



Asking for Support

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In the past year I have become more aware of the importance of support and that there is no shame in asking for help when it is needed. I was therefore delighted when one of my students asked me for a 'supervision' session, to help her with some difficulties that had arisen in her Reiki practice. She has very kindly written about her experience and agreed that I could share it with you:

"I completed first degree Reiki in May 2009 and 2nd degree Reiki in June 2010 with Kate. I have been in what I think of as a training period ever since and so have offered Reiki treatments to friends and acquaintances on a donation to charity basis only.

Although most of the Reiki treatments I have given have been very positive, a couple of situations arose which made me feel confused and uncomfortable. A friend of mine who is a counsellor suggested that I needed a supervision session with my Reiki master to explore my feelings and reactions.

I made an appointment with Kate in which we talked for about an hour about my concerns. It was such a relief to explain these situations to her and to receive her insight into what was causing my confusion. Through our conversation, I realised that boundaries had become blurred with two of the people I gave Reiki to. In one case, I had put myself into a 'rescuer' position and this had caused difficulties.

We talked about making boundaries clearer and how important the exchange is in the Reiki relationship. I realised that at times my boundaries were not clear enough and the exchange arrangements ambiguous. If people forgot to give a donation, I felt too awkward to ask for it. Talking to Kate really helped me to see what

was going on in these situations. Before seeing Kate for supervision I'd started to doubt myself and my ability to be a good Reiki giver, I was on the point of quitting giving personal sessions and was deciding to just use Reiki in other ways in my life. Our supervision has helped clarify how I need to take my practice forward and Kate helped me see how Reiki has given me an opportunity for personal growth through the situations that arose.

Reiki Student, Hereford."

I am delighted that this hour of my time was able to help her regain her confidence in Reiki and herself and am very keen to offer this to anyone else who needs some support with their Reiki practice. If you have stopped offering Reiki to other people because of some experience that has confused or discouraged you I would like to help you. If you feel that there is a next step for you in your Reiki practice, but are unsure what it is: I would like to help you. If you are struggling to treat yourself regularly and would like to I would like to help.

I ask the same fee as for a Reiki treatment for a one hour session. Please get in touch if you would like some support with your Reiki practice. Tea and biscuits included!

If you are interested in receiving support in this way please do get in touch by phone on 01584 890 284 or e-mail to discuss details.