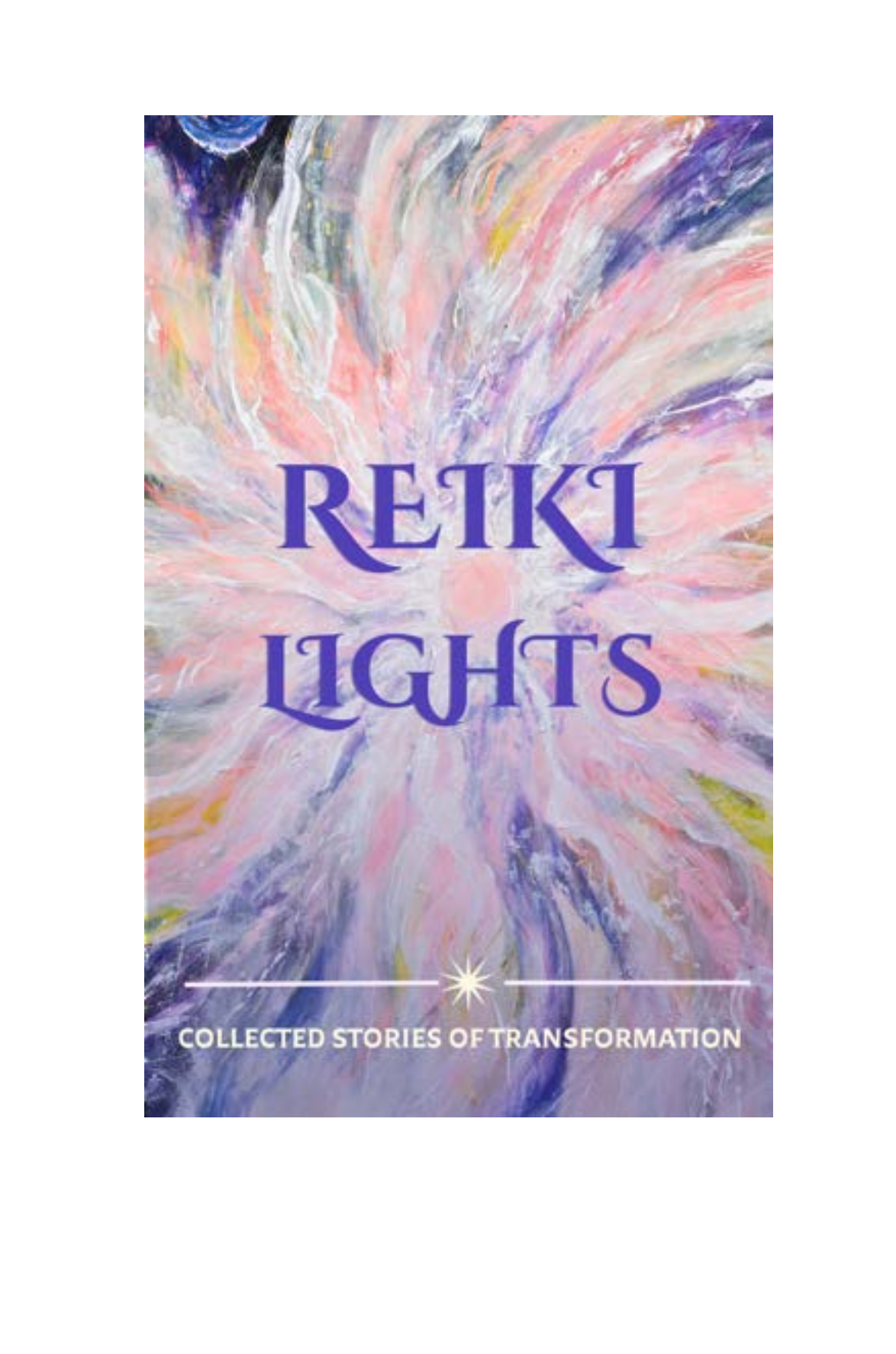




REIKI LIGHTS



COLLECTED STORIES OF TRANSFORMATION

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Collected Stories of Transformation

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MEGHNA KAMATH ~FROM DOING REIKI TO BEING REIKI

“The true aim of the system of Reiki is rediscovering our True Self”

~Frans Steine

Writing about my journey with Reiki has been truly eye opening. It has been my longest relationship, close to 25 years, with its ebb and flow. I was the quintessential free spirit, always trusting my intuition from a young age. Writing this very cathartic chapter about my journey with Reiki has brought a whole new appreciation for how Reiki had perhaps been guiding the flow of my life, well before I realised it.

