

# The Reiki Dojo Newsletter

Reiki Courses and Treatments with Reiki Master Kate Jones



Helping you to be confident and supported in your Reiki practice



## Connection

Article July 2009

At the beginning of April I enjoyed 5 days in the company of Phyllis Furumoto and other Reiki masters and students. One of the themes that came up over the meeting with the masters was of connection. I saw, through our discussions and our Reiki treatments, how this quality has been an important part of my Reiki journey.

One of my realisations, which came to me during an early morning distant treatment we all together, was that before I learned Reiki I felt very disconnected: I felt alone and often unhappy. I saw that to a great extent I had created this disconnection myself, as a reaction to experiences in my life. The real problem, however, was that in creating defences that helped me to feel safe, I also kept other people away.

When I learned Reiki I gained a strong sense of connection with something greater than me that could be trusted and which supported me. Over the years this connection has strengthened and deepened. At first I did not trust that my hands would give Reiki every time I placed them on someone who needed help. Yet there was always a part of me that knew this would be so. As the years went by, my experience taught my sceptical mind that this really was true.

In spite of the fact that I was not very keen on organisations, I found myself involved in and soon working for The Reiki Association. Another member commented it was as if Reiki had ensured she got involved, even though a part of her would rather not have done - the same was true for me. Over the years this brought deeper connection with the Reiki community, including the wider community outside the particular system of Reiki I practice. There have certainly been challenges in this, but also great gifts.

There was still a part of me that was fighting this connection: a part that wanted to run away and be alone. Somehow Reiki has kept me connected, kept asking me to do one more thing for the community. Although in 2004 I left my job working for the Association and thought I would be free I have continued to be involved and now find myself serving the community on the Reiki Association council.

Gradually over the years I have surrendered more and more to the connection Reiki seems to be asking of me: a connection with the Reiki community, that also has resonance with the connection to my family and also myself. I have found that the more I let go into this connection, the more I feel supported and at peace with myself. I have been able to seek connection, instead of resisting it.

Recently I broke the habit of a lifetime to stoically get through a tough time alone by recognising that there was a wonderful support system that would help me through this, if only I were to ask. After the time with Phyllis and this realisation of the importance of this connectedness in my life, I felt able to ask.

The response has been wonderful - I have felt cherished and supported by all the people sending me Reiki and their good wishes. I feel full of gratitude for all the caring that has been given to me and most of all I am grateful to myself for allowing this connection to be there in my life, instead of running away from it as I used to.

Please contact me if you have any questions or comments or to book for courses. Please tell me if you would be willing to receive this newsletter by e-mail (which has more info): also do tell me if you don't want to continue to receive it.

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