

The Reiki Dojo Newsletter

Reiki Courses and Treatments with Reiki Master Kate Jones



Helping you to be confident and supported in your Reiki practice



20 Years Living With Reiki

Article February 2009

I recently found a diary in which the following entry is recorded:

"3rd February 1989: I went to the first part of the Reiki course this evening. I have now received the first initiation and it felt like light or joy coming into me from the top of my head. We actually did our first practice on each other this evening which was good and I felt the way I feel when Alec gives me Reiki, in giving it myself. Martha told us to Reiki ourselves tonight so I'm sure I will sleep well!"

That was, unbelievably, 20 years ago this month! So what has it been like living with Reiki in my life?

I look back at that young woman eagerly placing her hands on others to give Reiki for the first time and I see that she was prone to colds, flu and chest infections and was less careful about her well-being. She was anxious and afraid, prone to depression and occasional outbursts of anger. She was slimmer than me, but unhappy about her weight. She had a tendency to be controlling and occasionally judgemental - which helped her to feel safe in what seemed to be an unsafe world. She craved more love in her life, but didn't realise she had to learn to love herself first.

So what about the woman who is looking back? She still eagerly places her hands to give Reiki, now with a depth of experience in what may happen, but also knowing there are still surprises in store! She gets sick much less often and when she does, sees it as a sign that there is something she is not paying attention to. She is much better at taking care of herself, including giving herself Reiki most days. She feels much safer in the world and more comfortable in her own skin, so as a result is less judgemental and controlling, even able to laugh at herself when old patterns re-surface. The overpowering rages don't happen any more - her anger is expressed in a more appropriate way if necessary. Some things still scare her, but now she knows she has

the tools to deal with that. She has learned to love herself and is generally happy and contented in life.

Would this change have happened without Reiki in my life? Possibly. But I doubt it.

Reiki has been like a loving friend by my side, guiding, supporting, challenging. It has taken me to places on earth I have never been before (like the year I was invited to speak at a conference in Perth, Australia) and to places in myself I never thought I would explore. It has helped me to take better care of myself and to be able to ask for support.

With Reiki in my hands and my commitment to making my living through Reiki treatments and teaching, life has never been dull! But most of all the dark days that used to haunt me are now rare and short lived. I have experienced a joy beyond what I could imagine - or perhaps first experienced - as I sat for my first initiation 20 years ago.

I give thanks every day that Reiki came into my life and for the journey it has taken me on. I look forward to the next 20 years!

You can read the rest of my diary entry about learning Reiki on my website:

<http://www.TheReikiDojo.co.uk/diary.html>

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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