

## Article From The Reiki Dojo Newsletter November 2007

Reiki Classes and Treatments with Kate Jones, Reiki Master

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### 16<sup>th</sup> Anniversary of my Master's Initiation

On the 1<sup>st</sup> November 1991 I was initiated as a Reiki Master by Martha Sylvester (the picture shows us both in November '91). I taught my first class a month later and have been teaching regularly since then. With this anniversary coming up I've been thinking about what that day has meant in my life.



When I was initiated as a master, I was running my own theatre company in Birmingham. I had thought that teaching Reiki would be something that I'd do alongside this work. Reiki, it seems, had other ideas! The following year I became administrator for The Reiki Association, at the time a small organisation of just 200 members. I had thought this would be a good thing to do alongside my teaching and treatments for a few years, until my teaching took off.

However the Association, and the work, grew and I became very involved in this particular way of exploring Reiki practice! I ended up letting go of my theatre career and staying in the job of administrator for 12 years. Then one day Phyllis Furumoto, who I had got to know through my work in the Association, asked me when I was going to give the job up. At first I was upset, believing she didn't think I was doing a good job. Thankfully I asked her about it and she said no, it was because she could see that staying in the job was limiting my potential. I am so grateful to her for saying this because, while at the time I was scared to make the move, it set me thinking and helped me to finally resign in 2004.

I had continued to teach and give the occasional treatment while working for the Association, but I

experienced a wonderful sense of freedom when I left. I focused on my neglected treatment practice for the first couple of years, which gave me valuable experience. However I have recently realised that what I love to do most of all is teach people about Reiki and I now have lots of experience to share. So I have shifted my attention

once more towards my teaching and

in doing so feel that I have taken a step in embracing my mastery more fully, acknowledging to myself that all this experience is valuable.

So what does mastery mean? I think a good analogy is the old system of master craftsmen, who would train their apprentice for many years until that person had the experience and competence in the craft to be recognised as a master craftsman themselves. Reiki mastery is similar: my years of practicing Reiki gave me the experience on which to base my teaching. But the true mastery comes through the experiences brought through the teaching itself.

At this particular Reiki anniversary I feel I have come to another phase in my mastery in that I now feel ready to help someone prepare for the master initiation themselves. When I was initiated 16 years ago I had no idea how much Reiki would change my life! It changed my career, took me in directions I was not expecting and helped me to learn more about myself than I could ever have imagined. I am looking forward to the next year of my mastery, knowing from this past experience that Reiki will continue to bring me challenges, opportunities for growth and rich rewards in many forms.

Please contact me if you have any questions or comments.

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