



Why Learn Reiki?

BY CHELLIE KAMMERMEYER

DO YOU REMEMBER your motivation to learn Reiki? When Mike and I teach the Level I and II class, I often ask this question, “Why are you learning Reiki?”

The answers are as varied as the students and at the same time, I have found a significant percentage have a story that is like mine. They want to help someone—or everyone.

In my journey I took a Level I Reiki class because my son bought me a gift certificate. If anyone else had purchased the gift certificate, including my husband Mike, I might not have gone. It was a classic case of Mom Guilt. “He bought it for me; I should go. I don’t know what it is and I don’t know why I am spending a day doing this but I don’t want to hurt his feelings or have him feel like he wasted his money.” I now know I was led to this but anyone who knows me knows I am not quickly led to anything. About 15 minutes into my class, I was certain of why I was there. It was to learn Reiki to help Mike.

Mike had six back surgeries in the ten years before my first Reiki class. The doctor was starting to discuss the seventh surgery to fuse his lower back to prevent further pain. I was not very keen on the idea, especially the whole recovery process. After surgery, he was in pain; not much I could do about it. He took pain pills that made him loopy. Also not much I could do. He did odd things while on the pain pills. For example, I came home from work one day and couldn’t find him. He was sitting outside in the hot tub during a thunderstorm with lightning—Fritos® corn chips for our dog who was also in the hot tub. And, as he held out the corn chips for the dog, he was using an umbrella (also known to most people as a lightning rod in that situation) to keep the corn chips from getting wet. I was dumbfounded. Even that kind of behavior, I couldn’t do anything about unless I stayed home to watch him every second. Surgery seemed like a horrible option but I did not know of any others.

Then, I learned Reiki. I came home from class and said, “Lay down, I’m going to fix your back.” Looking back, I know all kinds of things were wrong with that statement but at the time, I was so sure and just knew I had the answer. I put my hands on his back and *voila!* My hands got hot, blazing hot. His back felt better than before. Every day, I would do Reiki on him and every day he felt a little better. Within a week, he called his doctor and told him he wasn’t in pain. The doctor’s opin-

ion was that unless he was in pain, there was no need to do major surgery. He felt like it was just a delay of the inevitable but felt no need to rush it. Mike’s back has not needed surgery for 15 years.

Mike became a walking billboard for Reiki. He would tell anyone who would listen how his wife and Reiki had cured his back. He brought co-workers home to try it. I eventually set up our guest room as a Reiki room. His friends told their friends and my business was born.

In the initial stages, I focused entirely on healing Mike. I look back now and think, “Wow. That isn’t always how this works. Wasn’t it wonderful that it did help him so that I would continue down this path?” It was in my desire to learn all I could about Reiki—ultimately to help Mike—that I found the *Reiki News Magazine*. It was one of those “TA-DA!” moments, where the sun shines brightly and the planets align. Ok, that’s an exaggeration but I still remember the store I was standing in when I saw the magazine. Of course, I purchased it and brought it home, read it from cover to cover. I subscribed immediately, then as a bonus treat for some imaginary holiday to myself, I purchased every available prior magazine. When that box arrived, time stood still for an entire weekend. I read every article in each magazine. It was glorious!

Reading those articles was the beginning of my realization that Reiki could be for me. Not me to “heal others” but to me personally. What I was unaware of or plain just missed during that first class was just how important Reiki would become in my own life. In previous articles, I have talked about how Reiki helped me with irrational (some said) fear (flying in a small plane in Alaska) to healing from the trauma of sexual abuse. Facing some of the fears and past hurts has created a seismic shift for me.

When we teach and someone responds to the question of, “Why do you want to learn Reiki?” I have learned to sit quietly and observe the answers. Often, it is a clue about how the students see themselves. It’s interesting to watch how many others in the class agree as to why they too are there. They came to learn an amazing healing modality. After all, Reiki receives much good press these days. Or the student knows someone who took a class and is now helping others. Reiki is in hospitals, cancer centers and veterinary offices. It has become mainstream.

WHY LEARN REIKI?

Colleen Benelli initially learned Reiki to help her horse. Our student, Amber, learned Reiki to help her brother, a firefighter and first responder. Another student, Sue, learned Reiki to help horses and because she wanted to do healing work in the world. The list goes on and on.

Another student, Kim, learned Reiki because her dad had a stroke and she wanted to help him. Interestingly, I also find some of the people who are the intended recipients of this healing, are not interested in receiving Reiki. It took ten years before Kim's dad was willing to receive Reiki. In the meantime, she has raised three teenagers and has an active Reiki practice. I believe that we come to Reiki when we are supposed to find it and the reason or belief system around it does not matter. Reiki finds us.

Debi learned Reiki five years ago because her husband has Parkinson's disease. She read somewhere that it could help. When she called to discuss a class, she told me about her husband. She still remembers my "low-key response." "Have you tried Reiki? Have you considered it might be good for you too?" Now a Reiki Master, she laughs about how Reiki has become her life management tool for dealing with all that life sends her way.

Our decision to teach Reiki came from a desire to share what we have learned with others. As time has gone by, I find I use Reiki probably most often for myself. Of course, we see clients and send Reiki to students and clients and anyone who asks but in ongoing life situations, I use Reiki on myself. When someone asked me at our last class when I used Reiki and for what, my first thought was "When don't I?" and yet, I didn't want to seem insensitive to her real question. I told her, "I use it on myself; as often as I can or think about it. If you can imagine doing Reiki on someone, something, or for some reason, then it will work." I suppose that's the main point. It doesn't matter what your motivation is, if you learn Reiki, you will eventually find that it will help you. It doesn't matter why you started; it just matters that you do. ❁



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On her website, you will find information about the class she teaches on how to clear the "stuff" that you no longer need. Chellie can be contacted by email at chellie_kammermeyer@aol.com, through her website at www.innercompassreiki.com or by phone or text at (510) 499-4332.



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