

Here's what past members have shared about their ENERGI experience...

Q: Think back on where you were when you joined ENERGI. What inspired you to join this mentorship program?

- Last year's experience in ENERGI.
- The beginning of my journey was taking Reiki 1 and 2, and I couldn't stop. I had to explore ENERGI as well. So glad I did.
- Reiki community.
- The connections and motivation I received from the founding group really made me feel that I need this in my life and to take advantage of and make the most of this opportunity.
- The connection to like-minded people and Reiki.
- Like-minded, peaceful tribe of folks! Also, Lisa, Charlie, and Bryan are three of the best Reiki mentors!
- To maintain familiarity with Reiki practice.
- I think the "group energy" is so powerful, and this is one of the reasons I continued.
- To be in a group of like minded individuals.
- To grow in The Energy spiritually and in my whole being :)
- To be in community with other Reiki practitioners.
- Learning how to incorporate Reiki more into my own life and to expand my knowledge. I thought being in this community would be the best way to keep connected.
- Wanting to learn more practical ways I can use Reiki in my daily life

Q: What was the biggest problem that ENERGI solved, or the biggest impact ENERGI made on you?

- It continues to be a safe place and space to share with others who value healing energy.
- The ability to connect with like-minded individuals. The energy it provided assisted with my self-care as a caregiver. The self-care was and still is the biggest impact
- Incorporating Reiki in my daily life awakened me to being more present in my own life.
- More self-care. I'm terrible about doing for myself what I do for others, but the ENERGI community has helped me see that I am just as important as anyone else and that it is my duty to myself to take care of all that I am.
- ENERGI collectively has helped me realize that I need to share my gifts and that we are all always learning and growing. That has been a real blessing and comfort.
- The biggest impact was reconnecting to Reiki energy, revisiting the principles of Reiki, and deepening my understanding of the symbols and their best practices. All reigniting my own daily Reiki practices.
- Deepening relationship with Reiki. Amplified, it feels like
- Remote Reiki continues to be the greatest impact as friends and I face distressing incidents in our daily lives.
- I needed the "calming" energy of Reiki to help me through this huge move and transition in my life. (it helped!) I think I would have been a lot more "whacked out" if I didn't have the ENERGI energy in my life.
- It gave me a way to get centered.
- The biggest impact is focusing on my soul daily :)
- Staying focused. The old saying where the mind goes the heart and the body follow. Biggest impact— having Reiki shares with one another, distance group shares, regular gatherings, tools to inspire us, and all your materials on the ENERGI app.
- I have become much more consistent in my personal practice. While I don't practice on others as often as I'd like to yet, it gave me more confidence in working with others.
- Consistency and commitment

Q. And, how has that improved your personal life and your life as a Reiki Practitioner?

- Serves as a reminder to remain grounded in the present.
- I can say I am more relaxed knowing that it's there, including past lessons that I can circle back to if I should forget. As well as the comradery of other Reiki members and their Reiki and/or life experiences.
- I feel more confident and balanced.
- I am more grounded and less scattered.
- I don't feel like I need to know it all or have all the answers. We're all on this journey together.
- Practicing Reiki daily has kept me in the moment and grateful for the community that I am a part of. It's bigger than me.
- I feel like a more open channel for Reiki, and I get out of my own way easier, too.
- Events become less alarming.
- I have an inner calmness in all aspects of my life. It's brought me back down to earth....
- I feel more calm and I worry less.
- Personal life ... I transcend life's ups and downs with more equilibrium:)
- Personally, I am always healthier and feel better mentally the more Reiki I give because we always receive more when we give. Just the process of being involved with this program over these many months has really boosted my focus on my Reiki mission and self-practice
- Consistency and confidence.
- I have more confidence in my practice.

Q. What makes ENERGI a 5-star experience for you? Please be specific about what you loved most!

- The loving, supportive environment.
- The loving, caring community. Lisa, Charlie, and Bryan are all knowledgeable and always quick to return communication on workshops, instruction, and IT issues.
- The love and passion of the community!
- The feeling of belonging and connecting to like-minded people. It can be difficult for me to feel like I fit in with groups. I appreciate the group as a whole, and I am grateful for Lisa, Bryan, and Charlie.
- The feeling of being valued and appreciated for my individuality.
- The energy of Lisa, Bryan, and Charlie makes it a five-star experience. They complement each other in positive ways. I especially love the different activities.
- Our group is mutually supportive, and we learn from each other. Plus, our awesome leadership. It's really special, our ENERGI crew!
- Maintains self-practice.
- It seems I get something out of every meeting. I will add the last attunement was mind-blowing...(a good thing)
- I love the group's energy as a whole and have really enjoyed getting to know different people. I enjoy learning and am grateful that everything is recorded because it helps to go back to it.
- Having the wonderful content in Heartbeat to help with daily practice.
- Being in a community with like-minded practitioners weekly and in person biweekly.

