

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 September 2008

The 21 Day Self-Treatment Challenge

When I learned Reiki, the self treatment was far less important to me than learning how to treat others. I probably did use Reiki for myself a bit in those early days, but not consistently. Later, through contact with Phyllis Furumoto and Paul Mitchell, I began to see the importance of treating ourselves with Reiki and had an intention to treat myself daily with Reiki. But somehow it never lasted.

Sometimes I would manage it for a week or so - usually in the context of a Reiki retreat - then I would lapse again. I used to berate myself for being so weak and unable to keep up such a simple habit!

Last month I decided that I would simply set myself the challenge of treating myself every day for 21 days. And by treat I mean going through the whole sequence of hand positions for the basic self treatment, not just holding my hands on one part of my body for 10 minutes! And to encourage myself to succeed I offered myself a reward.

At first I couldn't think of what reward I wanted, but as I reached day 4 of my 21 days the answer became clear during my self-treatment. I have often found that the answer to a question I'm wrestling with comes during these treatments, so here was a perfect reason for continuing.

I'm pleased to tell you that I succeeded in completing the 21 days and here is what I learned:



- To be less rigid with myself about when I do my treatments: I had thought that it was best to do them before getting up in the morning. I found that there were other times of day that were equally as good afternoons, evenings and last thing at night!

- That what usually stopped me doing the treatment, and I had to resist to succeed, was putting the needs of others first. For example one morning I was interrupted by a phone call. I could have said I wasn't available, but I accepted the call and then didn't finish the treatment. However I made time for it later in the day, because I didn't want to break the 21 days! I know that on other days I would simply not have done the treatment for myself.

- To ease up about how long the treatment should last: I found that doing the treatment daily it was fine to do a short (3 minutes per position) treatment some days because other days I would do a long (5 minutes per position) treatment.

- I found that doing Reiki for myself daily had a very positive effect on my overall mood. Life always throws up challenges and I found that I was able to deal with them with more humour and balance than I would when not using Reiki.

So if you don't already treat yourself daily with your Reiki, why not take up the 21 day challenge and see what you learn? Let me know how you get on!

Please contact me if you have any questions or comments.

Phone: 01584 890284 e-mail: kate@thereikidojo.co.uk, website: www.thereikidojo.co.uk

© Kate Jones September 2008