



Continuation of... The Absence of Stress is? Mari Hall

only when she received the news that she was out of the woods with her illness did she sleep for three days. What she realized was her stress although carefully hidden had been holding her up not the bones in her spine.

Most of the time we do not even realize we are in stress, even when we sleep we could be rehashing our day and planning for tomorrow so that when we wake up our heads are full and our bodies are lethargic. We push ourselves through the day on an adrenalin rush. Stress is what keeps us moving and making decisions. We come home and crash.

I remember when one my students asked me why he felt so tired after doing Reiki in the class. I asked him if he was really tired or just so relaxed that he could feel the absolute absence of stress. His reply was he could not feel any stress so thought he was past tired. He is in a high-pressure job that takes most of his days. Often he is working 12 to 14 hours a day.

When you are relaxed, it is the best time for listening to the silence, reflecting and being sourced.

But, stress can be addictive. We get so used to the charge to do anything that to be utterly and completely relaxed the fear is that you will not be able to move. So even when we have a need to rest and recharge we do not. Usually when we are in this state we are also Humans doing and not Human beings.

How do I know these things? Why does it make so much sense to me? It has been a reoccurring life theme. When I am doing I am not in the flow and not trusting. When I am not trusting I am pushing up the hill against life. Normally stress is fear driven. We are afraid to miss a dead line; that we will not be successful, that something will happen and so on... Our driven aspects of personality are picked up at an early age and we spend years making ourselves right at the expense of our health and happiness.

At the end of each day I do a stress check. Basically I think about what I wanted to accomplish and did not and feel how that feels in my body and where is the tightness or even the numbed out feeling. Using Reiki I respond to these areas with my hands and also ask for guidance as I slip into that wonderful meditative space we reach when using Reiki. Answers come and the perspective in which I may have been viewing these things I did not accomplish change. I am able to see what was done and give myself a good pat on the back instead of whipping myself for not being perfect or whichever accuser my mind had grabbed on to.

Having come back in to my center I say our five spiritual principles plus an additional one.

Just for Today...and everyday, Reiki!

Blessings,

Mari