



Illustration by Gaia Orion

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# The Reiki Journey

## Healing the Healer

BY DODI MITCHELL

I RECEIVED MY FIRST Reiki treatment years ago, when I was recovering from extensive surgery and in great pain. Reiki helped me to deal with the pain and the significant stress that was occurring in my life at the time. It was a peaceful oasis for me, and over time, I was pulled to learn Reiki and eventually become a Reiki Master. Now, as I look back, I realize my experience with my surgery and the pain that followed was something I had called for to assist me in waking up. What I thought was a last resort treatment to manage my physical pain became an open door I walked through. I experienced a light pouring in that opened me up wide

with my friend, Laura Mirante, a Reiki Master and Spiritual Channel. We scheduled regular channeling sessions together, and I received some truly profound, life-changing insights as we explored our connection to the Divine. These sessions would prove to be a great source of support for my journey and inspiration for my writing over the years.

A year after I became a Reiki Master, I ventured to Glastonbury, England, where I learned Karuna Reiki®, a compassionate and beautiful form of Reiki energy, which created yet another huge shift in the way I was able to channel healing energy. Along with these inspiring moments

physical condition, and that healing this sense of discord was what I had come there for. I stayed in Brazil for two weeks, a period of time that began on Easter and ended on my birthday, and indeed, it was a kind of resurrection for me. I left Brazil stronger, more centered, and more aware than ever of my connection to Spirit.

During this time, some of my closest relationships began to shift, as well. I struggled with the challenges of speaking my truth, as I became aware of it, to people in my life who were not able to accept the journey I had chosen. I was growing and changing, and it was too uncomfortable for some of them to bear. Relation-

*We are all on a journey—you and I and everyone else around us. We are calling on the energy to help us remember who we are, and as we remember, we are challenged to our limits. Find your sense of balance in the energy. Heal yourself and heal others. The journey includes you.*

to my source, a journey, a step onto a path that would inspire, surprise, and challenge me for the rest of my days here, in this life.

Following my Reiki Master attunement, I had made a commitment to give myself a Master attunement every day for 30 days. I had heard this could intensify my experience, and I felt it would help me fully assimilate the energy I was opening up to. This daily ritual propelled me exponentially forward into an exploration of the Reiki energy, and I began to feel it working in many areas of my life simultaneously.

As I continued to work with the energy, I met many loving souls along the way who helped to raise my awareness even further. I began working more closely

came many challenging ones, both physically and emotionally. It seemed my physical body was breaking down, and I thought, “shouldn’t I be healthier, what with all this energy work?” I took a trip with several fellow Reiki Masters to Abadiânia, Brazil, to spend time with a healer named John of God, which proved to be another powerfully enlightening experience. I came in search of physical healing, but as I experienced the energy there, all that kept coming out of my mouth was “please help me become a pure channel of Divine Love.” It was then that I realized that the dissonance I felt from not speaking my truth, not fully being who I began to sense my soul desired me to be, was more uncomfortable than any

ships that I believed to be foundational in my life, and indestructible, crumbled. Here I was, on the one hand, having these amazing moments of connectedness while working in the energy, and yet, my life as I knew it, was dismantling right before my eyes. I was grateful for each and every opportunity to grow, for each realization that came my way, but I felt like I had been shot out of a cannon and wasn’t sure where I would land.

Through these many, challenging experiences, the one thing that sustained me was my faith. Throughout my life, I had always felt deeply connected to Spirit, and knew that I was loved and supported, even through the times that were the most challenging. I was not

always clear on why something was occurring in my life, but I knew if I kept taking it one step at a time, it was all going to be okay in the end. There is a certain beauty in letting go of the desire to feel in control of the direction this life is leading you in. This, I believe, is what it means to live a life of faith; to live life one step at a time, to move confidently forward, even if the end result is still unknown to you, knowing that you are being divinely guided toward the life you were meant to live.

Sometimes, we can feel overwhelmed by the shifts in our lives that working deeply with the energy can bring to the degree that we can feel like an outsider in our own skin. It can feel like something has been introduced into our energy that is uncomfortable and can create tremendous disruption in our lives, so much so that we might actually move away from this energy. With each new physical and emotional challenge that came my way, came ensuing insight into its meaning in my life. The truth was, I was calling these experiences to myself, to bring light to the situations I was not seeing clearly, and to finally let go of things I had been storing within for a very long time—in some cases, lifetimes.

Another truth was that in the midst of all these phenomenal experiences I was having, I had gotten away from the thing

that was my original oasis, my peaceful lifeboat in a raging sea. I found myself not taking the time to give myself Reiki, or to be in stillness. I was trudging through all of the challenges presented to me, taking care of the physical details of each situation, and forgetting to take care of myself, energetically. I was treating clients, and I was teaching classes, and I was having all kinds of adventures, but I was neglecting my own energetic needs. In this moment of realization, I was reminded of the importance of communicating with my own being daily; of being attentive to myself as I assimilated all the energetic changes and slowly released all of that which no longer served my highest good. There are so many people who feel the energy of Reiki pulling them in and then begin to feel overwhelmed by the very limitations that the energy was trying to define for them, and so begin to pull away from the energy. But, by pulling away from the energy, we create more of the same kind of experiences that we were looking to let go of when we stepped into the pull of Reiki to begin with.

It is in these situations, when we are feeling overwhelmed, that it is most important to give ourselves Reiki. It is when we are in distress that the benefits of Reiki can serve us most deeply. It is a joining of body, mind, and soul that occurs in

the energy of Reiki, and it is this unity that will bring forth our innate sense of knowing. It is this joining that can give us a balanced perspective on life and create a peaceful acceptance and an authentic honoring of our soul's desire.

We are all on a journey—you and I and everyone else around us. We are calling on the energy to help us remember who we are, and as we remember, we are challenged to our limits. Find your sense of balance in the energy. Heal yourself and heal others. The journey includes you. Not every person attuned to Reiki is on a path that insists one practice in a certain way or offer sessions to others or even to teach. Reiki is a method of uncovering an innate connection to the Divine within the individual field of every living being. It is an opening, in a forest filled with hesitation and doubt, to the certainty of life's beautiful wisdom and limitless intentional energy. It is a method of uncovering your own truth in order to instill in yourself the intentional energy of the Collective and the limitless love of the One. 

*\*The author gives credit to the energy of Kwan Yin and of Mikao Usui Sensei, for inspiration given in a channel that was quoted here.*

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