I had three unique Reiki Master Teachers at three very different stages in my life. With each new teacher and with each level of learning, came a new perspective, a growing self-awareness, ownership and self-accountability.

Gradually, Reiki evolved into less of an activity and more of a state of being; a quiet, constant presence that influenced my choices, responses, the way I engaged with the world around me, as well as my inner world.

There is a famous saying, “When the student is ready, the teacher appears”. This is very apt in my case as each Reiki Master teacher of mine met me at my level of awareness at that point in time.

If I were to encapsulate this transformation in a single theme, it would be: “a shift from Doing Reiki to Being Reiki”.

The First Ripple

Inspired by my personal experiences of receiving Reiki on the mountainside, then from my friend, and further encouraged by my sister signing up for a Reiki 1 workshop in Melbourne, I decided to learn Reiki for myself. It wasn't easy to find a teacher I felt drawn to learning from, in the city where I lived. I had to navigate some really odd teachers and websites, in the process. The one teacher I liked didn't respond to my email enquiring about a class for some months. And then one fine day, out of the blue, she wrote back. She had a weekend workshop coming up and had a seat for me if I wanted. I was elated and signed up immediately. This was in 2007.

As a 20-something coming from neither a religious nor spiritual upbringing, I was very intrigued by her mystical presence. We received attunements and practised some techniques on ourselves as well as on the group, which she demonstrated. However, there was a lot of discourse, and I found myself tuning in and out. By the end of the weekend, I felt light and empowered, and figured it was money well spent on a novel experience.

Soon enough, once that initial “workshop high” wore off, I realised I didn't really know how to proceed as I couldn't recall too much from the class. Life moved on and soon I forgot all about that weekend.

Going With the Flow

I was in a very exciting but high-pressure hospitality job around the time I learnt Reiki for the first time. I was keeping long hours and often working weekends. I used to be so wired at the end of the day that falling asleep would take forever. Then one day, I suddenly recalled Reiki and decided to try placing my palms on and around my head to see if that helped. It felt calming and after some days of doing this

regularly, I realised that I had started dozing off quite easily. This then became my go-to practice every time I felt stressed or overwhelmed. I was not aware back then that learning Reiki is a journey. It was only a few years later, when my sister mentioned wanting to learn Reiki 2, that I discovered Reiki had learning levels. I may have just tagged along with her for company, but the Reiki 2 weekend class was a game changer. My second Reiki Teacher was one half of a wonderful Husband-Wife Reiki Master duo. They were as warm as they were witty and wise. Their approach felt almost parental, providing us with guidance and support as we delved deeper into the world of distance healing. This was in 2009.

After this workshop, I had a brand-new outlook towards Reiki. Our teacher gave us a detailed exercise to practise distance healing to connect with the Inner Child, starting from the womb till the teenage years, to be done as a continuous practice. She warned us it would be far more challenging than it appeared, and it is through this practice that I realised how much of my 'real self' I had muted. A lot of my life started appearing performative, with a growing awareness of several instances in my life that I had made choices that were not of my own design.

I realised what a profound self-healing tool Reiki could be, if guided by the right teacher. I approached these practices with the same level of excitement as a child in a candy store. I built a regular self-practice with full body healing techniques as well as distance healing for the inner child when I felt I was working through more deep-seated patterns. I became more disciplined about carving out time at the end of my day (even if only 5 to 10 minutes). Over time I began to feel more grounded, held and guided.

My first discernible shift was discovering that I was not as triggered by the high-pressure environment at work any longer. As the Marketing & Communication Head of a leading hospitality company, I loved what I did. But during every peak season, there were always events that led me

to breaking down, or losing my cool, which I would later get teased for by my colleagues. The shift was apparent to all around me, my boss even joked that I didn't love what I was doing anymore, as he had not seen me breaking down in a while. It was then that I first started sharing with close colleagues and friends about my Reiki practice.

Wave of Appreciation

I discovered that most had heard of Reiki, but not many knew what it was nor had experienced it. One afternoon, I saw my boss struggling with a headache. I asked if I could give him Reiki and he said "sure, let's give it a try". And right there in the middle of the restaurant, during the post service break, I gave Reiki to his head and temples for about 10-15 minutes. He mentioned feeling very peaceful during that time and I thought I heard him snore a little. It was the first time I had offered Reiki to someone, and I was pleasantly surprised to feel the warmth through my palms. That gave me the nudge to offer it to more folks.

