

Dancing with Reiki

BY SHEKHINA VON RECKLINGHAUSEN

PHOTOS COURTESY OF SHEKHINA VON RECKLINGHAUSEN

I HAVE DISCOVERED HOW TO DANCE with Reiki at a wonderful gathering, Sunday mornings, two blocks from where I live in San Francisco. Ecstatic Dance presents a free form movement journey, held in a safe and sacred container and facilitated by a professional DJ. It's a place to be your unique self and feel connected to a common source.¹

Traditionally, ecstatic dance has been practiced throughout history as dancers, sometimes without the need to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them, leading to trance, a feeling of ecstasy, feeling connected to others, and as meditation, helping people to cope with stress and feel more serene.²

When I first went to Ecstatic Dance, I was surprised by this forum that creates a sacred space and a spiritual environment to dance. The event was held weekly in a church that has been transformed into a beautiful dance space where angels are painted on the ceilings way up high, and the floors are the original hardwood that is great to dance barefoot on. One rule is that everyone is asked to dance barefoot and without talking to create a respectful, prayerful sacred dance. A DJ plays music for two hours, starting at a slow pace and moving to lyrical rhythms and then to a high energy crescendo. Then the DJ slows the music to a gentle pace at the end, where everyone usually comes to lie upon the floor resting back into their bodies, grounding to the earth.

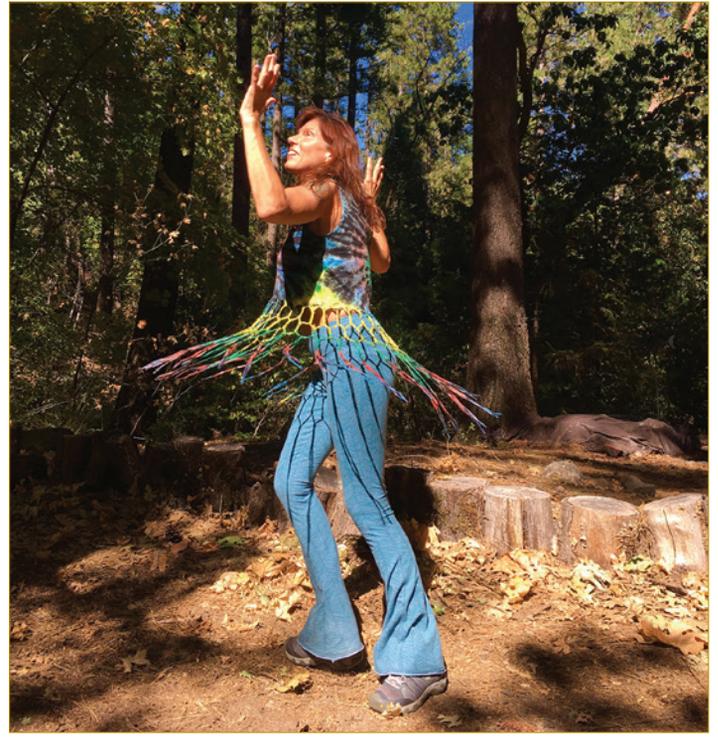
One Sunday, I came with a heavy heart and tried to dance, but I could not move because my emotions felt too heavy. Soon two hundred people were dancing all around me. I looked up and saw the angels spreading their wings in the paintings above and felt a rush of unconditional love from everyone moving their bodies to the beats of the music. I sat down in the middle of the room while the movements of feet swirled all around, and I started to cry. All the incredible energy pushed my emotions to the surface, and my tears released the heaviness I had been feeling in my body. Everyone respected my process as this occasionally happens to dancers there.

