



My Reiki Drumming Experience

BY CHELLIE KAMMERMEYER

I ONCE READ, probably on Facebook, that to learn something new you have to be willing to look like an idiot for 15 minutes. I was okay with that idea, if it lasted *only* 15 minutes. But here I was, going to take a Reiki Healing Drumming class for two days. I was pretty sure I'd look like an idiot for 48 hours, maybe longer if I tried to do drumming on clients in the future.

Reiki Healing Drumming is a style of playing a 16" single sided frame drum that basically becomes a little Reiki practitioner. This style of performing Reiki was developed by Michael Baird at an ICRT Reiki Retreat in 1999 as a way to incorporate the healing of drumming with vibrational medicine and Reiki. There are several variations on the technique and these were what we would be learning.

I wasn't afraid really—only more concerned that I'd embarrass myself. I suppose, though, that they are actually one and the same. So to be really truthful, although this was a fear, it wasn't like I thought I would die; it was more about questioning my sanity, because I had suggested that my husband, Mike, pick what we do as a celebration for becoming Licensed Teachers for the ICRT.

On April 3, 2016, Mike and I accomplished something that I had had a hard time believing would ever happen. Those who know me had heard me talking about becoming a Licensed Reiki Master Teacher for quite a while and on that day, I did it.

It feels like it's been forever getting to this point. Our family and friends have said "Congratulations!" realizing that we have been on this path, but they may not really know what it truly means. We have been teachers for quite a few years, so what does this change? Well, in some ways, nothing. We will still be seeing clients and teaching in Danville, California. What is different is that we have gone through a training that

is second to none. We have had the most thorough training available and are looking forward to passing that on to our students. The ICRT (International Center for Reiki Training) has hundreds of applicants yearly, and I was pleasantly surprised (okay, shocked beyond measure!) when we were selected. They are the largest and most well-known Reiki organization in the world with MILLIONS of inquiries on their site annually. The program requires reports of sessions, classes and reviews by students, clients and our mentor teacher. It also is not an insignificant amount of money and at the same time, the most important investment was the amount of time.

In exchange for all of this, we have learned. We have learned about ourselves, our relationship with each other, teaching and most of all about the enormous impact of Reiki on our lives. We have learned to trust the process, when clearly, the idea of getting it done sooner had seemed to make so much more sense to me at the beginning. We have been reminded that some important things cannot be rushed (DARN IT!). I'm still working on that one!

We have met people who are dedicated to teaching and who have inspired us deeply. The president of the ICRT, William Lee Rand, has spent decades tracking down the factual history of Reiki so that it's accurate and available for all future students. The other ICRT teachers are inspiring and gifted professionals. To me one of the most amazing parts of this is that we are now able to give continuing education credits to massage therapists, marriage and family therapists and social workers and nurses (except nurses practicing in Iowa or our home state of California.) The governing bodies of the accrediting agencies have approved our curriculum. Even if you don't need those credits, how awesome is it that we can do this?

For years (truthfully, decades), I searched for what I wanted to be when I "found my calling"—otherwise known as *who and what am I going to be when I grow up*. This had been a MISSION! I have worked in the service department of an auto dealership, a paint & wallpaper store, gift stores, banks and several places in between. I'm the oldest child, which has been a lame excuse for bossiness, but that bossiness helped me advance wherever I worked. I took courses and had intuitive readings and handwriting analysis. When I found Reiki I knew this was what I had been searching for, this was **IT**. I had no idea where the path would lead, and I'm thrilled I get to continue down this specific road with Mike, my husband and best friend.

Oddly though, when I started thinking about the ICRT training, after Mike prodded me into it, one of my first thoughts was "This will take YEARS! If I spend all this time doing this training, I'll be 60 by the time I'm finished." Then I had a flash of a conversation with a friend from decades earlier. I had had some agonizing decision at 27, and thought I'd be 30 when that settled out (OMG HOW OLD IS THAT!?) and so why bother. Her sage, 34-year-old advice was, "You will get to that age anyway; why not do it. That way you will be 30 and have accomplished this." So I followed her recommendations all those years ago and have been thrilled that I did. Now this year, I'll have another one of those huge milestone birthdays (although not until December—please, no rushing this!), and we have completed this biggest portion of our training.

In celebration of our first part of completion, I was thinking about a little time on a beach. Maui? The Keys? Mike spent a couple of days mulling it over, and I was surprised with his idea. "Let's take the Reiki Healing Drumming class." How



Chellie doing a Reiki Healing Drumming session.

could I say “No,” when I’d offered him the option of choosing and when he had come to every Reiki and crystal class I had signed us up to attend (and graciously)? And who doesn’t love Sedona?

I read the class outline on the website. I stalled about signing us up for the class. But, eventually, I registered and sent Reiki to myself, hoping against hope that my lack of rhythm would somehow not be a factor in drumming. As if...

As Reiki would have it, when we pulled into the parking lot of Peace Place, in Sedona, Laurelle Gaia, who is the Director of Teacher Training with the ICRT, was sitting in the sun, waiting for someone to give her a ride. Seeing and talking with her reminded me of the power of Reiki and prayer.

As many people in the Reiki community are aware, Laurelle had a major health issue last year. Since then she has woken up and learned to walk and talk and live wholeheartedly again. If you look up the word “miracle” in the dictionary, there should be a picture of her. And I was worried about learning to drum?

Still, on Day 1, I woke up early. I was a little apprehensive but I had time to do some much-needed self-Reiki. Entering the classroom, I felt a sense of calm and peace and knew I’d manage. (Excel, though, seemed like a stretch; survive with some of my dignity intact was more realistic.) Michael Baird, our drumming teacher and a Senior Licensed Teacher, is a gentle, non-judgmental and caring person, who helps you forget that you have no rhythm.

I had previously shared with several people that this was Mike’s “deal.” I was coming along as a good sport. I wasn’t going to be using this with **my** clients—Mike could, but I didn’t see me ever using it. And then I had my own Journey. With the drum beating, over me and around me, I was led to a time in the past that had a lot of emotional charge still there—a time that I barely remembered, and yet I could feel my pulse race and my irritation rise. Nothing like seeing someone you thought was out of your life forever! But, I followed Michael’s instructions, talking with all of the participants in the past event, including myself. And I felt a release as the session ended—a release I wasn’t even aware that I needed.

By the end of the second day, I was **LOVING** it. I love the action of beating the drum. It was fun and the results were just amazing. Just like in a traditional Reiki session, healing happens. Apparently, we all have rhythm. It may be different from others but that’s the beauty of it.

Mike and I are back to real life in California, teaching and seeing clients. Yes of course I’m using the drum—sometimes. Sometimes, I’m not. It’s wonderful to have an option if it feels appropriate. We are continuing our training, knowing that the process has its own rhythm. We are listening to the beat of our own drum—with an open heart. Listen to *your* own. You may be surprised. ✨



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