

The Reiki Dojo Newsletter

Reiki Courses and Treatments with Reiki Master Kate Jones



Helping you to be confident and supported in your Reiki practice



Reflections and Anticipation

Article January 2010

As the New Year begins I usually spend some time reflecting on the year that has ended and the new one ahead. While I usually try to live in the present moment, I think it is helpful at times, like on any journey, to take a moment of rest to look back at the road that has been travelled and then glance at what lies ahead, the next peak to be climbed and anticipating the view that can be seen from there.

2009 was like most journeys: challenging at times, but also enriching. It was the year I finally managed to put down the burdens of the period pains and poor sleep that had slowed me down for years. I am grateful that I had the courage and support from Reiki to look deeper into the causes on the mental, emotional and spiritual levels. From this exploration has come a deeper understanding of what faith means for me and a greater sense of being supported by the unseen universe. It meant going into some painful places, but I know that I have grown and have more awareness and resources as a result.

So I feel I made good progress last year and am looking forward to learning more in the year ahead. In a few days I fly to Arizona to do daily treatments for Phyllis Furumoto, lineage bearer of Usui Shiki Ryoho Reiki, who is currently having chemotherapy for breast cancer. It will be the first time I have done treatments on a daily basis for one person over such an extended period of time and I'm looking forward to finding out what it is like. It will also be my first visit to Arizona and I always love visiting new places in the world.

Another first this year will be the first retreat weekend for Second Degree students in March (if you

did Second Degree with me contact me for details). I'm also looking forward to the Summer Camp with the theme of Connection. Last year's camp was well attended and a very nourishing experience.

Last year saw the first Reiki for animals at Woodgate Valley Urban Farm, which was a lovely day with a good variety of small animals to treat. I am planning to offer it again this year as well as one at Oak Barn with Polly's lovely ponies. There was a suggestion that we do a similar event at the donkey sanctuary in Sutton Park, so I will also be looking into that.

2009 was also the year I was elected to the Reiki Association Council and my work helping the Association to become vibrant and successful continues. I am looking forward to the AGM Retreat Weekend at Harborne Hall in Birmingham in the spring. I do hope some of my Reiki students will be there!

Last year I taught the largest number of people in one First Degree Reiki class for several years. Sadly classes were few and far between towards the end of the year, so I hope they will pick up again and I will have the honour and a joy of initiating more people into Reiki in 2010.

So as I look forwards I see that there is the opportunity to build on what I learned last year, to continue to grow and develop my Reiki teaching and treatment practice and to continue my personal and spiritual growth with the help of Reiki.

I wish you a happy, successful and Reiki-filled year in 2010.

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.

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

© Kate Jones January 2010