

The Reiki Dojo Newsletter

Reiki Courses and Treatments with Reiki Master Kate Jones



Helping you to be confident and supported in your Reiki practice



An Act of Faith

Article February 2010

Last year Reiki took me on a healing journey, including an insight that I had that if I had faith I would be healed. Phyllis Furumoto interviewed me about this healing process for her radio show in August. At that time I had received an operation which had addressed the physical aspect of my healing and also begun a process of emotional and mental healing, acknowledging and accepting underlying cause of psychological pain from earlier in life.

Towards the end of the interview Phyllis asked me what difference this had to my present life. At that moment I saw how my understanding of faith had begun to deepen. I saw that my earlier life experiences had made me fearful, but that with faith I did not need a safety net.

One morning not long after this, while I was treating myself, Reiki gave me an opportunity to really test my faith! The idea of offering to visit Phyllis to give her Reiki while she was undergoing chemotherapy came to me. In the past I would simply have dismissed the idea as too far out to be worth consideration.

However as a result of my healing I was ready for a different possibility: I was willing to take a leap of faith. My fear immediately came up with a block: I couldn't afford the flight. However as I kept my heart open to the possibility I realised that I had enough loyalty points with an airline for a reward flight.

So I wrote an e-mail to Phyllis, offering her a pair of Reiki hands that have been well used for over 20 years - and she accepted! My resolve was tested when she asked me to drive her as well and I let her know how nervous I would be about that. She then suggested we

call the whole thing off. I spent some time acknowledging my fears, but then decided I would not let them stop me from going, but have faith all would be well.

After that everything about this journey has been flowing and supportive for me. We managed to agree dates for my visit that were ideal for both of us. I managed to get my 'reward' flight for the dates we had agreed. I even received financial support from some people who heard about the trip.

I faced my first driving challenge when Phyllis asked me to drive myself back to where I was staying on the first day. Unfortunately I got lost, so I remember sitting at a junction, trying to decide what to do. Option 1: panic! (the old pattern). Option 2: Have faith, know that Reiki will help (new pattern). I chose option 2 and the way became clear. I turned the car around, went back to where I thought I should be - yes that was the right road and the rest of the journey was easy. As if to celebrate my achievement I was delighted to see a humming-bird as I parked the car.

The rest of the visit was also enriching and I was pleased to be able to help Phyllis. So my healing journey with Reiki continues and now I know where a leap of faith could take me. This year it was all the way to Arizona and back safely - and to a deeper understanding of faith!

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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