

The Reiki Dojo Newsletter

Reiki and Animal Communication with Kate Jones, Reiki Master

Helping you to be confident and supported in your Reiki practise

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A Kind Word Can Give So Much



I was sad to hear recently of the death of Anthony Minghella. I was at Hull University when Anthony was a Drama professor. One of my friends was in the Drama Department production of his play "Whale Music" and I went with the bus party to Sheffield to see the first professional production of that play (which was later broadcast on Radio 4).

One evening I went along to a script writing workshop he was leading, as I was involved with the drama society and had been writing plays for a while. I remember being somewhat overawed by Anthony - he was already something of a star even then and also attractive with his dark curly hair, friendly manner and lovely smile!

In those days I used to cycle everywhere and had done so that evening. It was a wet night, so I had my waterproof over-trousers with me. However for some reason (probably vanity!) I was wearing a skirt. At the end of the evening I had the challenge of getting the waterproof trousers on over the skirt. Not (in my eyes) the most dignified of activities, so I was trying to do so in a corner, unnoticed. Having struggled into them, to my surprise I heard Anthony say: "You did that so elegantly!" I gave him a look as if to say "Yeah right!" thinking he was mocking me. So he said "No I mean it".

Those few words had a far greater impact on me than he could have imagined. It made me feel less like an ugly duckling and more like someone who might one day become a swan! Over the years this memory has floated up from time to time and I was always grateful

for his kindness. Thinking about this, what I have been struck by is how his kind and compassionate words were a reflection of the essence of who he was.

After his death I heard famous people interviewed about Anthony and heard them speak about the same man I knew: a person who was still thoughtful, sensitive and kind, even though he was a famous Hollywood director. Listening to an interview with him recently I heard that compassion was important to him, so I'm sure he would have been glad to hear how his kind words to an awkward 19 year old all those years ago had such an impact and became a lesson in compassion and the power of the word (how appropriate for a playwright!).

Reiki has brought me to a deeper understanding of the meaning and importance of compassionate words and how a little kindness can go a long way. I think one of the reasons people who do Reiki feel like friends very quickly is because we hold kindness and being helpful as one of our core values, whether this is conscious or not. Reiki has also helped me to worry less, be more caring towards myself and thereby to be a more pleasant person to be around! I hope that as a result my words may occasionally, like Anthony's, help someone to be more compassionate towards themselves.

So thanks Anthony, for your kind words that created a little piece of the jigsaw that makes me who I am today.

Please contact me if you have any questions or comments.

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