



Count your blessings

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I recently attended a Reiki Silent Retreat, during which we were invited to think about the Reiki Principles:

Just for today do not worry
Just for today do not anger
Honour your parents teachers and elders
Earn your living honestly
Show gratitude for every living thing

I also remember hearing that when Mrs Takata (the Reiki master who brought Reiki out of Japan) taught her students the Reiki principles she would also say to them: "Count your blessings".

In the busyness of everyday life, with all its worries and irritations, it is easy to forget how much we are blessed. We live in a country with good clean water, we have a plentiful supply of good food. Even in this country this was not always so. Living in a very old house (dating back to at least 1600) I am aware of how different life would have been in the past, when food was more scarce, water had to be brought from the stream and there was no central heating. And yet in those days life was simpler, with stronger community and family support.

It seems that human life has its difficulties wherever and whenever we live. We always find something to worry or get angry about. We judge ourselves and others, creating a feeling of separation. We tell ourselves and others little lies to make life seem to go more smoothly. We forget to be grateful for the abundant natural world that supports and nourishes us. We forget to count our blessings.

Dr Usui, who devised the Reiki Principles, is said to have described them as the 'secret method' for achieving good health and happiness. I learned on the retreat that the phrase 'secret method' means that it is a method that is difficult to achieve. This is certainly true of the Reiki Principles: I know I worked for years just on the first one!

However having lived by the principles for a number of years I have found that living my life as much possible without worry or anger, honouring my parents, teachers and elders - recognising the wisdom they have to offer - being honest with myself and others and being grateful for the animals and plants around me has led to my life becoming more healthy and happy.

I am now more able to count my blessings, because I am more aware of how many there are, rather than being preoccupied with what I don't have or feeling resentful about what someone has done to me! I am especially grateful for the wonderful gift of Reiki in my life. It is so much easier to move into my day without worry when I have given myself a Reiki treatment before getting out of bed! It is so good to know that when life is getting on top of me and I'm getting overwhelmed and stressed I can have a Reiki treatment from someone else and it will help to restore my equilibrium. It is an honour and delight to be able to give a Reiki treatment or teach someone else Reiki, so that they too have the possibility of discovering the 'secret method' to find good health and happiness.

So just for today why not count your blessings? It may help you to feel better.