In another instance, I was out for a friend's birthday dinner, when she started experiencing terrible menstrual cramps. I asked if she'd like to try Reiki and sat next to her, moving my hands from her back to her stomach periodically, while she rested her head on the table. Not knowing if it was helping, nor receiving any resistance from her, I continued. We stayed like that for about half an hour, and then she raised her head smiling broadly, gave me a hug and said she was feeling well enough to continue her party.

There is something very gratifying about receiving others' validation when we learn a new skill. "Wow, your hands are so warm" or "I feel so much better" was music to my ears. Every time I finished a healing session, I felt rejuvenated. I was duly encouraged, developing a deeper self-healing practice as well as becoming more vocal about Reiki and its impact on my life.

I recall my mom asking me when I would give her Reiki, and it felt deeply moving the day I did a full body 60 minute session for her. She and I always shared an easy and warm relationship, and it was during the session that I sensed how much she held within and yet was so light and approachable. When we finished, I wanted to give her the biggest hug but knew I ought to give her the space to process as well. She opened her eyes, and after what seemed like an eternal pause, gave me her regular warm smile, and said that was wonderful.

We had five pets in my parents' home, two dogs and three cats, all rescues. Each had their own quirks, some more playful and others more withdrawn. At times I would experience my palms getting warm just being around them even if I wasn't touching them. Sometimes it was more evident when cuddling or stroking them. Offering Reiki to them opened up another dimension of healing for me.

It helped me become more present and mindful. I learned to suspend my own thoughts and ideas on what I felt should happen when offering Reiki and trust that they knew what they needed from it. This came in very handy years later when I established my own professional practice.

Trusting the Current

There was an expanding awareness growing within, almost like a quiet voice speaking to me, which inspired the more true to myself choices I started making.

I quit the job I loved but knew I had outgrown and moved to a completely new industry. I didn't know it then, but it would be a very toxic professional environment. I was way out of my depth, and with little to no support. But it opened up international travel for me, to some very intrepid places, and that was enough to feed my spirit. For the rest, I had my Reiki tool kit.

As I grew into this new job, I also developed the courage to stand up for myself professionally, learning to always have my own back. It is this energy that brought the opportunity and promotion to move base to Singapore. I felt I had achieved all my dreams. To have manifested this role in a city I had longed to explore. In Singapore, I had many friends from various stages of my life, the best of global cuisine and so much nature to explore. It was the perfect 30-something single existence.

I had everything I'd ever wanted for my life, and yet there was this constant restlessness. I relied a lot on the Reiki Symbols I learned in my Level 2 class, especially the symbol for Harmony. It gave me great comfort on low days. It was also around this time that I noticed another big shift. I came to the realisation that the sinusitis that I had struggled with since childhood no longer bothered me. I knew it was my Reiki practice that had helped.

The Confluence

Something made me look up “Reiki in Singapore” on Google, and I felt dumbstruck when I saw The Reiki Centre website (never having seen or heard of a Reiki centre before) and more uncannily, it was just around the corner from where I lived. The minute I stepped through the doors, and met my third Reiki teacher, I felt I was home!

In 2014, I decided to re-sit my Reiki 1 and 2 classes. I learned new practices, and even better, had access to a wonderful international community of practitioners. There were weekly Reiki gatherings, and many other opportunities to practice and exchange experiences. It opened my world to a whole new understanding of individual healing journeys.

I started reading and researching everything I could find on Reiki and Mikao Usui. I discovered the wonderful works of Frans Steine, and the

traditional Japanese methodology and Reiki practices which resonated deeply with my own experience and reflection through my self-practice.

Steine wrote, *"Think about it, the word 'Reiki' literally translates as spiritual energy. But then we have to ask ourselves: What and where is this spiritual energy? Is it outside of us, is it inside us, or is it both?"*

All the signposts were guiding me to sign up for Reiki Level 3 certification and into the Reiki Master energy. Once I completed the mandatory preparation work and certification, I knew that I would be signing up for my Reiki Master teacher training. It was the most confronting and blessed year-long training. It led to a deepening of trust and alignment with the Universe. I could perceive I was letting go of trying to control how my life was unfolding. When it was time for me to curate my own Reiki manuals and content, I felt the words were just flowing through me. It was the most authentic and self-expressed I had ever felt.

Even before I completed my Reiki Master teacher training, I had three friends who wanted to learn from me. My first workshop had already formed. I had also started offering Reiki healing sessions, and the next few months flew by on a Reiki high. It was around the same time that I experienced some very radical shifts, foremost being my financially sound job in Singapore came close to running its course.

