

Yana Chikiris: Insights for Energy Healing

Written by: Jeffrey Kepler

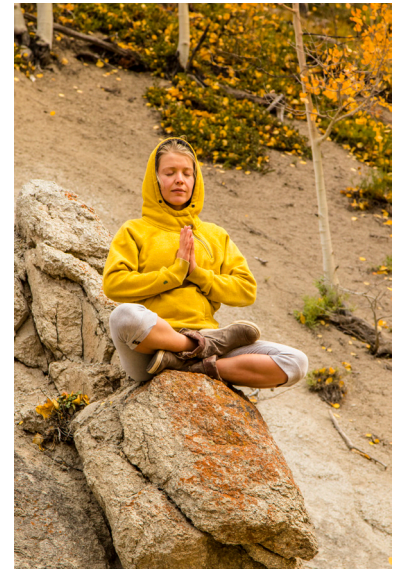
Yana Chikiris is a Yoga and meditation instructor who shares her lessons multiple times a week at Meta Yoga in Breckenridge, Colorado, and she is also a Reiki practitioner that assists people with healing.

Early in the day, at about 5:00am, most people are still sleeping or just beginning their day. As the birds begin to chirp, or even before the sun rises in the winter, Yana Chikiris, a blonde haired and blue eyed woman, is in route to Meta Yoga to lead meditation classes that begin at 6:00am or yoga practices that begin at 6:30am. She believes in developing a healthy mind and body and openly sharing her lessons of personal well-being with others. There have been times where only one person attends a class; however, even if only one person attends the class, she will teach the class because she is grateful to help at least one other human being throughout their life journey. "I think there are an unlimited number of situations that I could list off about how Yoga and Reiki have assisted me through life", she explained while basking in the sun on a beautiful fall afternoon in Breckenridge, CO. Whether she is teaching classes, healing people, or sitting down for a cup of coffee, Yana strives to inspire and heal others through the lessons she gained throughout her life.

Yana shared her journey of becoming a yoga instructor and Reiki practitioner that began years ago. Even though she originally discovered Reiki healing about five years ago, the practice did not become part of her life until years later. When she was first introduced to Reiki, she knew it was a natural healing process that caught her interest; however, she did not know the extent this practice would help her throughout her life. The voyage she was about to undertake was foreign to her, but she listened to her intuition and stepped outside of her comfort zone to see where her new path led her.

Before she embarked on her journey to become a Reiki practitioner, Yana focused her life around Yoga practice. Shortly after diving into yoga, this practice became "the way" of living that allowed her to have a simpler, stress free, and rewarding life. Furthermore, Yana acknowledged that yoga assisted her to, "rediscover her highest self", which she recognizes as the, "healthiest version of ourselves", that allows people to be more "mindful, present, and aware of every single thing that is happening around us and within us." Overall, Yana found Yoga to be her calling, and she performs this practice multiple times per day, even if she is not teaching classes.

She emphasized that reaching our "highest self" will help people better connect with ourselves the entire universe. She believes that humans and nature exist together as one rather than separate from each other,



er, and realizing allows people to comprehend that "we are all one entity or energy." People need to know that we are not separate from nature but rather immersed in it. She added that yoga helped her to find her truth in human existence. Thus, she discovered we are all connected rather than separate; which allowed her to better understand herself, the people that surround her, and the universe she lives within.

Next, she identified that yoga considers life to be infinite and constantly flowing. Yana compares life to waves, since people are constantly experiencing "ups and downs" caused from people continually ascending and descending between various stages of existence. After studying different Yugas or Eras, she recognized the universe is ascending toward the "Golden Era." In this era, beings become more aware of their spiritual body, allowing humans to view life from an "energetic standpoint" rather than just the physical life perspective.



She believes, “that people are going to become more aware of their own intuition and the subtler aspects of life.” As people shift towards seeing life as energy, transforming our individual selves and lives around us becomes more simple.

Yana also celebrates that yoga helped her to rediscover her artistic side and reignite her “inner child”. Through the Yoga practice, she began painting and drawing again and harnessed this talent to contribute to her income. Her art was featured during a “First Friday” event in Denver, which gave her an arena to exhibit and sell her paintings. Additionally, her work was

displayed multiple times at Cuppa Joe, a local coffee shop in Breckenridge, Colorado, and people had the opportunity to purchase her art that enriched the walls of the establishment. Through yoga, she discovered that everyone has a creative side, and she believes in collaborating with people that express their creativity. This was apparent when she invited Kelly Fox to share an art exhibition at Cuppa Joe in the fall of 2016. Overall, yoga reignited her creative side and led to collaboration efforts with local artists.

Yana believes that art contributed to many other positive aspects of her life. First, art allowed her to be less

judgmental and pushy with herself, and this has allowed her to be less critical of others. As she became more gently towards herself, she increased her compassion towards others. The most important influence she constituted to art is that it allows her to express her thoughts in ways she cannot convey through verbal communication. She emphasized, “it’s all about sharing a piece of you and this experience in this lifetime.”

