

The Reiki Dojo Newsletter

Reiki and Animal Communication with Kate Jones, Reiki Master

Helping you to be confident and supported in your Reiki practice

Article August 2008

A Peaceful Puncture!



A couple of days ago my car had a puncture on the way home from a lovely evening of singing at a friend's house. Fortunately I was close to home and was able to get Alec to help me change the wheel. I was meeting a fellow Reiki master in Birmingham the next day, so afterwards I went to sort out the tyres.

My experience at the tyre place brought home to me how Reiki has changed me and how this makes a difference to those I meet - even buying new tyres! As one of my favourite quotes from Vietnamese Buddhist monk Thich Nhat Hanh says: "If we are peaceful, if we are happy, we can blossom like a flower, and everyone in our family, our entire society, will benefit from that peace."

For some reason I often feel anxious about dealing with tyre places. However after a delicious lunch and heartfelt Reiki conversation with my friend, I went to the tyre place feeling peaceful and happy. I found that the stressed manager was trying to cope with a sudden rush of customers, so all he could say was that he would get to my problem as soon as he could.

Now I had a sense that his expectation was that I would be grumpy about this, so when I said, "OK, that's fine," in a cheery voice he looked at me as if he didn't quite believe what he was hearing. I noted that in the past I probably would have been annoyed or stressed by the thought of a wait of unknown length! The

patience and compassion I felt for this poor man, trying to do his best for everyone when it was proving very difficult, was something I felt Reiki has given me.

I sat down and picked up a magazine with pictures of old Birmingham in it. An elderly man sitting next to me made a comment about one of the pictures and we started chatting.

After he had gone another man who was also waiting, working on a laptop, had obviously been eavesdropping because he made some comment about something I'd said and we started chatting too.

Before Reiki I would not have entered such conversations, preferring to keep myself to myself out of fear. Reiki, helping me to be more happy and confident (at peace with myself), enabled me to feel at ease talking with these strangers. And there is no doubt that the day went better for us all as a result.

Eventually the manager was able to look at my car and changed the tyres himself. I know that my being calm and cheerful about the whole situation made his day a little easier (I saw another customer come in and be grumpy about not getting what he wanted and the effect that had).

So for me this was a perfect example of the way Reiki has helped me to be more peaceful and happy and how this really does benefit not just my family but also wider society.

Please contact me if you have any questions or comments.

Phone: 01584 890284 e-mail: kate@thereikidojo.co.uk, website: www.thereikidojo.co.uk

© Kate Jones August 2008