



## A Healing Journey

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As some of you already know I had to go into hospital last month for a minor operation. I'd like to share with you some of my healing journey around this.

I have suffered from period pain ever since my teens and recently this has become more difficult to manage. I am also less willing to put up with poor quality of life, so am taking more responsibility and facing up to the challenges to change that. I therefore sought medical help, but then had to wait several months for the proposed operation.

I was still waiting for the date one day when I was listening to a play about the life of Jesus on the radio as I was driving. I was particularly struck by the healing miracle stories. These were stories that were very familiar to me from childhood and I also thought about how these same stories would have been very familiar to Dr Usui, as they formed part of his research which resulted in the Reiki we practise today.

In one of the stories Jesus was walking in a crowd and suddenly said: "Who touched me?" His followers were confused; he was surrounded by people all touching him, which they pointed out to him. "No," he said, "Someone touched me with faith. I felt the power go out of me." This reminded me of the way Reiki goes where it is needed, whether through our hands as we touch someone or sometimes even when we aren't even touching someone. What I also noticed about this story was that the person who was healed, by touching Jesus with faith, was a woman with bleeding problems.

At that moment I thought to myself: "If I have faith I can also be healed of my pain." Later that same day I received a message from the surgeon's secretary with a date for my operation.

A few days later, with the knowledge that the operation would be happening soon, I attended a retreat with Phyllis Furumoto, during which I received lots of Reiki treatments. I found that thoughts about the possible origins of my period pains on the mental and emotional levels were coming up, particularly because the retreat was being held in Harborne, Birmingham, where I lived when I first started my periods. It was not a happy time in my life and I sensed that some of the emotional pain I experienced then had become the physical pain I suffered each month.

I had to go into hospital the night before the op and Alec gave me a recording of Eckhart Tolle's "The Power of Now" to listen to, to keep me amused. I found it very helpful and in particular heard him talk about the fact that the time around menstruation is a time when women have the potential to transmute pain. This seemed to confirm for me the connection between the emotional pain and the physical pain I experienced.

I had bad pain the evening before the operation, due to my period starting. However the next day all went well and am pleased to report that I have not experienced similar pain since! I also know that all the people sending me Reiki helped support me in this healing: I had enough faith in Reiki to ask for help this time.

I feel that, through my faith in Reiki, a profound healing is taking place and I am hopeful that this has been an opportunity to transform the old pain.