



Earn Your Living Honestly

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When Dr Usui created the fourth of the Reiki Principles: 'Earn your living honestly' I'm sure he didn't think his students were criminals who would try to earn a living by theft! So what was he suggesting we look at when he passed on this principle?

The beginning of a new year is a time when many of us examine and evaluate our lives. This perhaps is where this principle can help us. Phyllis Furumoto (granddaughter of Takata) speaks of this principle in terms of making sure that your work is what you want to do in your life, so that you are fully present in what you do. Certainly this makes sense to me: I see that if I do work for someone but would really rather be doing something else, I am in a sense cheating my employer by working half-heartedly for them.

I faced this dilemma when I had been working for The Reiki Association for over 10 years. I began to feel that I wanted to be doing something else, i.e. more Reiki treatments and classes. Facing up to this was very scary, however. I appreciated the comfort of having a regular wage coming in, even if it was not much. I thought up lots of excuses about why I should keep this wage. However more and more I felt constrained and limited in my job.

Eventually the day came when, by keeping the Reiki Principle 'Earn Your Living Honestly' in mind, the decision to hand in my notice became easy. There was a smooth transition from part-time employment for the Association to full self employment in Reiki. Although financially it has not been easy, emotionally and health-wise it was a good decision: I have felt more fulfilled and happy, enjoyed more freedom and creativity in my work and gradually my finances are improving too.

And we can be most successful and fulfilled when we create our own job, following the passion in our hearts. While success may not be measured in financial terms (although there is no reason why it can't be), the quality of life of people who are doing what they are passionate about, so really love to do, is always much better. Better quality of life also leads to better health of course, as there is less stress.

So if you could do anything to earn your living what would it be? Let yourself wonder and dream. A little voice of fear may start up (usually with a sentence starting 'But...!') - just ignore it for now and have fun imagining! At this time of new beginnings at the start of a new year write down your dream, your passion and see what might evolve! One of the best times to ponder this question is during a Reiki self treatment as this is a time when you are in touch with your heart and inner self. If you have Second Degree Reiki you could also send a distant treatment to the question.

May 2009 be a year of dreams coming true for you!

If you are thinking about making Reiki your living I can offer you mentoring to help you find your way. Please contact me for more details.