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Reiki Leads Us on Our True Life Path

BY ANNE SAMSON

REIKI LEADS US on our true life path. Isn't that a promising statement? Those of us who have a daily self-Reiki practice or who receive Reiki from others on a regular basis know the truth of that claim. We have experienced it firsthand. Some of us who are Reiki practitioners have witnessed it lived out in our repeat clients. Some of us who are blessed to teach Reiki have seen it manifested in our students. Reiki is a powerful practice that increases our connection with the Divine and helps us develop our spiritual gifts, including intuition, healing and love. When we use these gifts in our daily lives, we become more connected to others and provide healing in a variety of ways, more ways than we may be aware of.

I believe that my true life path is to be a writer and a speaker of God's love. I became aware of this when I began writing my first book in 2008. I used the affirmation "I am a writer and a speaker of God's love" in the center of a vision board I created to encourage myself to keep writing. I published that book, *Abba House & Me: Prayer Changes Everything*, in 2013. A good friend told me that someday I would be teaching from that book. I have been watching for that opportunity to arise, and this year it did, as I begin teaching classes on "Journaling as a Spiritual Practice," using my book as the curriculum. I have arranged some weekend retreats on that topic for next year and hope to continue teaching about different ways that we can

connect to God's love and care. I believe my daily self-Reiki practice has moved me along this path.

As I lay my hands on my heart during my daily Reiki practice, I am able to grow in compassion for others. Because I am able to receive the love of my Higher Power through this act of self-love, I am not as needy of love from outside sources. As a result, I am able to interact with those closest to me differently, in a more loving and open way. The most significant relationship this has impacted is with my father, who has been very ill for the past year. I am the primary caregiver for both him and my mother. They have a variety of chronic illnesses and are disabled, and I have many daily responsibilities for their care, includ-

ing assisting with their finances, driving them to doctors' appointments and shopping, coordinating service providers and other supports to meet their various needs.

(As I was writing this article, at this point, I felt challenged, so I paused and once again called in Reiki to assist me as I had before I started writing. I used the Holy Fire and Karuna Reiki® Gnosia symbols, letting the deep peace sink into my belly, before I began writing again. I do this often when I am writing or speaking.)

I have been in 12-step recovery programs for over 26 years, first for my own substance abuse, then to help me deal with addicted family members and finally to get to the roots of my issues by addressing my codependent character traits. I chose to stay in relationship with my parents, who continued to drink alcoholically. I loved them and wanted my children to know their grandparents' highest selves, which always came out in their grandparenting roles. Occasionally I would share with my parents the positive changes that 12-step programs brought to my life, inviting them to accompany me on the path of recovery, but they were not interested. I watched many people in recovery walk away from their parents, but I could not. I tried to love my parents as best I could, using the tools of recovery and my Reiki practice to heal my own wounds.

I believe that Reiki leads us on our true life path by awakening a compassion in us that comes from a higher source. I am now able to see that my father's experiences as an Army sharpshooter, drafted into the Korean conflict at 19, shaped and altered his psyche. In the past few years, when his words and actions have felt particularly hurtful to me, I have stayed away from him for a day or two and sent him distance Reiki. During the times when I could not distance myself physically—including his three hospital stays since May of this year when I have chosen to remain with him as his advocate—I have used Reiki to calm him during his violent reactions to anesthesia or his aggression in medical procedures. I have also used Reiki to calm myself when I am shaken after these experiences.

In order to be an effective writer and speaker of God's love, I need to "walk the walk, not just talk the talk" as I've heard said in 12-step programs. It is important that I do my best to live an honorable life, keeping my commitments. Lately I have been facing challenges in my marriage, as my husband is 30 years older than I am. Until the past few years, he has been strong, but lately there are many changes that we both have to adjust to. I give him Reiki sessions once a month or more, which heal both of us and magnify the

love we have for each other. My daily self-Reiki practice provides me with strength and courage to meet each day's trials, one day at a time.

Part of that daily practice is to periodically repeat the profound Holy Fire experiences we learn to facilitate as Reiki Masters. As they are for many of our students, these experiences for me are deeply personal, encouraging and enlightening. They remind me that all is really quite well, at least in God's plan, and that I am safe.

Life is full of challenges. Reiki helps so much.

I am grateful that Reiki is leading me on my true life path. 

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Anne Samson is an Usui/Holy Fire II Reiki Master and a Holy Fire II Karuna Reiki® Master who lives and practices Reiki in Albany, New York. Anne is a spiritual teacher, free-

lance magazine writer and author of Abba House and Me: Prayer Changes Everything. She has practiced 12 Step Recovery for over 26 years. You can contact Anne through her website at www.EnergyHealingGrace.com.