



Painting courtesy of Angella Frank

The Whispering Winds Of Reiki

BY DAVID THOMAS

The soul whispers to your mind in colors, mystifying images and symbols. It is not necessarily our job to decode these images and symbols, but to acknowledge that they are feelings that are hidden behind more than just the material wants and needs, fears and doubts. They are in us and between us, as feelings of Love and Compassion.

—DAN ECKMAN-THOMAS / DAVID THOMAS

I FEEL AS IF REIKI HAS ALWAYS BEEN inside of me, part of my soul, waiting for the right time to lift upward from the subconscious mind, bringing its pure love and compassion into my everyday life. Of course there are many to thank for this path: my teachers Susan Stone, Mary Sherwood and Colleen Benelli, my fellow Reiki friends, my clients and of

course my wife Kathy for supporting me and encouraging me during the changes that have come about because of Reiki, and there have been many.

For the past 36 years I have loved my everyday job taking care of the outside operation of the Hyland Ski and Snowboard Area in Minnesota. It is hands-on work and can be very intense at times. At home my hobbies are woodworking and welding.

Creating things has been my life's passion. In some way I believe this has helped me onto this path of Reiki by seeing beyond the physical work what I can do with my hands and trusting the spiritual awakening, working again with my hands, only bringing about a whole different dimension... healing.

I first got interested in Reiki through my sister-in-law, Mary Sherwood, back in 2007 through reading material she had given me and experiencing Reiki sessions with her and others.

I decided in 2009 to take my first class from Susan Stone. It was a true awakening to what Reiki was about and can do. I was going to take my Level II Reiki class from Susan but she had fallen ill with cancer and was not able to teach. She passed away a few months later having chosen to let life take its natural course without the help of modern medicine.

In the winter of 2010 I decided to take Reiki Level II, along with my friend Gina, from my sister-in-law Mary. It became truly a challenge to get it done. We tried two times to do this, but snowstorms caused it to be canceled. Finally on the third try, even though there was another snowstorm, Gina and I drove through the storm to Mary's house determined to take this class. This ride usually takes forty-five minutes but because of the storm took us two hours...Reiki was with us.

Going through the Reiki II class was an awesome awakening. It was after that when I decided to amp up my self-Reiki to an everyday occurrence. This helped me to develop trust in my Reiki practice.

In May 2011, after working with self-Reiki, family and friends, I decided it was time to start seeing clients and have never looked back. I look at it as helping to heal the world one person at a time with love and compassion. It is always heartwarming and gratifying to see the look on their faces when they are done with their session—especially first time clients that have that look of “What just happened there?!” I know that it's Reiki working at its finest and the longer I work with it the more I trust it. I have come to understand that I need to stay out of the way, set aside my ego and personal intentions and let Reiki do this amazing work.

I took my Reiki Master class from Mary in September 2011 along with three others. This was a very powerful experience of getting in deeper to the workings of Reiki and learning how to teach and attune others to Reiki. I think back to the moment when, in my Reiki II class Mary asked me what I wanted to do with Reiki as I progressed. I remember saying that I wasn't sure if I was going to take it any further. Then during the “Meet Your Reiki Guide Meditation,” it came through loud and clear that I was not done and teaching was to be part of my path.

What compels me to stay on this path of Reiki

During the time that led up to my Reiki Master training I had the privilege of working with Angella Frank who was recovering from brain surgery. She had a brain tumor removed and was looking for some more holistic modalities to assist with the recovery and the healing process. Her husband Adam, who I worked with at Hyland, is how I had found out about Angella's search for holistic alternative healing. When we did set up a Reiki session, I thought it was important not to just work on healing Angella, but to help Adam heal from the anxiety and fear he was feeling going through with her. I think at times we forget about the other half of a relationship. I have come to realize that it is very important helping

keep things as positive and peaceful during this healing time. I asked my dear friend Shelia if she would help me give Reiki to both of them, side by side. It was a beautiful experience not only for Adam and Angella but also for Shelia and myself.

In 2013, Angella had a relapse and needed another surgery. I spent time with her and her family at the hospital the day of the surgery and at Angella and Adam's home after the surgery. She is now on the road to recovery. She has one of the most optimistic outlooks on life and a great sense of humor.



Angella Frank

KAREN BESSEL IS ONE OF MY FELLOW STUDENTS that I met in my Master Reiki class. She loves teaching Reiki to her students. She has a special segment of hands-on teaching while working with Reiki on the horses. This helps the students feel confident to work with their own horse.



Karen Bessel

Karen had an operation shortly after our Master Reiki training and was in need of Reiki healing. Shelia and I worked together again, using Reiki healing on Karen. The sessions that followed turned into an amazing bond between us three. When Karen was well enough, we started up Reiki share sessions and still continue the shares to this day.

Karen had another unfortunate life trauma this past fall. She had been suffering from extreme migraines. After several doctor's appointments, with no success to rid her of these migraines, she finally ended up in the emergency room. They found that she had a dissected blood vessel going to the brain, which was life threatening. I was able to give her Reiki at the hospital and when she got home.

Karen was told she could not get on a horse for four to six months and to take it easy to allow healing to happen because if she didn't it could mean losing her life. She isn't a very patient person, but with reflection she realized how blessed she was and listened to the doctors' advice. Karen has now been given the OK to ride and train again, and she loves it even more, with a greater appreciation for life. She is truly devoted to her horses, Reiki and most of all her family. She has become fondly known to me as my medicine woman because of her very comforting and powerful healing touch and her knowledge of essential oils.

I tell these stories because they are part of what has confirmed that I have chosen the right path. It's not all because of the extreme cases as described above. It's also about the everyday person who comes to me or a spontaneous encounter in which a person experiences a soul connection, an awakening of his or her true emotions, for mental clarity, grounding and the release of everyday stress through Reiki. Or maybe... it's just a chance to let it all go for an hour and enjoy a perfect elixir for good health and a wonderful integration of body and mind. In this age of faster is better technology and impersonal medicine, Reiki offers a drug-free, humanistic approach to healing.

Teaching is another thing that is very gratifying for me. I enjoy seeing students so engaged in class and beginning to understand that this is something that they can do for themselves and others. My wife and I hope to start teaching kids Reiki by using Barbra

McKell's program and handouts. My wife is so good with children. Kathy and I believe that Reiki can be very beneficial for children, opening the minds of the young to healing energies, to help make the future world a more peaceful and joyous place in this universe.

I took Karuna Reiki® with Colleen Benelli, in Oregon this past October, and it was such a profound experience. I look forward to working with my clients by taking advantage of Karuna Reiki® and the many benefits it has in helping to heal past and present life trauma.



Colleen Benelli and David Thomas

I feel very blessed to have found this path of Reiki and in knowing that it is going to be with me for life. I would like to thank all of you who do this amazing work with Reiki!



*Sing loud from the roof tops
Come dance by the rivers edge
Carry me over mountains to the end of Love*

—ALPHA REV

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