

Article From The Reiki Dojo Newsletter August 2007

Reiki Classes and Treatments with Kate Jones, Reiki Master

Phone: 01584 890284 e-mail: kate@thereikidojo.co.uk, website: www.thereikidojo.co.uk

"Faith is the bird that sings when it is still dark"

This lovely quote was mentioned by one of the participants at a recent workshop. These words resonated with all who were present. I know that Reiki has helped me to have more faith - not religious faith, but faith in life and in myself. I was a shy person growing up: I was not confident at school, did not make friends easily and often felt ill at ease in social settings.

People who know me or see me teaching Reiki now would probably find this hard to believe. Indeed, the anxiety I once felt is rarely present now. I have a strong faith that Reiki will support me and a trust that, whatever happens, it will be for the best. Some situations have been very challenging and I have asked myself what I'm supposed to do or what is going on! But somehow I just have faith and soon things become clear and I see that it was right to trust.

I often use the Angel Cards that come from the Transformation Game - a wonderful game of self-exploration that was developed at the Findhorn Community in Scotland. The Angel Cards have a single word and a simple illustration. The one for faith is of two angels who are on trapezes. They are swinging towards each other with their arms outstretched, one is letting go, the other is ready to catch her. She has faith that her friend will not let her down and that she



herself will be able to catch her friend's outstretched hands.

This makes sense to me because faith often means letting go and trusting that all will be well, whether it is letting go of the unfulfilling job we have been doing for years, of an unhelpful habit

that has comforted us or of an old pattern of behaviour developed in younger years to make us feel safe that is no longer appropriate.

The friend who mentioned the quote is making a great leap into the unknown: selling up her home in Birmingham and leaving behind all that is familiar around her to follow her creative urge to move to the West Coast of Scotland and set up a gallery there. Her many friends are in awe of her faith and courage to simply follow her heart and see where it takes her.

I also know that she will not be leaving all that is familiar behind: she will be taking Reiki with her, which I know she has already found gives her a feeling of connection and safety even in the most challenging of times. She often finds her guidance for the next step as she gives herself Reiki treatments, sometimes in the darkest hours of the night. I wish her well on her Great Adventure and know that the dawn will soon come and she will be singing in darkness no more. And her song is sure to touch the hearts of those she meets wherever she goes.

Please contact me if you have any questions or comments.

If you would like to receive my newsletter by e-mail please let me know.