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Reiki Classes and Treatments with Kate Jones, Reiki Master

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Just for today do not anger?



When I was new to Reiki and read the Reiki principle "Just for today do not anger", I thought - 'I don't think that one applies to me, I don't really get angry'. Then a few months later I did; I exploded! People who know me often find it difficult to believe that I can get really angry, but let me tell you at that time, I could really flip! I realised that my response to a difficult situation had been completely over the top. With the Reiki principle in mind I thought - yes but sometimes I *need* to be angry. I felt totally justified about my anger; but then I thought again: perhaps my explosion had been unbalanced and maybe this was what the principle was talking about.

About the same time, a spiritual teacher gave me some advice: to get a pillow and a stick and when I felt really angry, to bash the pillow until the anger was gone. So I made a big, strong 'bashing pillow' and found a big stick to hit it with!

Sooner or later something set me off and instead of bottling it up or exploding, I rushed off to find my bashing pillow and let rip! I bashed the pillow, I screamed and shouted (what the neighbours thought I don't know!) until I was exhausted - and ended up crying. I had learned from my father (a psychiatrist) that underneath anger there is usually some hurt, so this made sense to me.

After some months with the bashing pillow to use, I discovered that my anger tended not to be so fierce: I didn't need to bash and yell for so long. I realised that there had been years of anger, frustration and pain that I had not expressed, that had been swallowed down until it came to a point of explosion, when the slightest irritation could set off a storm! As this anger was allowed to find expression the well of buried emotion became less and less, until eventually my level of anger became more appropriate to the situation. As is often the case with Reiki I didn't even need to understand where it came from for it to be healed. I found that my physical health also improved.

I have now thrown the bashing pillow away. The terrible (terrifying) fury that used to overtake me no longer happens. I am more truly peaceful and better able to deal with situations that have the potential to make me angry as they arise, whether through better communication or with the help of Reiki. If all else fails I can still bash a pillow, chop wood or throw rocks!

So I am now very grateful for the Reiki principle 'Just for today do not anger'. It has taught me a lot and with Reiki itself, has helped me to heal and enabled me to live more peacefully and comfortably in the world. If you have difficulties expressing your anger, I would encourage you to make or find yourself a safe outlet like my bashing pillow and give yourself permission to let rip! Oh, and receive some Reiki too!

Please contact me if you have any questions or comments.

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