



Simple is not the same as Easy

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One of the things I have learned in my years of practising Reiki is that Simple is not the same as Easy.

The first time this was brought to my attention was in pondering the Reiki Principles, not long after learning Reiki. I was already stuck at the first one: "Just for today do not worry". Simple enough as an instruction, but I did not find it easy at all! I was well practised at worrying: how was I going to change the habit of a lifetime? Not worrying, even just for a day, seemed like a big challenge! No: definitely not easy.

Then there was the second principle "Just for today do not anger". Simple enough to say, but I usually found anger an emotion that simply took me over, so I didn't feel I had much choice in the matter. How was I supposed not to get angry? Not easily!

That was just the first two Reiki principles and already what appeared to be simple was not going to be easy. Then there was the recommendation to treat myself with Reiki each day. A simple sequence of hand positions to be practised each day at a time of my own choosing. That surely would be easy. But no: I would forget, I would get bored, I would get frustrated because there were other things to do. So *not* that easy.

The one thing I did find simple *and* easy was learning Reiki in the first place. When I think about why this was easy as well as simple I see that it was because I really wanted to do it. I was really keen to learn, so that I could help others. So finding the money, making the time and getting to the class (which I have observed in my years of teaching are often difficulties for some people) were no problem for me. I knew

learning Reiki was right for me and having received six months of Reiki treatments it seemed like a natural step, commitment was not a problem. Easy!

Over the years I made a commitment to exploring the other simple aspects of Reiki practise that I had found difficult. Nowadays I am much better at not worrying. This has led me to be more mindful, more aware when things are starting to worry me and now I have a better idea of how to deal with them. So (just for today) it is easier not to worry.

I came to learn that "Just for today do not anger" doesn't necessarily mean 'don't get angry', but rather 'don't be in a state of anger'. Still not easy, but being more aware of how my mind works has given me better insight into how I react to some things. So while I may still get angry occasionally (who doesn't!) I am more accepting of this emotional state (I used to hate getting angry, which didn't help!) and better at looking at the underlying causes and dealing with them (usually with the help of Reiki). So even "just for today do not anger" has become easier.

I also overcame my resistance to Reiki self treatment (which you can read more about in my booklet "The Gift of Reiki for Yourself"), so that I now find it easy to give myself Reiki most days.

So now I recognise that simple is not the same as easy when there is something there for me to learn. If there is something that appears to be simple, but I am not finding it easy, I use Reiki to help me see what the resistance is, what it is I need to look at to ease the congestion and allow easeful flow. Simple!