I was able to hold space for all the conflicting emotions these shifts were bringing up within me. I didn't want to leave Singapore, but I wasn't able to find any other feasible opportunities through my immense network. I decided I had to accept where the tide was taking me and move back home to India.

I knew I didn't want to go back to Corporate or full-time work, and I began building my own Reiki healing and teaching practice. I designed and created my own website, and started putting myself out there on social media, well aware of my apprehensions regarding how my

extended circle would perceive this change of course. It was deeply heartening when all I received was love and encouragement.

The highlight of this unfolding was curating a unique “Introduction to Reiki” experiential workshop to help demystify the practice, collaborating with some wonderful kindred spirits at some of the most renowned wellness and creative studios across different cities in India.

I was living my best life!

Grace in the Storm

And then came the crashing wave.

My father’s chronic ailment grew very serious suddenly, turning my whole family’s lives into a whirlwind of doctors’ appointments, weekly treatments and the inevitable financial stress. My life went into caregiving mode overnight. My sister and teenage niece also lived with our parents, so thankfully we had each other for support and comfort.

The next two years were the most challenging for us as a family, as well as for me personally. There was little time to pause, just a constant state of motion. I often felt distraught that nothing was helping him as his health progressively declined. My father was always open to receiving Reiki as the same ailment had led to acute incidents that required medical procedures a few times earlier as well. But this time, every time I offered, he would feebly ask me to send him Reiki instead, which I did.

I can’t recall exactly when and how it happened, but I suddenly had a quiet voice once again telling me to surrender. That all of this was far beyond the imaginations of my limited mind and life experience. During this entire period, I remember just trying to do some mindful breathwork along with chanting or meditating on the Reiki Principles. I felt that held me in some stead.

That was another turning point for me. All the desperation of “needing” and “wanting” Reiki to make him better dissolved. In its place came a more grounded and compassionate energy of holding space - for him, my family and most importantly, for myself.

And in this tumultuous energy, there was also a sense of quiet grace. Both my parents passed away in a span of a couple of months. We were completely heartbroken. It was the saddest point of my life, and yet there was peace; knowing they were sent with love and light, through the support of my entire Reiki Centre Masters community as well as close family and friends.

Riding the Waves

I spent the next year devoting my time and energy back into my Reiki Practice. I was curating virtual workshops and healing sessions for folks from different corners of the world. I reinstated the monthly virtual Reiki Gathering for my students that I used to love hosting, this time extending it to anyone who felt drawn to an hour of quiet decompression. This became a very valuable offering during the early months of the pandemic. My community was growing and thriving with students moving through the Reiki learning levels. My first batch of Reiki Master students signed up just before the Covid pandemic in 2020.

I was also doing freelance business consulting work for small businesses. Between that and my Reiki practice, I was doing fairly well financially. However, with most of the world shutting down with the pandemic, all that consulting work also stopped with some clients even defaulting on payments.

I had numerous Reiki healing requests during the pandemic, supporting many through the painful transition of losing loved ones to Covid. At times people were willing to offer more than my published fee if I had to decline requests due to limited bandwidth. It was the first time I felt

conflicted since starting my practice. My integrity meant everything to me, but I also had bills to pay. It was a brutally honest conversation I had to have with myself. Was my Reiki practice turning into a transactional business? Was I compromising my authenticity knowing I had limited energy and bandwidth, just for the money?

Gradually, it was also becoming evident that I was running on empty. All the healing work and holding space for others was becoming very draining for me. It was also triggering a lot of my own unaddressed grief after my parents passing, and I felt the need to take a break from all healing work, to just “be”.

By then I was also financially supporting my sister, who worked as an independent communications consultant and had lost critical work in the pandemic. Through all this stress and confusion, I continued practising being present and mindful which brought with it the clear decision to return to full time corporate work. I reached out within my network and soon had the opportunity to choose from two potential offers. It felt like a divine blessing. I chose the job that allowed me the autonomy of working from home and the space to concentrate on my own healing journey.

God’s Own Country

I had long been at peace with being single, truly enjoying all the freedom that it gave me for making empowered and informed life choices. That, and I hadn’t ever really met anyone I wanted to grow a relationship with. Until I did.

It was fortuitous. One of the best things about meeting someone in your 40’s is that there is so much clarity on priorities and values. We made it work long distance for a year but were also keen to begin our life together. This was a hard choice to make as it meant moving away from my sister, niece and pets to a new city, but I knew intuitively it was the right choice.

