doesn't contain liquid, it will pass through security. Then you've got a great meal for the flight! Another method is to carry special food items you've prepared or have purchased. I like to make up a batch of Prairie Granola, also called Buffalo Chip Granola. This is a recipe I developed. It's really nutritious and healthy for you and can be eaten on the plane or any time on your trip that you need some nutrition. It stores well and will be good for several days unrefrigerated, but it's best to refrigerate it once you get to your destination. See recipe on page 41.

I also like to take Vega. This is a meal replacement powder that can be mixed with water, juice, almond milk or another liquid. Developed by an ultra-marathon runner, it is a vegetarian balance of carbs, protein and fats. It tastes good and digests easily, thus giving maximum nutrition with minimum effort on the part of your body. I take a small bag of the Vega powder with me along with a shaker bottle. Once on the plane, I ask the airline steward to place some water in my shaker bottle, then add the Vega and shake. I also like adding a small amount of stevia, a natural sweetener.

Another issue that can come up while traveling is weight gain. Not having access to the food you usually eat and eating at restaurants more frequently can sometimes add pounds. To prevent this, it will be necessary to carefully monitor your food intake, eating small portions of foods that are healthy for you. Also, making use of your travel food, such as using Vega or another meal replacement powder for lunch, will definitely help. However, after your return, if you find you've gained weight, you'll want to focus on losing it so as to return to your healthy weight right away.

These are a few travel secrets I've picked up along the way. Try them! By remaining aware, maintaining a practical mindset, and thinking outside the box, you'll develop some of your own. Traveling with more ease can help make your travels carefree adventures.

It's truly a wonderful and joyous experience to travel and teach Reiki classes. However, what I have found is that no matter how beautiful and exotic the places are where I teach, it's always the students and the process they go through during class that is the most amazing experience of all. In the end, the greatest travel secrets you are likely to discover are those that are too meaningful to be expressed in words; they remain within you, expressing themselves through the changes they make in your heart. 