

In 1989 I decided to make a trip to study in England. A few days before my departure I went to visit a friend at her office. A woman was sitting in the waiting room; she looked me and said: "Soon you will go to a long journey. You will not return to the United States. Take everything you need with you, especially warm clothes. You will wake up the sleeping people of many churches." I had no intention of working in a church and thought the woman was very strange. However after being in England just three weeks I decided to stay in Europe. I had experienced a new sense of myself. I started teaching Reiki and was one of the first Reiki Masters in England. I was invited by many people to travel and facilitate courses all over the UK. My family was shocked because I, who always had to have a steady job, left everything and followed my heart. They did not understand me and were worried about what was going to happen. Where I was so full of joy and life I did not worry. I was in the flow.

I know without a doubt that if I had not taken that first step with Reiki my life would have taken a different turn. I see a parallel life. On one side "without Reiki" there is a lonely woman in a wheelchair, all dried up with no life in her. On the other is "with Reiki" ... me as I am. And the two are vastly different. I would have never quit my job, flown to Europe, much less been teaching with the passion of an awakened heart. I had been lit from the inside. I now cared not only for myself, but could see how interconnected we are. I saw and experienced a bigger picture and it is beautiful.

What I realize is that Reiki was the beginning of my spiritual journey. There was a time that I thought I had taken that first class to only learn some Reiki techniques that may help heal me, but what actually happened was that Reiki supported me on my return to wholeness of body, mind and spirit. Every step I have made with Reiki confirms the truth of this. It is a never-ending process of discovering myself and indeed a spiritual journey unlike anyone I could have ever imagined.

The energy helped me to come back into harmony by addressing everything that caused the imbalance. I heard Grace defined as the outward expression of the inward harmony of the soul. Reiki sure has been instrumental in this expression. At times I did not even realize that parts of me were not balanced until they were harmonized and I felt different... certainly more alive and filled with grace.

So many opportunities have been given to me, chances to say "yes" to life since that first day with Reiki. I am not saying that my life was rosy and all my problems ceased to exist after that day. In fact it seems at some level that the heat was turned up. Reiki continued to help bring things up to heal physically and emotionally. I was challenged to live my life in the present moment, to be true to myself, honest, and fearless. Fear-less meaning that I came to realize that what I feared the most I brought to myself. Reiki helped me change my belief structure. Feeling the way I did before Reiki was now uncomfortable. Fearing shut down my energy. Faith, which is the opposite, opens me up, frees the soul and fans the flame of love in my heart.

Part of the growing up process also involves pulling away from what we know. Young people want to differ from their families, exert their individuality and they bunch in disharmonic gangs. They feel misunderstood: parents are strangers and represent authority that needs to be opposed. The process of hormonal awakening can throw us into confusion. Later as they come back to harmony they discover their parents were not as unrealistic as they thought. But if we believe and accept a system full of

prejudice the fight continues. Prejudice also relates to an external projection of something deep within us. Sometimes it is easier to love others than to love us. With Reiki we come into this understanding and use Reiki to “see” better and respond with love when situations arise.

It seems to me that we born innocent and clear only to depart from this state in early childhood through adolescence. Our reactions create life opinions, which can be false, and despite this we hold on to them at whatever the cost. In a certain moment we can come back to the original spiritual essence. It happens in the moment of awakening; maybe we have experienced some tragedy, illness or following experience of the deep truth, which has touched us, in a church, on the top of a mountain, or even at the initiation into Reiki. After we have experienced this spark of God’s wisdom and love this experience stays in front in our hearts and acts as a beacon of a light-house that always lights the way to come back home...to ourselves.

I am reminded of a passage in the book “You are not your Body” by Orlando P. Carvajal.

And yet there is an inner self that is able to see our body, our emotions, and our mind for what they are, simply platforms for communication with the physical world. This inner self has the ability, and therefore, the freedom to refuse to be governed or limited by the body’s demands. This inner self also has the ability and the freedom to refuse to be governed by emotions and habitual thoughts. This inner self, in fact, thinks only thoughts that it wants to radiate to the rest of God's creation. This inner self is a true spark of the Divine.

My process has made me aware of how I spend my time on the earth, what the quality of my life is; what mark I will leave for future generations, my family and the world. I have recommitted myself to the five spiritual principles that Usui gave us so long ago. Just for today, I will let go of anger. Just for today, I will let go of worry, Today, I will count my many blessings, Today, I will do my work honestly, Today, I will be kind to every living creature

And the woman who so long ago told me to pack all my clothes before I left for Europe has come back into my life. She is a well known astrologer and physic. I have an appointment with her in a few weeks time. I wonder what she will see in my chart. One thing for sure I will take Reiki with me whatever I do and where ever I go!