Anyone who knows Kerala, or of it, would know that it's called "God's Own Country", thanks to the breathtaking natural beauty and landscape. I always loved my visits and travel there and did not think much of what living there would be like having always lived in big cities. The settling in was rather smooth, and the fact that I could see trees and greenery from every window and door I looked out of, made my heart sing. The respite and calm were exactly what I needed. I felt nourished and nurtured. For the first time in a long time, I was prioritising my own wellbeing.

Two of our family's senior dogs made this move with me. Gradually, one of them started showing the troubling signs of dementia. After many desperate hours spent researching and trying to find credible vets who were familiar with senior dogs' issues, I was brought to a pause one night. I had been giving her a gentle massage when I felt my palms really heat up. I realised she was telling me exactly how she needed my support. In a way, she brought me back to daily Reiki practice. Offering Reiki to my pets, and others' as well, has been one of the most fulfilling healing experiences for me.

Navigating The Rapids - Reiki in the "Real World"

Writing about my evolution to "Being Reiki" would be incomplete without being honest about how challenging, and quietly remarkable it has been to stay true to myself in the upstream currents of corporate life. Looking back, I feel it has also been strangely empowering, almost like I had a superpower.

It was pure intuition that led me to this job. I didn't quite know how it would unfold working virtually with an international team but everything about it felt right. This time being back in Corporate felt different, like I was a 2.0 version of my old self. There were ample opportunities for self-expression, even in the mundane; for being authentic, honest and real. I admit there were the fair share of difficult leaders and colleagues to deal with, but there were also courage and

presence in such conflicts. It definitely helped to have breathwork as a go to practice.

I have changed three roles in five years, each happening very organically. With each role came growth - financial, personal, and in awareness. Then a year ago, there was a change in leadership, with the organisation going through a tremendous face lift. I knew the tide was turning. It was bringing up a lot of anguish and self-doubt. Was I betraying myself by staying in an environment I did not resonate much with anymore (just for the money).

I have gone through versions of the same existential angst a few times in my life. We all have, I'm sure. This time it felt different. There was less "noise" and a quiet knowing that I am exactly where I need to be. I knew I had to channel this angst into focusing on what I wanted to create for myself that would feel true for me. I spent many months sitting with this restlessness, trusting it would bring clarity when the time was right. I toyed with ideas using AI tools, built a more consistent meditation practice, tuning into the energy of the best life I could create.

Very serendipitously, two of my students/friends reached out to me within a few weeks of each other. Catching up with them brought all the creative juices flowing right back. I had the same quiet voice assuring me that I had the right attitude and direction, and to trust the unfolding. The job would become redundant once it was done serving its purpose.

Stillness Speaks

The Reiki Principles have been a steady compass throughout my journey; guiding my way of being, inspiring me to show up present, authentic, vulnerable and deeply grateful. Practising radical acceptance and surrender is not something I have mastered; it is something I return to, every single day. It has been a journey of constant rediscovery,

realignment and remembering. Every day I am learning to be still, and to trust what my heart already knows.

As I write this, I find myself at another threshold. I may be eased out of my job in the coming months, and rather than dread it, I am choosing to see it as yet another opportunity to go within. To explore with curiosity what has been quietly brimming underneath, and to create the channel for it to finally flow outwards. I will admit, the corporate years muted my mojo a little, and I do find myself feeling nervous about the future at times, especially financially.

But I have learned that nervousness and trust can coexist. To embody surrendering beyond the conceptual means it must be lived, felt, and demonstrated. And so I return, again and again, to the simplest of practices: placing my hand on my heart, taking a few deep breaths, and tuning in.

Before the pandemic, inspired by my global community of fellow teachers, practitioners, clients and students, I had been quietly nurturing some very exciting creative ideas; a dream of bringing this beautiful community together on one platform. When the pandemic hit, it didn't seem like the right time to push forward with these ideas, so I put them on the back burner.

A few months back, I decided that rather than spending my energy venting about work stress, which would have kept me stuck, I chose to focus on what I could co-create in true alignment. I dusted off those old ideas and began sharing them with my mentor and fellow teachers from The Reiki Centre community. It immediately helped me feel lighter and kept me creatively charged. And slowly, the dream began to take shape, gaining vision and clarity.

I am now in the process of laying the groundwork for a transformative space nestled in nature; designed to offer immersive healing residencies and carefully curated workshops across the healing arts.

Meghna Kamath

Bringing this dream to life has itself been a deeply transformational experience, and very gratifying in rediscovering my true self. It is the perfect manifestation of my desire to create a community platform that brings together collaborators from across the world; facilitators who walk the talk, and who are living their bravest, most authentic and inspiring lives.

That it is taking root in God's Own Country feels like perfect alignment; the heart always knows the way home!