

# The Reiki Dojo Newsletter

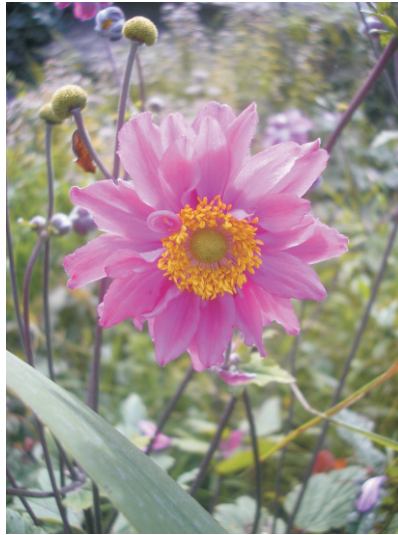
Reiki and Animal Communication with Kate Jones, Reiki Master

*Helping you to be confident and supported in your Reiki practice*

Article October 2008

## The First Reiki Camp: A Lesson in Support

On the first weekend in August I offered my very first Reiki Camp at Oak Barn. I received some wonderful support early on from Polly who owns Oak Barn and in the form of an offer to do the food from dear friend and student Antonia. I felt very happy to trust the feeding of the participants to her, knowing what a capable and food-loving person she is!



As the time drew near, I discussed menus with Antonia, sorted out where people were going to sleep and thought about a possible programme. Finally the day arrived and I set off for Oak Barn, a 20-minute drive from my home. The weather was looking promising and my feelings of excitement rose as I got closer. Antonia arrived shortly after I did and she soon had tea and cakes ready for the arrival of the participants. I went out to put up signs to help those who had not been to Oak Barn before to find their way.

Then: disaster! As I stepped off the bank I had climbed to hang up a sign I missed my footing and fell, badly twisting my ankle. Now in the past my habitual pattern would have been to be angry, self-blaming and in denial about the seriousness of the injury, causing me to make it worse! Perhaps because I had been treating myself daily in the weeks leading up to the Camp, I found my reaction was different this time. I did feel frustrated that the accident had happened, but knowing how the quicker you give Reiki to an acute injury the faster it heals, I was content to just sit there for a while, giving my ankle Reiki.

I then decided I needed to get on with the preparations for the participants, so gingerly got up and limped slowly back to the Barn. I managed to get everything ready in time, but by the end of the evening my ankle had swollen up considerably. However there were kind Reiki hands all around me, so my ankle received more Reiki. Other offers of help were also given: arnica to help with

the bruising and a bandage to support it.

I discovered to my surprise that with all the support so happily offered by those around me, the injury didn't interfere too much with the weekend. Indeed it showed me very clearly how much support I could receive (including supporting myself with Reiki) at the same time as giving the support of facilitating the weekend for others.

The weather remained good and we had the most wonderful open air hot tub at the end of the weekend. We also shared lots of Reiki, loads of food and a great deal of laughter! So I look on this as a wonderful lesson in support and look forward to next year's summer camp, which I am planning to take place on the same weekend (1st weekend in August). After requests from those who came this time, I am also thinking of offering a winter retreat in Ludlow in February. Perhaps you'd like to join us?

Please contact me if you have any questions or comments.

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