



## Shocked that Phyllis has cancer?

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Some of my students have expressed their shock that Phyllis Furumoto, our lineage bearer, could have cancer. How can someone who has had Reiki in their life so long, who is a Reiki master get cancer?

I think it is important to remember that having Reiki is not in itself a guarantee against ill health. Reiki is a tool we can use to help us to lead healthy and happy lives. But there are other factors too. We need to ensure that our diet and exercise supports this. We need to deal with any emotional issues or mental negativity that we have not addressed. Reiki also helps us to see that there is sometimes a bigger plan at work that we may not be able to understand.

I was listening to some teaching by Carolyn Myss (author of "Why People Don't Heal and How They Can") and she commented that some illnesses "have nothing to do with negativity at all. Instead they have to do with the form of challenges as one grows toward his or her next level of empowerment". She talks about how illnesses can be a form of spiritual teacher, helping us to become more fully present.

It can also be that our illness is a service to others. Perhaps Phyllis' illness (and her openness about it) serves the Reiki community by showing us our assumptions about Reiki masters or people who do lots of Reiki (that they shouldn't get ill). Perhaps it is a reminder that those who give so much to others also need to take good care of themselves. Caroline Myss associates breast cancer with the tendency of women for "endless nurturing without nurturing to the self". Phyllis

has spent decades travelling and nurturing the Reiki community all over the world with little thought for her own needs. Now perhaps it is time for her to put herself first and her cancer may be a strong call for her to do this.

Phyllis has responded to her diagnosis by putting out a call for help: asking people to send her distant Reiki treatments. She healed very well from the minor surgery to remove the lump, with very little pain. I am sure Reiki is also helping her to make decisions about what further treatment to have. She has also decided to cancel the travelling and teaching she was due to do next year to stay at home and take care of herself.

So if we learn one thing from Phyllis' cancer let it be that nurturing ourselves is just as important as nurturing others. Reiki will not cure cancer or even prevent us from getting it. Yes Reiki Masters (and even Spiritual Lineage Bearers) do get ill and even die (as we all will one day). What is important is how life is lived, that we take the opportunities to grow that are offered to us, so that hopefully we can leave this world a little better for our presence.

If you have Second Degree Reiki and would like to help Phyllis by sending Reiki please do. I know she would appreciate it.

You can hear me talking with Phyllis recently about my own healing path on her Radio Show, broadcast live (the day after her surgery!) on 20 August. Go to [www.7thwavenetwork.com](http://www.7thwavenetwork.com) and look for the programme for that date.