

Change your life - take the Reiki 1 class with Marion

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I resisted Reiki training for many years. I have nothing against the energetic healing technique but I doubted whether I could do it. I had performance anxiety, I guess. I saw other people use Reiki. I had treatments done on me. I felt the energy and greatly benefited from its effects. But, - "who me do Reiki?" Didn't that take a "real" healer? Someone who knows how to direct the energy exactly where the recipient needs it most? Someone who could intuit the problem and just know what needed to be done? I felt that certainly was not me!

Ah, grasshopper! I discovered I had much to "unlearn". In Marion's **Intro to Reiki**, she dispelled many of my doubts and cleared up my misconceptions. Anyone can learn Reiki. Marion described it more as a "getting out of the way" of the healing current rather than consciously directing it. I did find that - although that sounded easy - it does take practice. We are so programmed to do and control that being a conduit is a new experience.

The **Reiki 1 class** was an even a greater perception altering experience. My classmates asked questions I never thought about and I was able to share some things I knew about energy and alternative healing. Perhaps I could do this Reiki stuff after all.

After a morning of discussion and learning the history of Reiki, we were ready to be attuned. This is one of those experiences you have to feel for yourself to truly understand. Marion masterfully "opened" each participant and allowed the Reiki current to flow. It was a simple, elegant, and extremely moving experience. I felt different afterward - like unneeded debris had been cleared from my energy channels and I was filled with a new soft glowing energy that I only had to let flow. I did not need to control where it went or what it did. As odd as it may sound, this felt like divine energy - and yes - I was just the conduit.

Feeling like I was getting used to a whole new way of relating to the universe, we then got to practice our new gift on each other. It felt easy natural - not awkward at all. I felt the energy of Reiki flow through me - this was truly doing without effort. We took turns giving and receiving; building our confidence in this new way of healing; building our trust in ourselves. By the end of the day, I knew something amazing had happened. Not just to me - but also to the others that shared the Reiki I experience with Marion. **We discovered that we are healers.** It is a potential, a gift we all have. Reiki is a gentle, affirming way to access that gift. I wonder now why I waited so long to receive it!