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Reiki Classes and Treatments with Kate Jones, Reiki Master

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Article: Have those New Year Good Intentions started to waver?



If you have learned Reiki, you are encouraged to treat yourself every day. Some students are very good at this and soon see the benefits. Some, like me, find it a struggle to make it as much of a daily habit as brushing my teeth. Why is this?

One of my students recently said she thought it was when she was feeling less good that she didn't practice her Reiki self-treatments. However what she also noticed was that when she didn't do her practice, she felt less good!

Last month I encouraged you to keep a daily gratitude journal. Have you tried it? Have you managed to keep going with it? If you have, well done! If not: don't despair! There may be other New Year Resolutions you are now struggling to keep going too. Getting into a new habit can be challenging. For some reason this seems to be especially true if it's something good for us!

So why is it so hard to do something regularly, whether it is Reiki or some other healthy habit we wish to develop? Why is it so hard to do something that actually makes us feel good and helps to make us happier and healthier?!

Perhaps the answer is that good habits often take us out of our comfort zone at the beginning. Bad habits, which are usually about giving ourselves comfort in a less healthy way, are all too easy to develop. To develop a healthy habit we may need to make some effort, face up to some fear or experience some actual discomfort. We also have to *remember* to do it, which in a busy life is hard enough!

So what can we do to encourage ourselves to develop a new good habit? Well, try keeping a record of when you do achieve your practice – maybe give yourself a gold star! Be kind to yourself: don't worry about the days you don't manage to do it – the odd day you miss won't make a huge difference. If you *can* keep going daily for 36 days your subconscious will be convinced and you are laying the foundation for a good habit! After that it will be easier and soon you will forget it was ever a struggle at all!

Good luck!

Please contact me if you have any questions or comments.

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