



Photo courtesy of Mike Kammermeyer

Mike taking friend Jack for a ride in the mountains.

How Reiki Helped Me Understand My Dyslexia

BY MIKE KAMMERMEYER

I HAVE BEEN DYSLEXIC MY ENTIRE LIFE, but I did not have a healthy understanding of my experience until Reiki gave me a better perspective. Learning that dyslexia is a different learning style, and not a disability helped me become more self-confident. Reiki helped me become more open to learning ideas and seeing this as a gift, rather than “something wrong.” I hope hearing my story may help others in a similar situation, recognize and use their special abilities.

I grew up in Alaska during the ‘50s and ‘60s. We lived in a remote area of Alaska, on a 150-acre homestead. My sister and I used a dogsled to get to the bus stop and then rode a bus 40 miles into town. It was the ideal life for an active, curious boy. I never sat still to do homework or to read a book. I had too much else to do, hiking and running and wandering all over the entire area. Back then, schools and teachers were not as advanced as they are now.

At the start of my second-grade year, we came home from school, and my older sister, Caralee, announced to our parents, “Mike is in the dumb group at school.” Considering it was my mission in life to make *her* life miserable, I can look back and see this must have been a joy for her to announce. She did very well in school, and it was one significant area where she excelled above me. I was the one who knew all there was to know about the outdoors, the plants, the animals, and running fast over the rugged terrain.

My mom was shocked and upset. Caralee explained there were two reading groups: one for the smart kids and one for the dumb ones. My mom asked if that was Caralee’s interpretation of the names, “No, that’s what they are called.” I was unusually quiet during this exchange. There was a great deal of shame and frustration, even though I was aware it was true. In my mind, I thought, “I AM dumb.” I had a lot of trouble reading, which impacted all of my other studies. My mom was so angry she went to the school the next day. She learned they were starting a new program for remedial reading, and she was instrumental

in changing the groups’ names. She also had me moved from my current teacher to another teacher to help me with reading.

School was a struggle for me until I graduated from high school. I found activities to keep me interested in school, most significantly, track. All that time running around the homestead and in the wilderness made it easy to run around a school track. This area was one in which I excelled.

Life continued, and several years later, Chellie and I married. Chellie is an avid reader. Her love of reading was so much a part of her that she had difficulty understanding why I wasn’t interested in it. I was definitely interested in learning new things, but not reading about them. By then, I had learned how to cope with my “dumbness.” I had succeeded in business with perseverance and by using my intuition.

One of the main reasons our marriage works is Chellie and I have our areas. She takes care of all the paperwork in our household. I am in charge of maintenance. This situation isn’t uncommon, and we fell into each of our roles. I can fix almost anything. Chellie can pull out a file from five years ago with the specific information we need. We accepted a long time ago that we think and process information differently. It helps that besides our self-Reiki, we both daily send Reiki to our relationship as a separate Chellie/Mike composite.

When Chellie and I were training to become licensed teachers with the International Center for Reiki Training, I had privately wondered if I was smart enough to do the program. The “dumb kid” programming was still present within me. Doing daily self-Reiki had helped me get more confidence. There was a written test in the training program to pass the first part. It had 100 essay questions. It was like being back in school. We did our tests in separate areas of our home and sent them in to be checked. I had sent Reiki to the future, to help me feel calm and centered while I did the test. I felt much more confident than I normally would have when I sent the test for review. I got a 94% on

the test, and I'm fairly certain I had never gotten that score on a test before this one.

About two years ago, Chellie looked up from her laptop, saying, "I think you have dyslexia." I replied, "No, I don't. What makes you think that?" She had run across something online with a list of symptoms of dyslexia in an adult. While I can't find the same questionnaire I took online, here are the questions I remember.

- Do you avoid reading?
- Do you read slowly?
- Do you have trouble keeping track of time?
- Do you have trouble with falling down the stairs?
- Do you have low self-esteem?
- Do you have jobs where you don't have to read a lot, or do you have administrative assistants to do this for you?
- Are you good at fixing things?
- Do you have hobbies that include visual skills?
- Are you a non-linear thinker?
- Do you come up with out-of-the-box solutions?
- Do you have vivid dreams or daydreams?

I answered yes to every question. I was shocked. Suddenly, I had more proof I was "dumb." And after all this time, I had a name for my handicap. My self-esteem took a nosedive. I had been doing better, but then this happened. It thrilled Chellie to have a name for what was going on with me, and she dragged me to see a dyslexia specialist. I was unhappy to pay someone to tell me I was dumb. However, I knew Chellie would never let up on this, so I decided I might as well go. I sent us both Reiki for the appointment. During the drive to the specialist's office, I was concerned Chellie would be disappointed.

Meeting the specialist was life-changing for me. Her explanations were so very different than I had expected. Her first comment was, "This is not a disability. Dyslexia is a different learning ability. You see things in pictures rather than taking letters and forming words. For instance, the word cat to most people is c-a-t. But to you, it's an instant image of a black (or tabby or white or...) cat." I had no idea other people didn't see things the same way I did. She also explained a person with dyslexia reads, then sees the word visually and moves on. However, when they get to a word that doesn't have a picture representation in their memory,

they tend to keep looking and lose track of where they are on a page. There are just over 200 words in the English language, for which it is hard to have a mental picture. Those words are the ones that cause a student to pop out of the reading phase. Then students get the wrong labels of being a daydreamer or lazy or not applying themselves. I had all of those labels with different teachers during school.

