

Home

Home is a place of welcome!
A place where I am received - just as I am
without judgment.
Where I am loved
without any need to be different.
A place where I am trusted to find my own way,
to create my own path in my own time.

Home is a heart space
A place of being known,
A place where my vulnerability is honored
and love, compassion, and support abound.

Home is a place of rest,
A place of silence, stillness, and solitude
A place where I come
to listen to the words of my soul,
where the gift of Holy Listening is practiced.
A place where my voice is heard
and my truth acknowledged.

Home is a place of healing,
where wounds are bound,
encouragement given.
A place where I am held gently in honor
and respect as I heal.

Home is a grounding place.
A place of light I share with others.
A place of learning,
of deepening my connection to the System I practice.
A place where questions are pondered
and discussions are held
in an open and respectful way.
A place where freedom is encouraged
as I move deeper into the Mystery of my Life.

Home is a place of service.
where the gift that I am is named,
welcomed, and celebrated.
A place where I am invited to offer
all that I am
and all that I am becoming.

Home is a place that beckons me to return.

By: *Elaine Andres* © April 2010
Reprinted with permission.
All rights reserved.

The Story of Reiki Home

By: Elaine Andres

Our Beginning. Reiki Home was born during the 2009 OGM Retreat at Kenyon Ranch, near Tubac, Arizona. One morning the participants were divided into four focus groups: RFI (Reiki Foundation International), OGM (Office of the Grand Master), TRA (The Reiki Alliance), and Home.

We were asked to approach our assigned focus group - not from the standpoint as individuals – instead from a broader point of view of what the community needs. We were instructed to consider:

1. What value does the group (RFI, OGM, TRA, Home) have to Usui Shiki Ryoho (the System)?
2. What is the group's service to the System?
3. What support does, or can, the group provide to the System?

Our Initial Sharing We discussed the possibility of having a Home for the System and what that might be. As we stopped for lunch, it was suggested that the groups might want to continue their discussion during the afternoon break. Home spoke so deeply to my heart that I immediately asked the members if anyone wanted to meet after lunch; some did. Because Home was so alive within us, we continued to share and missed the time for Reiki treatments!

We reported to the large group that our vision of Home was

- a place where ALL students of all levels (first degree, second degree and masters) are welcome.
- a place of togetherness in physical presence.
- sharing Reiki in a safe, supportive, and familiar space.
- a physical location to archive historical documents, photos, and teachings.
- a website open to all students that included:
 - Route of Reiki (learning centers, calendars of events)
 - World map of Reiki sites (country by country portal)
 - Student Directory
 - Crisis Line for distant Reiki healing
 - Links to other Reiki organizations

My personal journey The group committed to hold the energy of Home until the 2010 OGM Retreat. As I left Arizona, the word "home" beat in my heart and became a path of discovery. I noticed the word almost daily and sat with questions like: “What is calling me home? What is home? Am I already home? If I am, what does home look like? How do I embody home?”

September passed. October went by. Nothing happened and I became restless. In November, I awoke with the thought, "Well, duh! The reason no one is inviting the Home Group to gather is because that is my task!" I emailed the group and asked if they wanted to Skype as a way to physically hold and explore the energy of Home.

Tim Cunningham, Tim Thomas, Susan Kirkland, Fran Freeman, Aleema Fontaine, Elfie Schlumberger, Collene Delaney, and Charlotte Bessels, said “YES!” We had first degree, second degree, and masters; the group embodied our vision of Reiki Home!

Our First Year The group asked me to facilitate our conversations and we met seven times. Each call opened with giving our selves Reiki and extending Reiki to our circle and to Home. We briefly shared about our lives and I read a poem to begin our discussion. Here are a few points from our conversations; there were many more!

Communication as a way of being together and creating an experience of Home was our beginning focus. We envisioned a website where all students are welcome; a place for dialogue, questions, and seeking; a way of sharing and receiving support. We saw one circle, one community. Although we explored the challenges involved, we saw the site becoming a reality through the OGM.

Our conversation flowed to the broader concept of Home and resulted in the group asking me to create a written definition; the poem “Home” was formed from our discussions.

The pros and cons of a physical location and our need for an archival space were explored. We discussed how a physical home supports the creation of relationships and offers a place of comfort as we journey in life. We often return to places where significant interactions with others or deep insights happened.

At times, we felt we were wandering in the dark and we felt lost in our task. Yet something drew us and we continued to answer the call within.

