



# Reiki is My Home

BY ROSE O'CONNOR

**M**Y SPIRITUAL COMMUNITY is made of my Reiki students and clients, my friends and family and even people I have yet to meet. Those within that community see the spark in me and know where it comes from. They understand who I am, and that I stand in the Light of Reiki; that Reiki is my “way” in life. This connection is so important, yet I never realized just how important it was until I left it all behind.

This past winter my husband Joe and I left the United States for an exciting adventure that was completely guided by Reiki: we rented our home to friends, and took up house and pet-sitting all over the

there are some students that we don't see or hear from again, but many of them keep in touch and share experiences with us, email with questions, come for a session or ask for distance Reiki. Some have become good friends. Others attend Reiki shares at our home. This deep, abiding spiritual connection is one that I guess I took for granted when we planned our trip “across the pond,” in the sense that I didn't realize what it would really mean to stretch those connections so thinly by being so far away. As a friend of mine wisely told me, distance Reiki does work, but the face-to-face connections cannot be replaced.

your vibration doesn't like it. Reiki calls you to be the best person in this life that you can be. It lets you know when you aren't doing that—not in a gruff way, but in the most loving and kindest way. Reiki guides, ever so gently and ever so powerfully, if we but ask.

I realized since moving out of the Reiki circle that surrounded me in Colorado, that, like an ever widening ripple in a pond, my loving husband and I had indeed been serving others through Reiki. This was without a doubt the Divine purpose that Reiki had laid out for me several years back, and even though I felt completely guided to take this trip, it still took a great

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UK for different families while they went on holiday. We left behind our family and friends, our town, our Reiki business and most importantly, our spiritual connections, at least in the physical sense. I had a very hard time letting go at first, feeling as though I were deserting those who may need me, for support, for Reiki, for hands-on treatments or just to be a guiding presence.

My husband and I teach as a team, and at the beginning of every Reiki class, we tell our students that we are always their teachers, which means that we are there to support them in any way possible, answer any questions or help them in their growth with Reiki. This is a promise we try to live up to, and since we live in a small mountain community, the bond often becomes a strong one. Yes,

I mentioned feeling as though I had deserted others who might need us, but what I realized is that I was feeling the loss of them just as much, perhaps more, than they felt the loss of the physical me. That loss of connection was indeed a spiritual one, an invisible thread that connects us, that nourishes us. I have chosen, as a Reiki Master teacher, to lead a deeply spiritual life. Once you choose this, your life changes in so many ways. It means that you have to walk your own path.

Reiki changes who you are, deep down to the core. It brings up things are not so nice about you and makes you look at them and asks if you want to heal them. It makes you look at your habits and asks you to change the ones that are not in alignment with Reiki. You may try to go back to your old ways, but it feels hollow and

deal of courage and faith in Reiki to watch aspects of those spiritual connections fall away as we crossed the ocean. Yes they were still there, but when we first arrived in England, those connections were very different from the many ways they were woven through our lives back home.

I was very moved and uplifted by the emails we received, the responses to blogs that I posted and the comments on pictures that I shared on Facebook. I felt that we were very supported in a larger sense and also missed. But having moved physically out of that almost daily nourishing circle of Reiki friends, students and spiritual community, and especially away from

<sup>1</sup> Frans Stiene, *The Inner Heart of Reiki Rediscovering your True Self* (Winchester, UK: Ayni Books, 2015).

teaching classes, I realized several things about Reiki and about myself. One thing was that Reiki truly guides me in all ways and at all times in my life, and it is not up to me to question its truth or its wisdom. We left for reasons that hadn't been fully revealed yet perhaps, but the bottom line was that we found ourselves in another country, and Reiki was asking me to stretch myself in new ways, to learn more about who I am in this life and to seek more fully, as the title of Frans Stiene's book suggests, the Inner Heart of Reiki and my true self<sup>1</sup>.

The time has flown by, and here it is, four months later, and our journey into self-discovery and travel draws to a close. I have filled many pages about our experiences, and those experiences always, in some way or another, inevitably lead back to Reiki. What I found on this trip was that I *am* Reiki at the core of it all. I didn't find, as I had anticipated, very many people to share Reiki with—a few, but certainly not what I might have envisioned. No Reiki classes fell into our laps, and we didn't plan any ahead of time, but I quickly realized it was because that's not what Reiki wanted for me during this time. Reiki wanted a different kind of commitment. Reiki presented me with certain challenges and asked if I would still turn towards it to solve those challenges. Had I truly become a person who lives a life of Reiki?

