

# The Reiki Dojo Newsletter

Reiki and Animal Communication with Kate Jones, Reiki Master

Phone: 01584 890284 e-mail: [kate@thereikidojo.co.uk](mailto:kate@thereikidojo.co.uk), website: [www.thereikidojo.co.uk](http://www.thereikidojo.co.uk)

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## A Lesson from a Flood

In the recent deluge, the rain came down our chimney in such quantities that it created a minor flood. It ran behind the range, along behind the sideboard and out the door into the next room. While the floor of the first room is tiled, so not so difficult to clean up, the room it ran into has a wooden floor, so the black sooty water would stain it. Aarghh!

As I was cleaning it up, I thought about how it was like the healing process people often go through with Reiki. The fact that the sooty water was about to stain the floorboards was like the way that when a crisis point is reached and something *must* be done that help is sought. So I began my cleaning there – making sure the water didn't stain any further, limiting the damage. Similarly with Reiki, I help people deal with the immediate crisis that has pushed them into seeking help.

Once that was done I stood back for a moment and saw that the sooty water was seeping back, so I needed to clear up the puddle behind the sideboard to prevent it running into the next room again. Similarly in a healing process, once the immediate symptoms are dealt with, you will often find some underlying cause that will make the problem recur if not treated. For example in the case of a painful knee: having relieved the pain somewhat you might find that the immediate cause of that pain is tension in the hip.

Cleaning up behind the sideboard involved a bit more effort: I had to move the furniture. Similarly in a healing process there can be a point when something needs to shift for healing to continue. It could be a physical shift or it



could be mental or emotional – such as allowing yourself to stop over exerting joints that can no longer take that pressure.

I took time to breathe again and review the situation. I realised that the water was

just going to keep on coming unless I did something about the large quantity behind the range. Similarly in a healing process there can come a time when you realise that the real cause is something much bigger than you realised and will just keep on causing the same problem to recur unless you deal with it. For example a horse I treated had been badly treated in his past. The memories kept being stimulated by present events, which made him difficult and unhappy. It was possible, over a period of time, to help him to heal the painful memories and so react more to the present in proportion to what was really happening.

It took a lot of effort to mop up the pools of water behind the range: getting to it was awkward, uncomfortable, difficult, and time consuming. A healing process can be just the same! Eventually I managed to get the flood under control – but it was still raining, so the water was still coming in – just like the way life continues to happen and we just have to go on dealing with it! So I arranged a bucket under the drips to catch most of it. This is like having the occasional ongoing treatment to help cope with life's ups and downs and also continue the healing process.

Finally I had finished and there was a great feeling of satisfaction. The same good feelings can be experienced when you have made progress in your healing!

Please contact me if you have any questions or comments.