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Reiki Classes and Treatments with Kate Jones, Reiki Master

Helping you to be confident and supported in your Reiki practise

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Coming Home at Christmas with Reiki



In November I travelled up to Scotland to teach a First Degree Class in Ayrshire. It is a couple of years since I last taught there and it was a real joy to me to return. Alec and I first started teaching in Scotland in 1992 and I have been returning regularly ever since. I've always felt at home there, partly perhaps because of my Scottish ancestry but mostly because of the warmth and friendliness of the people I've met. One family in particular have taken me to their hearts (and the feeling is mutual) so it is always something like a homecoming when I spend time with them.

At the Reiki Association Annual Gathering I attended recently Phyllis Furumoto spoke about how learning more about Reiki felt like coming home for her. I could understand her feelings as I have also experienced, through Reiki, these homely feelings of comfort, safety warmth and love. The experience is often strongest when I gather with other people to share Reiki.

Those who attend Reiki shares often comment on how at ease they feel soon after arriving and how quickly they feel friendship with those they are sharing Reiki with. This may be because we have to allow people into the category of 'friend' because we will be touching each other. But perhaps it is also something more: the special quality of loving kindness that Reiki brings. A quality that many people associate with Christmas.

As Christmas approaches I think of how many people are preparing to gather at home with their families; often spending time with people they see little of during the rest of the year. For some (like for me returning to Ayrshire) this can be a delight, a time to re-connect and recognise that the love has been there all the time, so it is as if we have hardly been apart: there are just lots of good stories to share! For others being with family can be a less happy time, whether due to unresolved difficulties from the past or clashes of personality in the present.

Perhaps remembering some of the qualities we experience during our Reiki sharing can help us to have a happier time when we go home to our families. The qualities I am thinking of are: kindness, compassion, a willingness to listen and to accept each person in their uniqueness, to be willing to see another's pain and offer comfort and most of all to hold a space that love can fill, without the need for words.

I wish you these qualities and may they bring you Peace and Happiness for Christmas and in the New Year.

Please contact me if you have any questions or comments.

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