Reiki taught me a lot about letting go. Letting go of the ego, letting go of the control we hold onto so tightly, involves letting go of many aspects of ourselves. Even the feeling that other people “need” us comes from the ego. Reiki has been helping me to look at life from a bigger perspective than just what is going on for me. What is going on is **never** just about me, no matter how much it may feel that way. Whenever we can connect to the Divine energy that is *all* of us, with the help of Reiki, we can begin to see this.

Letting go happens on so many levels. Being thousands of miles away from family and friends means you get the chance to either worry a lot, or develop a new level of discernment. You begin to realize that everyone's life is truly under his or her own control and that each person has to make his or her own choice. It is an opportunity to accept the things you cannot change and move forward with grace. My husband and I have been able to watch things happening from far away, able to send Reiki to certain challenging situations, but unable to do anything in the physical world about those situations. With the help of Reiki, I feel that we have both learned more about letting go, realizing that everything is always being taken care of, and that our job here is to learn how to be peaceful and trusting in every moment. Not always an easy thing to do!

Reiki helped me in so many smaller ways in daily life. Reiki gave me the patience and perseverance to continue to find brightness within me on many dark and rainy days in the UK—to slosh joyfully through mud, embracing everything about where I was in the moment. I learned to ask Reiki to help me with making food choices, as simple as that may sound. Indeed, being away in a strange place where the diet was quite different from what I was used to (and often quite delicious!), I must admit I found myself being led astray a number of times. But in the end, I learned to turn to Reiki to help me honor the body that houses my Spirit. It is a work in progress but Reiki is always there for me. The thing that I am learning about Reiki is its ability to honor free will. If I want help, I have to be willing to ask for it. Reiki always answers.

Reiki protected and guided us throughout all the months we traveled from place to place and house to house. We never had any fear or even any thought of getting lost or hurt. To the contrary, Reiki

brought wonderful, caring people into our lives wherever we went, and we let our Reiki light shine, consciously helping others whenever we could, offering Reiki when we had the opportunity to do so. We practiced self-Reiki and gave Reiki to each other, and sent a lot of distance Reiki to those in other places.

Reiki asked me to take a hard look at myself and who I am without my Reiki practice, our students and our classes. It asked me to just “be” to learn to appreciate my own presence in this world without all the *doing*. For the past four years, I've been *doing* a great deal in the physical world with Reiki: planning classes in different locations in Colorado and Pennsylvania, teaching, holding Reiki shares, doing sessions of Reiki, writing Reiki articles, being a guest on radio shows about Reiki, the works. This is what we do when we love Reiki and wish to serve it. But all the doing was catching up with me. Reiki gently but firmly led me away to a time of rest, long walks, meditation and being with myself in a way that I hadn't done for a long while. I'm sure it would look to an outsider that I wasn't *doing* anything with Reiki. But Reiki was doing a lot with me. It let me know, in its infinite wisdom, that *being* Reiki was enough. If we can care for our own vibration on this Earth, making it as pure and strong and full of Light as it can be, then we are doing much more than we know.


In those quiet times, often with just me, my husband and Reiki, I found a renewed sense of spirituality that had nothing to do with the outside world. I found more joy in my surroundings, rainy or bright, warm or cold, comfortable or challenging. I learned to have more respect for giving myself time to do the things that are important to me, and with that, discovered more compassion and love for myself, the hardest thing of all. I dug deep and found that my own opinion

of myself could be pretty harsh and judgmental, and I asked Reiki to help me begin to heal those wounds against myself. I realized with startling clarity that every single thought I had against myself carried a vibration that affected the entire world. I found a deepening connection to the Divine Consciousness that links us all.

And, on March 17, Reiki gave us the gift of Holy Fire II. That night at 11 PM, Scotland time, my husband Joe and I sat in our home away from home in Scotland to receive one of Reiki's most recent gifts. I felt truly blessed to be thousands of miles away from William Rand and still receive

Reiki's blessing. Since then, my connection with Reiki has only continued to deepen and grow.

In May, we will return to our mountain home in Colorado, and I imagine that our classes, sessions and active life with Reiki will begin again. I look forward to observing the richness that has been cultivated within me flow forth through Reiki. But most of all, I feel a deep gratitude to Reiki for all of its blessings in all of our lives. As long as I am here on this planet in this form, I hope I will never stop growing in my understanding of Reiki and my appreciation for it. There is, indeed, always a next level.

Reiki is not the place I live or the people I am surrounded by or even what I do. As long as I am grounded in and surrounded by Reiki, I am home. 



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