Our view of Home grew as we thought about the many student gatherings around the world as places of “home.” It is a fact that our Reiki community has, indeed, many homes!

We explored relationships - being with one person or in a small group - as another way of being at Home. We talked about our need to “go home” and shared experiences of visiting childhood homes.

At the end of our first year, our vision of Home had grown and changed. Home began as a way of communicating through a website. We grew to recognize that many locations, forms, and ways of creating Home already exist and concluded that Home is an experience of oneness with others, the world, and our selves.

The 2010 OGM Retreat At the Retreat, the Home Group shared our personal experiences and a brief glimpse of our journey together. We facilitated small groups to give everyone an opportunity to participate in defining “home.”

After our sharing, we learned Kenyon Ranch was for sale. Several new groups formed to work towards purchasing the property. The Home Group committed to hold the energy for Reiki Home for one more year. Members were: Charlotte Bessels, Tim Thomas, Susan Kirtland, Ingrid Van Alst, Fran Freeman, Collene Delaney, Aleema Fontaine with myself facilitating.

At our first meeting, we agreed that the energy of the poem “Home” was the vision emerging within our community. We then discussed our role for the coming year. We decided it was to energetically hold all groups working to bring Reiki Home into reality. Our call was to do the “heart work” that allows Reiki Home to unfold in its own way and in its own time. The image that came was of a welcoming heart carrying the flame and being an energetic hearth for Reiki Home.

Our conversations became wider. We discussed giving birth to our souls and how being in touch with our souls was another way of creating Home. Birth comes from a place of darkness, a place of Mystery, the unknown, and often involves pain. Darkness, the unknown, is a place of discomfort for many. It is a place of the not-yet-conscious.

There is struggle between darkness and light as the experience of new life emerges. Often we judge each other as this process unfolds. Our invitation in this time of birthing Reiki Home is to have compassion in all ways. Holding pain with compassion allows us to move into light with a sense of peace.

We reflected upon the three OGM Retreats and acknowledged the 2008 Retreat began our conscious process of healing the pain within our community. We were in darkness, a place of wandering, questioning, challenge. We recognized that as we continue to dance in the dark, light will come. Reiki Home needs time to mature and to be born and our invitation is to be gentle with ourselves.

A longing for larger community surfaced. We shared our sense of feeling very small, being lost, not knowing or understanding what it is we are doing as a group. We felt isolated and confused. We shared our fears about the System not continuing, losing our connection with each other and Reiki, the need for younger Masters.

We questioned what is holding us back, why we are not moving forward more quickly. We wanted answers and the reality of Reiki Home to be here now! We acknowledged that the process of manifestation is one of listening deeply and staying in the space of darkness until Reiki Home becomes reality.

We relaxed back into our work of holding the vision. We once more acknowledged that Reiki Home is much larger than a physical location. It is about growing a consciousness within our community and creating a space of welcome for those on the shared journey.

Our discussion on money brought the realization that this is the last ring of fire we must step into before manifestation happens. We shared our beliefs about money. We must work to have money. Money does not flow easily. It is a symbol of value. Our self worth is linked to our financial wealth. The amount of money we receive for work often is a symbol of being worthy or not.

As we explored money, we saw our beliefs are based on a lack of trust. Trust invites us to relax, to know we are loved and have value without effort or work. The deeper we trust, the easier it becomes to receive. We returned to our previous discussion of darkness. We recognized the invitation of darkness is an invitation to trust. Our community is shedding past beliefs, releasing painful memories. We agreed this work is best done with compassion for all people.

At our last meeting, we reflected upon our experience and our learning:

- Everyone needs to be included and accepted where they are.
- Each individual is an indispensable part of the whole.
- Assuming others are where we are is often not correct.
- We can experience differences and oneness at the same time.
- A feeling of being totally welcomed is a gift.
- Compassion is essential to our growth.
- Communication needs to be clear and is hard work.
- Reiki is drawing us in and just is.

Releasing Our Work After the 2011 OGM Retreat, we met twice to discern the group's future. In January 2012, we recognized our work of giving voice to the vision of Reiki Home was complete. We released ourselves to discover new ways to embody Reiki Home and to support the physical manifestation of its reality in our world.

We are stepping into a new way of being. We trust that Reiki Home is already present and that we have all the ingredients we need to create a physical reality. The invitation of Reiki Home is to acknowledge that we are, indeed, already Home!