



Four Aspects: Personal Development

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The second of the Four Aspects of Usui Shiki Ryoho is Personal Development. As with the other Aspects this too is often a reason for people to want to learn Reiki. I have often noticed how people 'discover' Reiki at a turning point in their lives, when they are looking for change, seeking a better way. Sometimes this is in the form of feeling that they are in the wrong job and would like to find a new way of making a living. Sometimes it is at a time of change in relationships - sometimes after a bereavement.

When I think back to my first experiences of Reiki I see that this was true for me too. My father had just died, which brought up a lot of questions about who I was and my place in the world. At that time I was an unhappy person, ruled by my mind and ego. However during the First Degree Reiki course I had an experience that showed me life could be different.

Walking to the Reiki class on the second day I found a wallet lying on the ground. On some occasions I might have dithered about what to do about it: should I leave it there? Take it into the nearest shop? Would I be late for the class if I did something about it? What was the 'right' thing to do? On this day, however, I was calm and centred, with my mind at peace, thanks to Reiki. I was able to see clearly that the simple and most effective action would be to take it to the police station, just across the road. So that is what I did. Later that day the person who had lost the wallet called at my house to thank me. He gave me some money and encouraged me to buy some flowers with it.

At the time I was unemployed and the last thing I would have spent money on was flowers for myself. However I did as instructed by this grateful stranger and experienced the joy brought by doing a kindness not just for another but also for myself. I feel this was my first lesson from Reiki in my personal development.

With the help of Reiki I have continued to grow and develop. I am much more at peace in my life now, much more aware of how my mind and ego like to interfere! I also enjoy observing how my students grow and develop as they practice Reiki, becoming more sure of themselves and what they want from life, enabling them to bring their hopes and dreams into reality. Sometimes difficult choices need to be made, but with the help of Reiki these choices can be made with grace and growing confidence.

I feel honoured and blessed to have such people in my life. Part of my personal development recently was being willing to ask for help when I was going through some profound healing. I was moved and grateful for the willingness of others to give their support. I was also moved by my own willingness to accept, leaving behind the old pattern of "I can manage on my own, thanks!". What a relief to put that burden down and lean into the support of Reiki and the support of my friends.