



A Boat in a Storm: Daily Reiki Self Treatments

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This morning I gave myself some Reiki after waking early. It was delicious! These days this is how I start my day most of the time. It was not always so.

When I learned Reiki my primary motivation was to treat other people. I had received great benefit from receiving Reiki treatments over a period of 6 months and wanted to be able to offer the same wonderful experience to others.

I don't remember much about learning self treatment in the First Degree class I took, but I do remember during the course one evening while sitting relaxing on the sofa, my hands resting naturally on my belly, feeling Reiki coming into my body from my own hands. I remember thinking "What a wonderful gift I have given myself learning Reiki!"

However I'm sorry to say that for a long time I didn't really use this gift. I would use Reiki for first aid treatment of burns and cuts, but I didn't give myself the support of daily treatment. It was when I met Phyllis Furumoto some years later and heard her talk about the value of regular self treatment that I began to think this was a good idea.

However I didn't do it.

It actually became quite a struggle for me: I knew that doing Reiki for myself would be beneficial for me, but somehow I never got round to it. From time to time there would be reminders and I would have every good intention of doing daily self treatment, but somehow I never did.

In the end I decided to challenge myself to doing 21 days of daily self Reiki (because it is said that things become a habit after 21 days), with the promise of a reward at the end if I succeeded. Some of you will have read about this experience and several of my students have themselves taken up a similar challenge, with great results! If you missed the article you can find it at:

<http://www.thereikidojo.co.uk/resources/article+september+08.pdf>

Some days it was easy to do: I would enjoy spending the time relaxing with Reiki. Other days were more challenging and one of the greatest insights I had during this time (and during a Reiki self treatment I may add!) was that the reason I often wanted to put aside my treatment was because I was

choosing to meet the need of someone else. However what I saw was that by taking this small amount of time to treat myself, I was actually in a better place to help others.

I'm pleased to say that my self treatment practice has continued fairly regularly since then. I really notice now when I miss treatment for a few days. I feel off balance, often out of sorts and sometimes irritable. However I find that my equilibrium is quickly restored, often with just one treatment.

The daily self treatment has, I feel, had many positive effects on my life. We all encounter challenges from time to time and I find that with Reiki firmly in my life I am much more capable of riding the waves than I used to be. It is like having a boat that carries me on the stormy ocean, rather than being a swimmer trying to keep afloat amongst great waves!

If you have learned Reiki I encourage you to treat yourself each day if you can. Perhaps you are already doing this, in which case I say: Hurray! Good for you! If you aren't, don't feel guilty: I know from personal experience THAT doesn't work! Just take yourself gently by the hand and go and do a treatment now if you can. Then do the same the next day, and the next...

If you need some support and encouragement I am offering 2 opportunities to explore self treatment in the company of other Reiki people. We will be doing a self treatment together, so whether or not you have a regular self treatment practice this can be a lovely thing to share. If you do treat regularly, why not come along and share your experiences with others. If you don't: come along and be inspired! Find out the details at <http://www.thereikidojo/seminar.html>

If you have not learned Reiki yet, being able to treat yourself any time, anywhere is one of the best reasons for learning! And it is a gift that will last for life. Dates of forthcoming First Degree courses are below.

Do contact me if you have any questions.