Q. How can we make ENERGI even more empowering and supportive for Reiki Practitioners who want to accelerate their spiritual growth and empower their Reiki Life?

- I can't think of anything so that means you're doing great. ;O)
- It's pretty amazing already!
- I think it's great as it is because it is always evolving, which I appreciate. I get bored easily, and I need to be learning something new, but sometimes slow and steady is the best path to growth. I am grateful and excited for the workshop options.
- Exploring more ways other teachers utilize Reiki, discussing and practicing the different theories.
- I think you're doing it already!
- Nothing comes to mind.
- Can't think of anything at the moment... Keep up the good work!
- I am not sure.

Q. Is there anything else you'd like to share about your ENERGI experience?

- Just that it's been a life-saver for me throughout the worst time in my life. I always knew I could fall back on ENERGI to help elevate me into a higher frequency. Reducing much stress. Thank you to Lisa, Bryan, and Charlie.
- The friendships are awesome!
- I would like to thank you, Lisa, for being you and for sharing Reiki with me.
- I'm excited to keep growing!
- I loved every minute of it.
- Count me in every time! Thanks so much 🙏💖😊
- EFT and Charlie's Yoga Nidra are the highlight experiences for me.
- So glad you are doing this!!!

- I think you are an amazing teacher and I am grateful to be learning from you!
- Lisa, you are an absolute blessing. I am so very grateful to have you in my life along with wonderful Charlie & Bryan. You are all life changers — thank you 🙏
- It has been a very positive experience, mainly because of your aura, and the calmness that comes through the tone of your voice and the light in your eyes
- I love the community you have created!
- Thank you so much for all the support and teachings!
- No one can deny that this can't be done remotely or on Zoom because the energy was so intense. You could feel it. I'm like; there's no denying this. It is just as strong, if not more so, because this is more intimate. I am still buzzing.
- I especially liked the positive statements we used when we practiced giving and receiving Reiki. They're uplifting and very, not just peaceful, but joyful.
- I have to say, one of my favorite parts of the remote practice tonight was at the very end when we were sending remote Reiki. When you guided us to visualize all six people together. I visualized our group members with their family members. And so I was sort of way up in the universe, picturing Hawaii and Japan and Michigan and Indiana, but I could see it all together. With all eight of us together, the energy was really powerful. And it was a gift today. So thank you.
- I have a clearer picture of where those habits came from...and why they no longer serve me.
- I love the community and the uplifted vibration when we commune. It always elevates my spirit, especially when we just sit in quiet meditation. The entire mentorship has been an amazing experience.
- It was so interesting. When you asked to send Reiki to all six people at once, I just put my hands over the names and I could feel it so much, and it's just like a piece of paper. But I could just SENSE it.
- I really value when you and Charlie do the remote Reiki session each month!
- We were saying that afterward. We can't believe how strong a connection can be through a Zoom call. But it was amazing. It was absolutely amazing.

- I had doubts about remote Reiki because I hadn't gotten much practice in giving and receiving Reiki remotely, but tonight's session made it real. I now know that it works.
- Before the self-Reiki today I felt stressed and scattered - now I feel calm and serene.
- I found myself in a cloud, in the cosmos, well off the earth, in the universe. I fell into the meditation "gap" for the longest time I've ever experienced. I felt that my intentions would (or have) come to pass. Remarkable.
- What an amazing experience the energy was really flowing! Very positive and peaceful.
- I felt weightless, yet supported like floating in salt water. Thank you! It was such a lovely, insightful, connected experience.
- I'm always fascinated that all these things pop into your mind that really don't seem related to anything. But when you bring it up, it's spot on. While sending remote Reiki to my mom, someone in my group said they noticed something about her wrist. And my Mom had fallen today and broken her wrist.
- I felt more and more clarity as we went through the process (a practice to empower our vision). I was already enthusiastic about my vision, but I got to feeling passionate at the end of the session.



Cathy

What inspired you to join ENERGI?

