

The Reiki Dojo Newsletter

Reiki Courses and Treatments with Reiki Master Kate Jones



Helping you to be confident and supported in your Reiki practice



Count Your Blessings

Article December 2008

Listening to a recording of Hawayo Takata (the Reiki Master who brought Reiki out of Japan) at the Reiki Camp this summer I was struck that when she talked about the Reiki Principles she also included the suggestion: "Count your blessings". This seems to me to be an extension of the fifth principle "Show gratitude to every living thing" because counting your blessings is also about gratitude.

There have been times when I have not been grateful for the many blessings in my life. Rather than focusing on the abundance in my life, I have focused on how little I have, and then get stressed about it. This is not a good way to live a happy and healthy life! Over the years, with the help of Reiki and the Reiki Principles, I have shifted my thinking, so that I now see how blessed I am in so many ways.

The current financial climate can be very worrying, but counting your blessings is a very good way of reducing your stress levels I find! There is so much more in life than money to be grateful for: such as the love of our (Reiki) family and friends, the animals who live alongside us, or the beauty of the natural world around us. The banks may be collapsing, but that does not affect the excited welcome from my dog, the beauty of a tree covered in snow or the song of a robin. Jobs may be uncertain, but what is certain is that the sun will rise each day, giving light, warmth and the energy for plants to grow. And at a time of celebration and gift giving, there is so much to be grateful for!

One of the little practices I use that helps me to count my blessings is to keep a Gratitude Journal, where I write down at the end of each day 5 things for which I

am grateful in that day. They are sometimes the same thing as I wrote the previous day (my husband Alec features very often of course!), sometimes different. For example I might write about the phone call from a potential student, the scent of a rose unexpectedly still blooming in my garden in December or the wonderful vegetables that arrived on our doorstep in our organic veg box! By writing down these things I am giving them my attention and appreciation, focusing my mind in a positive way.

I like to add to the experience by using a notebook that gives me pleasure to pick up and a pen that I enjoy to write with. I have found that by doing this each night, before I go to sleep, I end my day on a positive note, which helps me sleep and prepares me well for the next day. I have also found that by doing it regularly my whole attitude to life shifts and I tend to see more of the positive in each day and count my blessings all the time.

So why not try keeping a Gratitude Journal yourself for a couple of months and see what happens?

Thank you for your support over the past year. I wish you every happiness for the Festive Season and New Year.

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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