She also was quick to point out all the brilliant people with dyslexia. Walt Disney, Richard Branson, Henry Ford, Fred Astaire, Leonardo DaVinci, Thomas Edison, Bill Gates, and Steve Jobs all had or have dyslexia. Whether past or present, all innovators finding different solutions to problems. Suddenly I didn't feel so dumb. While her company had a process to help people learn to visualize those missing words, I honestly didn't feel the need to take the course.

At the time, Holy Fire® III had recently been revealed. In the Master training manual, William writes, "Holy Fire® III Reiki ignites and reveals the light of the Authentic Self...The remarkable qualities of their [the student's] soul, life purpose and their inner truth become revealed to them, and also, they feel they are now empowered to fulfill their life purpose!"¹ And he continues, "The Culturally Created Self has a limited view of who it is and what it can accomplish, and by comparison to the Authentic Self, possesses greatly diminished awareness."²

Almost instantly, I could see my Culturally Created Self fading away and allowing my Authentic Self to step back in. Even as soon as on our drive home, I felt a shift. All these puzzle pieces came into place, including the truth that even though Chellie and I were married over 25 years, she found the information at that particular time. Leaning into my Reiki training, I have spent a lot of time since then, sending Reiki to the past. I send Reiki to my different careers. I have come to see part of my "work hard" thoughts come from having to spend more time than most to read a document. My careers working in financial roles had a lot of paperwork, and yet I could navigate it. I feel the Holy Fire® Reiki was instrumental in me being on the path we are now.

I have also realized my flying ability comes from dyslexia. I fly small single-engine airplanes in the wilderness of Alaska. It comes naturally to me. This capability is partly because I grew up running all over the area, and partly because I can see how to do things differently. Landing on

glaciers and river bars is not common for pilots. Having dyslexia created both experiences.

My ability to see what people “see” during a meditation has the same origin. This unique learning style was the source of my unique gifts. Over the past couple of years, I’ve seen how Reiki has helped me embrace a part of myself different from others. There are still days I’d love to sit down and read something quickly. On those days, I do more self-Reiki. I also have learned to use other tools to help with situations. For example, I used dictation on my iPhone to write this article. Pressing the microphone button in Notes, it transcribed my voice into text, and Chellie typed the article.

In researching information for this article, I found about 10% of the population has dyslexia. I also know there are several other different learning abilities. Learning to embrace how we are all unique has been a life lesson for me. I think schools do better with this now than they did 50+ years ago. However, I think parents and grandparents need to help children embrace their differences rather than denying something is different. (Note: Dyslexia is usually an inherited difference.³) It’s up to us to help the future generations embrace their Authentic Selves, so they don’t have to spend years uncovering it. Reiki is one of the best ways to learn to embrace the value of all of our differences, which in turn will allow society to unify us all. 🌸

Holy Fire® is the registered service mark of William Lee Rand.



Mike Kammermeyer is an Usui/Holy Fire® III Karuna Reiki® Master and a mentor teacher in the ICRT Licensed Reiki Master Teacher Program. He has practiced Reiki for 14 years and is the owner, along with his wife, Chellie, of Innercompass Reiki. They teach classes together in California, Washington, and Alaska. If you would like to join the Reiki text group, text the word REIKI to 760-670-3130. You may reach Mike at mkammermeyer@mac.com.

Endnotes

- ¹ William Lee Rand, *Usui/Holy Fire® III Reiki Master Manual*, (Southfield, MI: Vision Publications, May 2019 Revision), 49.
- ² Ibid., 50.
- ³ “Dyslexia,” *Mayo Clinic*. July 22, 2017. <https://www.mayoclinic.org/diseases-conditions/dyslexia/symptoms-causes/syc-20353552>.



Chellie & Mike Kammermeyer

*ICRT Licensed Reiki Master
and Mentor Teachers
Teaching together*

**In-Person and Online
Holy Fire® III Reiki Classes
from the San Francisco Bay area.**

Holy Fire® III Reiki Classes

Reiki I & II

January 13-14, 2021 - Online from Danville, CA
February 13-14, 2021 - Online from Danville, CA
March 14-15, 2021 - Online from Danville, CA
April 8-9, 2021 - TBD from Danville, CA

Reiki Master

January 16-18, 2021 - Online from Danville, CA
April 10-12, 2021 - TBD from Danville, CA

Check our website for current class status

ICRT Licensed Reiki Master Teachers
Sacred Union Reiki® Founders
Advanced Soul Coaching® Facilitators
Alaska Adventure Retreat Reiki
Drumming • Crystal Reiki
Energy 101 • Mentor Group Training

www.innercompassreiki.com | Danville, CA

innercompass reiki
510-499-4332 or 510-734-5748