Looking for a community of like-minded people, confidence and practice doing Reiki, spiritual growth.

What do you love about Reiki?

Ability to share it anywhere to help anyone, including myself! Such a simple tool that has a beautiful complexity to it as well.



Brenda

What inspired you to join ENERGI?

I am inspired by community and other practitioners.

What do you love about Reiki?

I love everything Reiki but knowing I have healing with intention to give to myself, others, and the planet is AMAZING!



Jill

What inspired you to join ENERGI?

I would like to return to a focus on energy healing work in my practice

What do you love about Reiki?

The ease with which it is accessed and the healing potential.



stacy

What inspired you to join ENERGI?

I felt a major shift when I finished my classes. This is a perfect opportunity to be around likeminded individuals.

What do you love about Reiki?

I love that Reiki is a healing modality. I am excited to explore this part of my journey.



Kay

What inspired you to join ENERGI?

To familiarize myself and retain Reiki classes taken.

What do you love about Reiki?

Calming effect, opportunity to support healing remotely to friends and relatives, and for my own well-being.



Lisa

What inspired you to join ENERGI?

I love the ability to practice Reiki with others on a regular basis!

What do you love about Reiki?

Reiki works for every aspect of my life and I know this group and regular practice has changed my life and the lives of those I love...



Marilena

What inspired you to join ENERGI?

A true wish to discover the possibilities

What do you love about Reiki?

Capacity to feel the energy, the relaxation, meditation.



Drew

What inspired you to join ENERGI?

To learn more about Reiki with Lisa's guidance.

What do you love about Reiki?

Spiritual aspects.



Robyn

What inspired you to join ENERGI?

I was looking for ways to meet and connect with others who practice Reiki. I found Lisa's Energi community and was thrilled.

What do you love about Reiki?

I love everything about Reiki!



Emily

What inspired you to join ENERGI?

ENERGI was such a positive experience both personally and professionally. Being part of an inspirational community of like-minded people.

What do you love about Reiki?

I love that Reiki is for all. It can be infused into our everyday lives, effortlessly and anytime, anywhere.



Janice

What inspired you to join ENERGI?

I participated in an all level Reiki weekend in New Jersey with Lisa and have felt her presence ever since.

What do you love about Reiki?

It keeps me balance on all levels and grounded to what really matters



Allison

What inspired you to join ENERGI?

Awesome and inspiring community!!

What do you love about Reiki?

It's amazing and divine, yet accessible!!



Kori

What inspired you to join ENERGI?

I love the mentorship. It keeps me connected to reiki and gives me a foundation for my practice. It keeps me connected to like minded people

What do you love about Reiki?

I love that Reiki aides me with my manifestation.



Peggy

What inspired you to join ENERGI?

Lisa

What do you love about Reiki?

Relaxing feeling. Centerness



Lyn

What inspired you to join ENERGI?

To be with Reiki group

What do you love about Reiki?

Inner peace



Mari-Jo

What inspired you to join ENERGI?

I love the energy from the like minded people.

What do you love about Reiki?

I love the way the Reiki energy goes wherever it's supposed to go and it's always a good experience.



Neda

What inspired you to join ENERGI?

To help deepen my practice, join a community, and build consistency.

What do you love about Reiki?

The principles, impact, and the fact that it can be done remotely or in person.



Lisa

What inspired you to join ENERGI?

The power of reiki and participating in a community who wants good, love, light and healing in the world.

What do you love about Reiki?

It brings peace, calm and joy!



Maryann

What inspired you to join ENERGI?

An awakening through a family tragedy is why I was inspired to begin my Reiki journey, ENERGI is that catalyst.

What do you love about Reiki?

I ❤️ the energy I feel when I just think of reiki... it's a glorious feeling. I can only imagine what it will be like after my final attunement



Sara

What inspired you to join ENERGI?

I want Reiki to play a major role in my life.

What do you love about Reiki?

Reiki gives me tangible tools for harnessing the energy I've always felt a strong connection to.



Mazy

What inspired you to join ENERGI?

Lisa has taught me so much and I look forward to continuing to develop my reiki energy to help myself and others.

What do you love about Reiki?

I am amazed every time at the reality of the impact and how totally unique every client experience is.



Katy

What inspired you to join ENERGI?

I've been wanting to push myself into building my own business, and this seemed like a good way to jump-start that.

What do you love about Reiki: I love how peaceful I feel when I'm giving and receiving Reiki, and how much more connected to myself I feel when I'm done.

