



Releasing Resistance to Change with Reiki

BY CHELLIE KAMMERMEYER

CHANGE IS THE WAY OF THE WORLD. I love many people who embrace change and are always ready for something new. I happen to be one of the people who attempts to resist it, especially if I'm not the one who thought of the idea. Being open to change means releasing the need to control things. I've struggled with being comfortable with change throughout my life because of specific experiences. Reiki has played a pivotal role in my healing process and continues to help me feel more at ease with change and can help you make shifts in your comfort level in your life.

Many people embrace change. I resist it. I suspect resisting change goes back to my teenage years when my stepfather sexually abused me. I wrote an article, "The Secret—Sexual Molestation and the Healing Light of Reiki," in the Fall 2017 issue of *Reiki News Magazine*.¹ In my article, I describe how, as an adult, I finally moved from being unwilling to share what had happened and keeping it secret for over 30 years, to where I eventually talked about it openly to large groups, all because of Reiki. Once I learned Reiki, I used all the symbols every day in personal meditations, and over time I became stronger and braver about what happened when I was a 12-year-old girl. I wanted other women to know they could get to the place where I was—accepting that I had done nothing wrong—that they too could get to where it wasn't a factor in how they lived their lives.

The following year I gave a presentation at the International Center for Reiki Training Reiki Retreat in Sedona, Arizona, entitled, "Healing from Silence—Overcome Abuse with Reiki." Between the publication of my article and my Retreat presentation, as I did research, I realized I had many of the symptoms that result from abuse. This new awareness connected many things for me on my healing path.

Some signs of abuse many young people, both female and male, can display are skipping school, taking drugs, alcohol abuse, and behavior resulting in teen pregnancy. Anger is-

ues, anxiety, depression, and many other situations are also signs of abuse. The impact is often long-lasting and insidious. It was a relief to know my behaviors of skipping school and teenage drinking, followed-up with anger and depression, were "normal" for the circumstances. Then in adulthood, there are those of us who developed socially acceptable behaviors, such as over-busyness and the need to be in control, and only happy if *we* initiate change. These behaviors may not be healthy either; however, they seem more acceptable, and they were my go-to behaviors until Reiki.

In my need to control things, I used to organize my spices and canned food in alphabetical order. My clothes closet was color-coded. I worked too many hours, not because I had to, but because no one could do it "right." I figured I'd have to re-do it anyway, so I thought I might as well stay and do it correctly. I'm sure my family could come up with a longer list. In my attempts to prove to myself and others that I wasn't a "control freak," I would change major and minor things in my life.

I instigated many changes moving over 25 times as an adult, changing jobs several times, and always being the one who thought we should try a different restaurant. I love to travel and see new things, new places and meet new people. However, even after Reiki entered my life, I'd have a hard time accepting something new IF I wasn't the instigator of the change.

Reiki has played a pivotal role in my healing process, helping me be more at ease with change, and it may help you. With Reiki in my life, I am healing and can accept changes a BIT more easily. It's a process. Fortunately, my husband Mike is an easygoing person and doesn't care if I must do something a specific way. And he's supportive when I want to do something new or change something drastic in our lives. Our move to California years ago was a big one. Both of us changing careers was another big one.

One such change for me was when we led a Reiki Retreat in Alaska, which I wrote about in “What Was I Thinking?” in the Spring 2016 issue of *Reiki News Magazine*.² It was way out of my comfort zone. I don’t go camping, I don’t hike out in the wilderness, and I’m not a fan of flying in a small single-engine airplane. To say I was a basket case was an understatement; however, using Reiki, I was able to feel calmer and more grounded. It was something new, and the change the retreat provided me was amazing proof that saying “yes” to something new produces growth.

Even with Reiki itself, I’ve had difficulty accepting changes. Here are a few examples. I “accidentally” took a Holy Fire® Reiki class. We went to Colleen Benelli’s class for a review of a Master class prior to teaching one of my own. I came home wondering how I would even do it. I spent a few days going over the new manuals and realized I would just need to allow the energy to guide me. After all, guidance was one of the primary descriptions of Holy Fire® energy. That guidance has helped me in many ways since.

I doubt I am the only person who was uncomfortable with switching from an attunement method to Placements. When we taught our first class with Placements, I felt the need for a back-up plan. If I thought it didn’t work, I could just say, “Ok, that was the first part, now if you will sit in your chairs, I will complete the attunement.” But I didn’t need to do that. There were six people in our first Holy Fire® II, and each of those students had a remarkable visual experience.

One student was walking down the path in the forest and flew ahead of her body. As her soul floated facing backward, she saw her face and body changing shapes to previous lives and knew how those past lives were impacting this one! Another student had a unicorn come to her on the path. She rode it on a rainbow up to the Third Heaven. There she talked to several angels who gave her guidance on her next life step. Each of the other students had profound experiences, and while I know it’s not all about me, it seemed as if these students were also brought together to show me how amazing the process could be.

You would think by now I’d be getting used to changes and surprising outcomes, yet when Holy Fire® III came out, I was confused about how it would be different and why. Yet I soon loved the mental image of The Brothers and Sisters of the Light and the way Mother Earth had messages for us. And I’m so grateful for the knowledge of how our Authentic Selves are each revealing themselves.



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After the upgrade to Holy Fire® III, I noticed something else. In my opinion, genuine change comes from within. All these outside influences are just that—influences. Your reaction to change, whether you embrace it or fight it, is due to your internal ability to accept the reality of life.

I'm writing this article during a significant health pandemic. We are in the middle of a shelter-in-place in the San Francisco Bay Area, staying safe, making the best of it. But when things change, and we have no control, it can be stressful. This situation has been a change for all of us. Our lives and society are changing. Here is where I realize just how much Reiki has healed me. As I felt my anxiety and fear kick into overdrive for longer than I want to admit, I realized I have tools to help myself, and I reached out to students and clients to offer help and support to them. I pray this situation will be a memory by the time of publication. Yet even if it isn't, I've seen so many ways people responded to help each other, each time proving we are here on the planet at this time to facilitate this change. We are here to love each other, and we will be able to become better for this in so many ways.

And now, due to the pandemic, out of necessity, we are changing our teaching method to in-person, online classes. I'll admit, you might have needed to peel me off the ceiling when I first heard about this change. Yet, once again, Reiki and meditation have helped me to be calmer and more accepting of this change. We are planning to teach our first online class shortly, and while hugging someone in person

will always be my preference, getting Reiki out to as many people as possible through this new method is a change which everyone is embracing.

So, whether I like it or not, we will be different, and there will be changes. But, even if I happen to be one of those people who resists change, I can feel that I am getting better at releasing my need to control things and becoming more open to the benefits of transformation every day. I trust that Reiki will always help me release resistance so I can shift more gracefully through my life. I believe you can also heal any symptoms from past trauma of any kind and experience greater ease through the powerful energy of Reiki. ✨

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Endnotes

- ¹ Kammermeyer, Chellie, "The Secret." *Reiki News Magazine*, Fall 2017, 59-60.
- ² Kammermeyer, Chellie, "What Was I Thinking?" *Reiki News Magazine*, Spring 2016, 64-66.