After returning to Breckenridge from Yoga Teacher Training in Nepal, Yana had a feeling in her heart that she needed to be somewhere else. After listening to her intuition, she ended up moving to Maui. Once she was in Maui, her friend Mary gave Yana a ‘Maui Vision’ magazine that allowed her to discover multiple articles that explained Reiki while listing several practitioners on the island. After reading this publication, she decided to pursue Reiki and scheduled her first treatment. Midway through the first treatment, Yana realized she needed to learn how to perform Reiki on others, so she could share this magnificent practice with humankind. All in all, Yana did not originally plan to become a Reiki practitioner; on the contrary, the process unfolded naturally.

She further explained Reiki is realizing how to “trust and surrender to life’s natural order”. This practice allowed her to step outside of her comfort zone and to allow life to progress inherently. She believes life will assemble itself the way it needs to be if the person allows it. Reiki also taught her to see challenges as blessings, and people can use these opportunities to recognize aspects of their lives that need altering. Considering these points, Yana

believes focusing on the bigger picture, rather than specific details of everyday life can lead to discovering one's true calling. She exemplified this when she took a year off snowboarding to pursue her goals in Yoga and Reiki. By focusing on the big picture, she improved her life and discovered her profession.

Yana also felt that Yoga and Reiki helped her to not see any aspect of her life as a failure. Yoga focuses on setting intentions instead of creating expectations. This way people can plant a seed for the future and not expect or demand the intention to turn out a certain way. The idea is to sit back and allow the intention to mature and flourish by nurturing and maintaining the seed. Years ago, she set the intention to become a Yoga teacher, and that led to her becoming a Yoga instructor, meditation leader, and Reiki practitioner. Combining this concept with lessons she learned from Reiki, encouraged her to look at aspects of her life that were not working, so she could adjust change her path through life. Yana believes her biggest success in life is "being happy and at peace with what I'm doing and feeling like its what's right for me."

Moreover, Reiki and Yoga encouraged her to break through the invisible fence that we all create for ourselves. Unfortunately, most people create these barriers in their minds, and they are never able to truthfully pursue their dreams and become the best version of themselves. After devoting her life to these practices, she could step outside of her normal beliefs and routines, which opened a pathway for her true calling in life. Yana adds that she wants to share with others the importance of not fearing when life indicates

we need to change paths because she illuminates, "change only allows us to grow." In Maui, her life indicated that she needed to change paths, and Reiki was that path.

Fortunately, Yana suggested that Reiki will help humanity in the future. To begin with, Reiki will encourage people to realize that we are all composed the same matter and energy. Once people discover the "Universal Life Force Energy" that exists within and around all people, they will realize they are more than just human beings; they are a part of something bigger and will possess the ability to pursue their "highest self", which will result in free and powerful feelings. Therefore, becoming this energy will lead to faster healing and progression through life. She emphasizes, "it's important how we word things and how we communicate with ourselves, others, and the universe around us," since our thoughts, beliefs, and actions shape the world we observe. After altering her communication techniques, healing became her apparent role in life, and she realized Reiki is the best way to encourage people to pursue their appropriate path in life.

Finally, Yana identified life as a mountain that every person is simultaneously climbing. We can see every person is at a different stage of the climb, and each person is working to overcome their own trials. Sometimes others can yell from above to indicate danger or friendly reminders, but each person is responsible for choosing their own path and comprehending the reason why they are pursuing this route. By using the advice given above, people can alter and continue their journey to the top of the peak. She

insists that people need to be comfortable changing their path and trying something new because this will lead to discovering aspects of their lives that may have been previously overlooked. Even though people are often afraid to alter their paths, doing so can result in the best version of themselves. When Yana moved to Nepal to pursue her Yoga Teacher Training, she changed her path and allowed her intentions to proliferate.

After teaching early morning Yoga or mediation classes at Meta Yoga, Yana usually stops at Cuppa Joe for a Dirty Bhakti Chai. While in the coffee shop, she communicates with friends, acquaintances, and strangers about Yoga, mediation, Reiki, art, or just life. Even though she is not teaching a class, she still strives to improve the lives of others. "My intention for the longest time has been to have the strength and courage to inspire myself and others." Following her chai, she often hikes to immerse herself in the wilderness, which further connects her to the matter and energy we are all a part of. Once she finishes her hike, she returns to civilization to continue to spread her lessons. As Yana's crystal blue eyes glistened in the warm Breckenridge sun, she smiled and elucidated, "My intention for the longest time has been to have the strength and courage to inspire myself and others," and, after acknowledging her "highest self," this intention flourished into reality. As she continues to grow her intentions, her lessons will resonate throughout every person she interacts with.