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Reiki Classes and Treatments with Kate Jones, Reiki Master

Helping you to be confident and supported in your Reiki practise



Honouring our parents, teachers and elders

At times each of the Reiki principles can be challenging, as I discovered last year. Someone I consider an 'elder' did something that left me feeling let down, hurt and angry. The details are unimportant, what is important is how it made me feel. It raised the question: how can I go on honouring this person when they have treated me this way?

Then I remembered the wisdom in the principles, recognising that they are usually most helpful when they are most challenging! So I gave myself Reiki and found that I was able to step back from the hurt I felt and see that I may have taken something personally that was not intended to hurt me. With this viewpoint I can still honour the person who has hurt me, while still not

necessarily agreeing with what they have said or done.

It is important to remember that we often have high expectations of those we honour as our parents, teachers and elders; expectations that they sometimes cannot meet. We sometimes forget that they too are human, with human weaknesses. Holding them in high esteem, we find it difficult when they make what seems to us to be a mistake.

As a Reiki Master I find myself in the position of one whom others honour. I take this responsibility seriously and try not to let people down, but sometimes I know I may be unaware of the effect something I say or do may have on another person and unintentionally give them cause to question their honouring of me.

I have learned that there are three things to do in this situation. The first thing is to take a little time: time to breathe, time to do some Reiki, time to let the first reaction go.

The second most important thing to do is to communicate - ideally talk about it person-to-person by phone or face to face. The written word can easily be misinterpreted. Only by sharing our feelings openly with the other person can we find out what is true in our hearts. Then perhaps we can come to understand what are our incorrect assumptions and where a misunderstanding or miscommunication may have happened. So while I or they may be angry and hurt, it is important to keep that openness to the other person. To turn away, perhaps never tell them of the hurt they have caused does not resolve anything and ultimately does not honour that person - or my own need to heal.

The third important thing to do of course is to forgive. As the book I was reading recently said: 'it is better to close the wounds with forgiveness'. Forgiveness does not need to mean you have to accept that what the person who hurt you did was right, but that you are ready to heal and move on. Without forgiveness the wound is only patched up and may re-open at a later date.

Honouring our parents, teachers and elders is easy when our relationship is good. When we are able to face up to the challenge of continuing to honour them when there is difficulty in the relationship brings true compassion - for them and for ourselves. This way further conflict is avoided and we can all live more peaceful lives.

Please contact me if you have any questions or comments.

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