I placed both my hands around my face and cupped my cheeks, and asked Reiki to come through my hands. Warmth flooded into my face, and I shifted my hands to the center of my chest and filled my heart with Reiki light on the dance floor. It felt so good to feel supported by the incredible love of Reiki. I slowly stood back up as bodies rushed around me to the beats of the now growing-louder music, and smiles came from those who saw me, acknowledging my presence. I placed my Reiki hands on my power chakra and let the Reiki embolden me to feel stronger in my core, my belly softening and relaxing. My hands slid to my hips, helping my first chakra to become stronger and more grounded. I stamped one foot with Reiki flowing down to the earth. I stamped my other foot and felt myself breathe more deeply, filling up with Reiki throughout my whole body, inspiring me to dance again, one foot at a time, twisting my body to the music.

All the beautiful souls there danced like pieces in a moving puzzle where all fit perfectly together. I felt a surge of Reiki in my heart and wanted to give back to all the beautiful people whirling and swishing all around me. I asked Reiki to flow from my hands, and they got super warm. I flung my arms high in the air with open palms and asked Reiki to fill everyone in the room with Reiki love if they wished to receive this.

I was so inspired by a man who was dancing in his wheelchair on the dance floor, moving in circles and back and forth to the beats of the music. I sent him Reiki. A woman around eighty years old was wearing a gold lace dress dancing with a friend, and I sent her Reiki. A mother was dancing with her child in her arms. I sent her Reiki. I was no longer sad in my heart but feeling joyful. I wanted to share even more as I flung my hands outstretched to send Reiki to the whole city.

The music grew to an almost furious pace, and the dancers were jumping, swooshing, twirling in all directions, and I asked Reiki to go out to our whole country, and then the



Left: Joyfully dancing with Reiki for all people. **Right:** Euphoric Reiki being danced to heal all plants and animals.

whole earth. The music slowed, and I wrapped my arms around my body, and my hands gave me Reiki in a self-embrace as I gently swayed back and forth.

When the coronavirus pandemic hit, everything had to close. There could be no Ecstatic Dance at the church anymore, but soon, there emerged online gatherings to dance via Zoom, and this amazing community could connect again. I created an open space in my living room to dance safely and asked Reiki to flow. I drew the symbols CKR and HSZSN to empower my dance. I opened my computer when Ecstatic Dance was to stream and turned up the music. I slowly felt the rhythm and asked Reiki to move through my body and out my hands. I kicked off to dance with all the lovely souls even though I did not know their names, but I knew their loving energy and smiles. My arms and hands flew up as I twirled my body to the fun music and asked Reiki to heal and send light to all who had COVID-19 and to help heal the whole planet of this illness. I danced with an open heart and asked Reiki to heal us all.

From time to time, I enjoy the country taking a break from the city to be more with mother earth. I have learned that I can now dance on my own wherever and whenever I wish. I can take my portable speaker outside or use my earbuds to play joyful music and send Reiki out to all nature and people who wish it. I dance with the trees and enjoy seeing the leaves move in the breeze with me, and I hear the birds chirping away in the branches.

Amid the coronavirus pandemic, I have found joy and love through dancing with Reiki. I am not alone; I feel the love of all the dancers everywhere. I feel the love of all the trees and energy of the earth, and I feel all the love that Reiki is, and I am so incredibly grateful. I invite you to dance with Reiki, whether it is by yourself at home, outside with the trees, or to find an Ecstatic Dance online to connect with other dancers. Please enjoy sharing Reiki with all you wish while you twirl and swirl to the music you love! 🌿



Shekhina von Recklinghausen is an Usui Reiki Master Teacher and Shamanic Practitioner. She has a great love for crystals and enjoys combining their ancient wisdom with Reiki healing. She also blends sound healing with Reiki and offers Sound Healing events. Shekhina has been teaching Reiki classes and Shamanic Empowerment workshops for women for over fifteen years. She has a spiritual practice of honoring Mother Earth with gratitude, prayer, and song every day. Shekhina lives in San Francisco, CA, and can be contacted through her website at www.healerinlight.com.

Endnotes

- ¹ To find Ecstatic Dance in your area, go to <https://ecstaticdance.org>.
- ² "Ecstatic Dance," Wikipedia (Wikimedia Foundation), https://en.wikipedia.org/wiki/Ecstatic_dance.