



Dear Readers,

I'd like to tell you a little bit about how I came to be a Reiki practitioner. You should know that I am a real skeptic when it comes to things you cannot see or touch. I readily admitted to the possibility of these things being real, but I simply didn't believe I would ever experience them.

Some time ago a good friend of mine was going to have surgery. Her best friend had recently been attuned as a Reiki practitioner and offered to give her Reiki. Since I was visiting when they got together, she offered to give me Reiki as well. My friend kept saying things like, "wow, your hands are hot," and "that is where it was hurting". When my turn came I kept waiting to feel something but I never did. I politely told my friend that I had experienced nothing special. I went home that night and told my husband, "I'm not at all sure there is anything to this Reiki stuff."

The next day my friend called and said that her foot was much better and she was going to receive Reiki often as she recovered. I wished her well. Then I started thinking about how well I had slept the night before and what a good mood I was in that day, neither of which was common for me. I slept well the next night and the next; my mood remained good and I began to wonder about a possible link to the Reiki I received.

My friend healed quickly and well. Reiki kept creeping into my mind. I gave up "ignoring" it and started to do some research. You can read a lot of what I found on this web site; it will save you some time and answer a lot of questions you might have!

I asked a pastor how she felt about Reiki. She said that God works in many ways and that it wasn't her practice to question Him about things that work. I later found out that a member of my church was a Reiki practitioner. I called her for an appointment.

After she gave me Reiki she told me that she felt I should become a practitioner. I laughed and told her that I wasn't even sure I really believed in Reiki and that even if I did, I would never be able to give Reiki. She assured me that I most definitely would. We continued to meet and I continued to receive Reiki. I couldn't believe the changes that took place. My headaches went away. My back hurt less. I slept better. I had to admit that something was making positive changes in me.

Well, to make an already long story short, I came to trust my new friend and finally agreed to be attuned to the first level (still not believing absolutely that it would "take"). Of course, it did. I began giving Reiki to myself and others and saw positive results, so I decided to get attuned to the second level. I love to share Reiki with others. It has helped me in many ways, including a fast and thorough recovery from surgery. I have an elderly dog and I give her Reiki to ease her arthritis pain and help

her sleep better. She can't tell me verbally that it works, but I see the results and know it helps.

Elfriede, Jerry and I look forward to meeting you and sharing the benefits of Reiki.

Jan

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