



Photo courtesy of Brenda Strong

Reiki Helped Us Move

BY BRENDA STRONG

WHEN you're a Reiki practitioner, you know Reiki energy is always working on you and with you. You've learned in classes that Reiki can make major changes in your life. Indeed, Reiki has changed me on so many levels. But I hadn't expected Reiki to get me to move from a beloved farm in Virginia to Texas, and all within six months!

Reiki facilitated this move in many ways. In fact, it was during a Reiki session that the idea of moving first came up. Prior to that Reiki session, if anyone had suggested that we would be selling our farm and moving, I would have laughed and replied that we wouldn't be moving for years. Little did I know!

I had the pivotal Reiki session while visiting friends in Texas in June 2014. During that session, I realized that while I loved our farm, I was tired. I was tired of feeling like a slave to the farm. If I wasn't weeding, I was planting, or moving plants, or harvesting and canning the fruits of my labor. Then there were farming chores—cutting down dead trees, grinding them up for mulching the garden beds, fixing fences. This was a master of my own making. Gardening is an addiction for me. During the Reiki session, I recognized that I had been feeling envious of friends who had free time to just sit and read or go on regular day trips. Even so, I was VERY resistant to the idea of selling the farm and moving. I even tried to bargain (with whom I don't know) an agreement that we would consider selling our farm in two to four years. The Reiki practitioner listened—not offering advice—just asking questions to help me understand what I was feeling.

Our visit over, this crazy Reiki-session-thought of selling and moving was much-discussed during our 16-hour drive back to Virginia. Our arrival home coincided with

the beginning of tomato picking season. As mentioned, gardening is my addiction, so I had four dozen tomato plants that required my tending. Within a couple of weeks of returning home, the idea of selling and moving was gaining in its appeal.

I am an inveterate list-maker. I generated two lists: a list of everything I could think of that I wanted or needed in my new home and a list of everything that I wanted the buyers of our farm to be. Having lived on the farm for over 22 years at this point, we had invested a great deal of time, love and energy into it. And we were leaving nine very-loved barn cats (our barn cats were actually just house cats that lived at a barn) with the farm. It was vital that they be well-cared for by the new owners.

These lists received Reiki multiple times a day, sometimes in a formal session but more often through intention and prayer as I went through the day. Did I mention I was busy picking tomatoes and canning? The lists evolved over the course of the next month. As I gave Reiki to the lists, I always included the thought “or something better” since I didn't want to limit what might happen simply because I hadn't thought to include it on a list!

This would be a major life change for my husband and me. I was beset with anxiety and doubt—was this the right decision for us? Many times over the next few months, Reiki sent signs to show us the path was correct. The first sign was winning a house staging at a charity silent auction.¹ (As an aside to everyone, if you are

¹ House staging is the act of preparing a private residence for sale by consciously arranging the contents of the living spaces to make a home more appealing to the highest number of potential buyers. en.wikipedia.org/wiki/Home_staging.

trying to sell your house, consider having a professional stager offer advice regarding staging. I couldn't believe some of the things to which I'd become oblivious over the years!) The second sign was that the house stager was a like-minded individual who totally understood Reiki and energy. She was very reassuring and comforting as she gave advice on how to prepare our home for listing. Other signs were also given, but rather than list them here, let me continue with the chronology of the relocation as that better describes the entire support Reiki provided.

Things moved fairly quickly over the next few weeks as we listed our house with a realtor and tackled the task of staging our house. Thank goodness we had a barn in which to store all the boxes we filled with “unnecessary” items!

Having the barn as a place to collect our possessions, sort the items and stage them for selling was wonderful. I began the sorting process in July, before we'd even decided definitely to move. Having lived on the farm for 22 years, being a bit of a pack rat and having too many places to keep things “just in case” meant there was plenty to be sorted through. The months of July through September flew by as I did very little other than sort stuff and pick and can tomatoes. In October and November, as our plans became firmer, it was easy to move items among the areas I'd designated for “leave with the farm,” “give away,” “sell” or “move.”

Our first showing took place just one and a half weeks after listing the house. We hadn't even finished the staging. Just three weeks later, we had an offer on our house. There is no doubt in my mind that all the Reiki energy I had directed at this process was bringing everyone together for the sale. The next three weeks went by in a blur of

stress and busyness. Before we'd even thought about selling and moving, my husband had arranged to travel to Alaska for work. I had arranged a week's trip to North Dakota to visit my mom. Coinciding with these two trips were the negotiations for the sale of our beloved farm. Daily self-Reiki was essential to keep me focused and decrease my stress level.

There is no reason to detail the ups and downs, the stress, the questioning, the grief and the anger that went along with the negotiations as that is past. Thankfully, my memory tends to dim that type of negative experience. We learned a few more life lessons during the negotiations. I tried mightily to keep a Reiki perspective of our buyers and not judge them in a negative manner. They made our realtors work very hard with the back and forth negotiations. But Reiki helped me see that this was just a sales transaction. They weren't trying to take advantage of us; they weren't being unappreciative of the farm and the property.

