

Reiki and ME – a Journey
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The night's drinking did not numb my pain. When was this nightmare going to end? I had given up all hope. Life for me had turned the corner, careering out of control down a road to nowhere. With all my strength I struggled to my feet despite my drunkenness. I looked towards the sky and raised my clenched fist in defiance to God, shaking it as I spoke through gritted teeth "one day this pain is going to mean something I swear! You get down here and bloody well fix my life you asshole. I believed in you and now you are letting me down." I fell to the floor and passed out.

The next autumn of 1994, I was attuned to Reiki during a weekend workshop. Since then, using Reiki has become a daily ritual alongside brushing my teeth.

To be honest, I didn't really have much idea as to why I was going to a Reiki workshop back then. After all, I really didn't know what Reiki was. I know my determination had something to do with the nagging feeling in the back of my body and when the word Reiki was mentioned I got all goose bumpy. At the time, my life really needed something, anything. Anything to get me away from the boring repetition of pain and stuckness! I also knew that inside my adult body, a little girl within wanted to be special again.

As the weekend unfolded I started to realise that this was bigger than any silly notion I'd ever had. My childhood dream of a knight in shining armour coming to sweep me off my feet was actually coming true. However, the description of the archetype had to be slightly altered to a formless, loving energy that made me feel not only special, but loved somewhere deep inside of me. Perhaps the imagery is a bit corny but for this adult, who had all her dreams shattered and washed down the drain, this was an awakening, by having in her hot hands, evidence that her woeful howls of despair had indeed been carried by the wind, picked up and placed in a cue in the cosmos. Yes, after waiting on the line for a long time, my call really, truly did get through.

This new lover called Reiki was all mine to have and to hold and explore with for the rest of my life. Bliss! Reiki offered me many skills, and as we spent time with each other, I found that Reiki not only was able to touch the essence of me but was also a brilliant home renovator. I was to be a great work of art for Reiki, as I provided a coarse canvas for a brilliant make-over. After many weeks of deep sleep to rest my weary soul, the new plans for improvement were underway. Reiki asked me to look deeply into the mirror to see if we could find some remnants of the childhood heart that once lay on the floor of the forest, in the loving arms of Mother Gaia and dreamed of a life of innocent beauty as she held the vibrant glowing buttercups to her chin. Where was she beyond the dark circles and empty eyes that once housed her soul? Her body was beaten and abused. Her spirit was flaccid

like a deflated balloon. Was there any spark of fire to be found? Then, one morning there was a slight wry smile....yes, there she was, ever so slight, but there was our first sign of hope.

The days and weeks went by with an ever-increasing improvement. My choices were different. I found it impossible to remain in the presence of people's gloom as it choked me. It made me realise how much I had been doing the same to other people. I found myself wanting to get out and spend time in the sun and nature. More trips to the river filled me with enthusiasm. Junk foods gave way to salads and my water consumption increased. Some days were spent shedding the tears that I previously thought worthless. My choices in clothes and willingness to take more care with my presentation became easier. Some of the lessons were hard when I tried to revert back to the old ways. Reiki, I found, was a mixture of both soft and tough love. When important lessons had to be learned, it was more of a case of showing me the hard way and then the alternative easy way of doing things. It was a dance and jig in a maze at times, but I look back now and see the wisdom of all of this. Slowly, but surely, the toxic ways of my life softened and as my energy increased, the lessons became harder but the solutions were easier to find.

Reiki helped me prepare and cope with the loss of my three sons to their father. Eventually Reiki taught me the gift of surrender. Distant Reiki helped me keep in touch with my sons during our twelve year separation.

Time and time again Reiki helped me to understand that it truly was unconditional. Reiki loved me and did not leave like everyone else. I could ignore it and slam the door closed, but it would wait and wait and wait until my stubbornness abated to allow it back into my life again - to get on with the next renovation project.

