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Spring is here – but are you feeling depleted?

I was chatting with a friend recently who was saying that although spring is here, a time when there is lots of new growth and energy in Nature, he was feeling depleted. I suggested to him that this may be because we humans tend to stay busy during the winter, when most of the natural world around us copes with the shorter days and cold weather by resting. He agreed that for him, the time leading up to Christmas is the busiest of the year. To be busy at the time of year when the natural energy around us is low we have to call on stored energy, depleting our resources. So it is no wonder he is now feeling tired.

I, on the other hand, am feeling more energetic than I have for years! I have just returned from an exciting trip to China. It is my fourth visit and in previous years I have returned exhausted and often ill. This time has been different. I felt so full of energy when I got home I started cleaning out the fridge! What has made the difference? Acknowledging my need for rest *and* doing something about it!

As a self employed person this is a very important lesson – and one which applies to other busy people too. I prepared for the China trip this time by ensuring that I was as fit and rested as possible before I left. In previous years, I have always been very busy before the holiday, in a frantic attempt to get everything done before leaving. This meant that I was already exhausted before a long and tiring journey.

There is a considerable time difference between China and the UK, which can make rest difficult. However on this journey I found that with the help of Reiki, I was able to sleep when there was time to sleep and thereby got the rest I needed. Sometimes this was at odd times of the day – I let go of any thoughts of ‘it’s too early to go to sleep’ – and I was, as a result, better able to cope with the early morning starts. In fact feeling rested, I enjoyed them, because we were off to see something else new; and I even chose to wake up early one day to see the dawn!

There are two bank holidays this month – they are a good opportunity to take a real rest and recuperate. It is easy to fill the time with other jobs at home that ‘need’ to be done. But this is not always a good way to rest! You also *need* to take a real break. So I encourage you put aside some time to do something really good for yourself and do what really gives you a rest: reading a book in the garden, watching a film, wandering in a lovely natural landscape, having a Reiki treatment or just taking a nap!