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Reiki Classes and Treatments with Kate Jones, Reiki Master

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Do you worry about getting there on time?



The first of the Reiki principles is “Just for Today do not worry”. Like Reiki itself this sounds simple but is certainly not easy! One example of this is getting to places on time. A few years ago I had what could be called a disastrous journey that caused me plenty of worry! I had to travel to Birmingham Airport to catch a plane to Glasgow for a class I was teaching that evening. Half way there in the car I hit a traffic jam and realised I had not left enough time to get to the airport. I was frantic. I tried to think of a way out of the mess, like driving to a station and catching a train. But I knew it was no good; I just had to keep driving until I got to the airport.

I got there, parked the car and ran to the check in desk. They allowed me to check in, but said boarding had already started, so I had to run to the gate. I ran as fast as I could: the bus taking the passengers to the gate was still there... but because I had luggage to go in the hold, they said they couldn't board me. I had missed the flight. I just sat down and cried.

So far this wasn't a good journey and there had been a lot of worry and stress! When I cried, those around me did their best to help. I was taken back to the check in, where I discovered there was no flight with that airline that would get me to Scotland in time for my class. However they kindly arranged for me to transfer to a flight on another airline and for what I had already paid to be taken into account when purchasing the new ticket.

I can now see that at the moment I sat down and cried, I had surrendered to what was happening in the moment. I had stopped worrying about what was going to happen next and somehow things had started to go right. So when the flight was then delayed, I didn't worry. Amazingly I still got to my class on time!

I learned valuable lessons from that journey: not just to give myself plenty of time to get to the airport, but also that worrying did nothing at all to help the situation, it just made the experience even more awful. When I let go of the worry, I was able to feel better, even in a situation I would have preferred not to be in (the extra cost was very painful at the time!). So next time you are having a difficult journey, try taking a deep breath, remember the Reiki principle “Just for today do not worry” and see if you can become more present in the moment. You are more likely to arrive with a smile on your face and will be certainly less tired than if you worry about arriving late.

Please contact me if you have any questions or comments.

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