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Reiki Classes and Treatments with Kate Jones, Reiki Master

Helping you to be confident and supported in your Reiki practice



I have just returned from 3 weeks in South Africa. I was blessed with an invitation to accompany my mother, sister and 2 nephews on a wonderful holiday to the East Cape. It is taking me a little while to readjust to being back. I was in a different climate (it was the end of their summer), different environment (new smells, sounds and sights) and different culture.

We were last in South Africa together 3 years ago and all agreed that things are changing and improving. I was moved by how people are managing to let go of the past, to forgive and move on from the hurt - it was a manifestation on a larger scale of what I wrote last time about forgiveness.

We found open and genuinely friendly smiles in the faces of Black South Africans. We felt welcome - even when we ventured into a village that Europeans don't usually go into unless they are from a government agency! We were soon chatting with people and were treated more as long lost friends than strangers. We were welcomed as if we were already a part of that community - which, in the sense that we are all human beings, we are.

It reminded me of the way when people come together to share Reiki, no matter who they are, what they do or what their beliefs are, there is a similar trust and openness. As I looked around I saw that in that village and even in the most humble-looking of the townships there is something of great value: a strong sense of community.

In the UK, with our scattered families and towns and cities full of people who do not know each other, we have often lost the supportive communities people used to have. In South Africa I saw how strong community helps to support those in difficulty and maintain a peaceful society.

It made me appreciate the Aspect of Usui Shiki Ryoho (the system of Reiki I teach and practice) called Mystic Order. This refers to this sense of connection that arises as we practice Reiki together. In a simple and effortless way it seems to re-establish some of the lost sense of community and we can once again feel the support, mutual trust and safety that allows us to open up and be our true selves, enabling us to stand tall, to smile and to express our true potential - just as more Black South Africans are beginning to do.

Perhaps the reason for this is our willingness to come together acknowledging two important aspects of our humanity: vulnerability and compassion. Our vulnerability is in the fact that we allow others to know that we need healing. Our compassion is shown in our willingness to help and support each other through the gift of Reiki. This recognition that we share a human need to be healed and to heal others, to receive and also to give offers the blessing of re-connecting with a supportive community.

Please contact me if you have any questions or comments.

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