

Article From The Reiki Dojo Newsletter January 2008

Reiki Classes and Treatments with Kate Jones, Reiki Master

Helping you to be confident and supported in your Reiki practise

Enjoy Your Gift to Yourself!



Christmas is over, the New Year is beginning. The presents are opened, the gifts revealed. Some gifts will enhance your life. Others are soon forgotten. Similarly sometimes Reiki students forget the precious gift they gave to themselves when they learned Reiki.

If you have Reiki in your hands I encourage you to treat yourself with it every day. Or perhaps I should say treat yourself TO Reiki, because daily self-treatment soon becomes a pleasure that helps support you in your health and well being.

Personally I had difficulty giving Reiki to myself in the early days of my practice. I was much more interested in giving it to other people. Like many, I came last on my list of people who needed help, although of course I should have been first on the list! The more I have allowed Reiki to help me, the more I have seen myself grow into a person that other people enjoy to be around and so the more I can help them.

In December I held a new workshop designed to help people to re-discover this wonderful gift we all gave ourselves when we learned Reiki. One of the participants asked: "How can I find time to do it?". My answer is "How can you NOT find time?!" You find time to wash, clean your teeth, take a shower or bath, eat good food and drink water: all things that are essential for your health and well being. Giving yourself Reiki as part of your daily self care habits can bring tangible benefits.

Another of the questions was: "When is the best time of day?" The answer to this is: any time of day you feel like doing it. Some people like to begin their day with Reiki - as I do: I find it helps me to prepare for the day, it energises me and makes me feel more like getting up (especially in winter!). Many people like to treat themselves last thing at night, and often don't finish the treatment because they fall asleep - and then sleep very well! Some people like to do it in the middle of the day - many people benefit from a siesta! It really doesn't matter.

One of the times many people find great benefit from Reiki is if they wake during the night and instead of lying awake worrying, they treat themselves and remain calm and relaxed. I wouldn't recommend this as the routine time to do Reiki though as it could easily get missed when you sleep the whole night through! Two of my students have recently told me about how they used to wake early and spend the time until the rest of the family were awake self treating. Now they don't wake early, so are feeling more rested, but need to find a new routine about when they treat themselves!

So please remember that special gift you gave yourself when you learned Reiki and make a New Year Resolution to treat yourself every day with (to) Reiki!

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.

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