I trained as a massage therapist and found I was able to combine my Reiki with massage. I discovered that I had many valuable skills to offer people. My confidence and self-esteem grew.

One day I was offered the idea of being a teacher. As a country girl, education was not a strong point. It was still the idea even in the '70s that girls got married, had kids and didn't need an education. Easter Sunday 2000, I went to the top of the highest mountain in Australia, Mt. Kosciusko. The moon and the sun were in the sky at the same time. I sat on a rock at the summit and during my meditation, a High Being came and told me of my path and what was required of me. He gave me my medicine name of White Eagle and blessings. When I was told that I was to become a Reiki Master and start teaching, I was in shock. However, if this High Being had faith in me then I knew I could do it.

I took my Reiki Master training in July of that year and spent the next few months thinking about how I would teach. The following March I had three brave souls entrusting themselves in my hands as we embarked on our new journey together. Having no experience in teaching, I was surprised when the wise words flowed out faster than my knees shook. The Reiki energy flowed through their hands after their attunements and they were happy; I was happy and I decided to do it again, and again.

I found that I loved teaching and had a lot to contribute. The many years working as a therapist and sharing the healing journeys of people was my rich soil of which I plucked wisdom from and relayed in my teaching. My heart these days is filled with hope, faith and joy.

In August 2004, I journeyed to the US travelling on my own with the absolute faith that I would have a safe journey. I felt blessed with every step. I used Reiki to smooth the path and create synchronicity. I arrived at Port Authority bus station in New York waiting for a connecting bus to Rock Hill, a little town in the Catskills. I looked up and saw a man standing in the line. He looked like a Reiki channel to me. He had that certain look and feel about him. Sure enough he was a Reiki channel and there was another behind me. We were all destined to a gathering of Reiki channels from the four corners of the Earth with some of the most inspiring teachers. For a week we learned, played, danced, drummed, and sang together and of course Reiki'd ourselves, each other, and sent healing to the Earth to create peace in our community. It was a joyous expression of divine love and community. I got a sense of what is possible for our future.

On the way home, our bus driver was very distressed and anxious about the blocks in the route to get to the station. I sent her Reiki, her manner softened; she breathed and then was able to receive instruction from headquarters for a better route. A baby on the aeroplane was screaming. After a few minutes of distant Reiki she fell into a blissful sleep. There was turbulence and the plane was being buffered around. I placed a Reiki symbol on the front of the plane, within minutes everything smoothed out.

In 2006 I sat in the centre circle of Stonehenge and received my Karuna® Reiki Masters attunement. The energy was so strong that I rocked back and forth. It felt so amazing to connect to this blessed portal of sacred energy. In 2007, I travelled to Maui, Hawaii to receive more training and again, receive blessings from Reiki.

As I lay in bed at night, after a busy demanding day, I place my hands on my belly and feel the soothing, loving and warming energy flow to my aches and pains, surrendering into peace. I give thanks to my dear and precious friend Reiki for our journey together. I came to trust it as time has shown me that Reiki always offered me the best route to take. Sometimes my arrogance ushered me off in another direction, but Reiki, like a good friend, waited on the corner until I returned to go in the opposite direction.

I love the fact that my family, cats and clients feel better after I simply place my hands on their pain. What a gift of love.

After Reiki, life did not get magically better but my ability to improve situations increased tenfold. It was a case of two steps forward, one back, three steps forward and two back. Eventually Reiki lead me onto a new positive life path, beyond my wildest dreams to a new career and eventually my children gradually returned to my life bringing me a grandchild. The greatest gift Reiki ever gave me was the mirror. Reiki always redirected my searching back to me. The truth was always inside me. Reiki helped me to realise that I was my own knight in shining armour who rescued me. It was me who had the strength and courage to heal. Reiki held the mirror in front of me and loved me unconditionally.

I often think what my life would be like without Reiki and simply can't imagine it.

Thank you Reiki - my lover, my friend, my teacher, my healer, my mirror.