When we listed our house in Virginia, we contacted a realtor in Texas to begin our search for our new home. We were advised that houses in our price range were selling very quickly in Tyler. Certainly, we could confirm that from our internet searches. Properties we were interested in sold within a week of being listed online. We had agreed on a selling price with our pre-approved buyers and arranged a trip to Texas to house-hunt about a week later. Here was another bit of support from Reiki. We were ten miles from home when our realtor called to inform us that the buyers' financing had fallen through and they were trying to arrange different financing. From my point of view, the timing of the call was divine. We were 15 minutes into a 17-hour drive. How fortunate we were able to just turn around, go home and wait until the buyers had their financing straightened out.

Once our buyers' financing was settled, we again headed to Texas for our house-hunting trip on October 30. In the week

prior to our trip, I'd spent hours searching online, coming up with a list of almost 50 houses. As a testament to how strong the housing market was in Tyler, 15 of those houses were sold by the time we got there. We had a few days before we would be looking at houses with our realtor, but we were intent on narrowing the search to the top contenders only. No one has the stamina to actually view that many houses!

On our first day in Tyler, my husband and I drove around looking at the outside of the houses on our list, checking out the neighborhoods. Moving from a farm with 56 acres to a subdivision house on a quarter acre seemed doable when we were looking online. Early in the day, we were both upbeat and confident that we'd find a house we were interested in seeing. Driving through the relatively high-density neighborhoods of the houses on our list, we started to wonder about our decision to move. I made a mantra out of the thought, "This move is meant to be; Reiki is guiding this move." Exhausted and stressed from our first day of driving and looking, we returned to our friends' house to relax.

Our second day of driving seemed not much better than the first. We were looking at properties a bit farther out from Tyler, so we were now in a less densely developed area. We weren't interested in moving from one farm to another; surely there was a compromise somewhere? While we were out searching and driving, we stopped at a convenience store in an attempt to locate a map of Tyler. Apparently only dinosaurs know what maps are these days as we were unsuccessful at finding one; however, there was a stand outside the convenience store that had those real estate listing books that are so common. My husband picked up one to peruse. Little did I realize at the moment that this was another Reiki-guided action.

We returned to our friends' house that evening, exhausted, stressed and definitely questioning our sanity. Was it too late to

cancel the sale of our farm? What about all the items we'd already sold, like the tractor? Could we get it back? I had a complete meltdown that evening. My very good friend and fellow Reiki person sat beside me as I cried, channeling Reiki and talking to me. She described her journey to find her dream house where she was currently living. In order to buy that house, she'd had to stretch her finances far past her comfort point. Each and every day she woke up and was grateful that she had endured that momentary stress because she was now blessed with her dream home.

My husband had been looking through the real estate book and found a house that interested him. It was above our budgeted price but had virtually everything else on our wish list. My friend's story about stretching the financial comfort point was well timed—another Reiki-guided moment. Looking at the online photos, the house looked extremely promising. The next day we drove through the neighborhood and looked at the house. It was the type of neighborhood in which we were interested in living—larger lots, lots of mature oak and pine trees and well-maintained houses with a slightly rural feel.

The next day, we went with our realtor to look inside the house. Years before, when we were looking at properties in Virginia, the moment the realtor drove down the driveway of what was to become our farm, my husband knew that it was the place we were meant to live. I had the same reaction the moment we walked through the front door of this house. This was MY house. It was the house in which I'd dreamed of living. We had appointments to see three other houses and so were unable to spend more than 30 minutes inside this one. We looked at the other three, but were both pretty certain about the house from the real estate book, and so we made an offer on it that very day. Never in our lives had we spent so much money with so

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little time spent looking at the product. We'd gone through the house so quickly, I hadn't even opened a single cupboard in the kitchen! As we made an offer, I prayed and sent Reiki to the situation. Exhilaration and anxiety were the two emotions that were so prevalent in this transition. Reiki was my constant resource to quell the anxiety and reassure me this was a Reiki- and God-guided move.

While the negotiations with our buyers in Virginia had been contentious and stressful, our negotiations in Texas were virtually non-existent. We made an offer, it was accepted and we had bought a house! Over the next month, through email, we got to know our sellers a bit and even purchased some of their furniture. They were wonderful, generous people with whom it was very easy to work.


I began writing this story just seven months from the start of this adventure, and I have been amazed at the power of the mind to "erase" the details of discomfort. As we progressed through the phases of this relocation, at each stressful point, I reminded myself that it would all pass shortly and gave myself Reiki consistently. In the moment, there were times when everything seemed horrendous. However, in ret-

rospect, those moments passed so quickly. Within six months, we had progressed from no thought of leaving our farm to actually living in a different state. Because of the emotional tie both of us had with our Virginia farm, I am certain that this was the only way for us to move and that Reiki knew it. Akin to ripping off a bandage, we had to separate quickly from the farm, our friends and our Virginia life or we would not have done it at all.

But Reiki wasn't done changing my life. One of the Reiki people that had been teaching classes in the Tyler area had some life changes and had stopped teaching just about the time we moved there. According to Aristotle nature abhors a vacuum, so because of this I could see I was being placed in a position to fill that vacuum. Through some prodding by one of my new Reiki clients, I taught my first Reiki class.

Reiki guided me in developing my Reiki business and provided the opportunity for me to teach multiple Reiki classes last year and more this year—and I have yet to be "told" what I'll be doing next year. Reiki has continued to support my growth as a practitioner and a teacher by providing clients and students through a variety of paths. My personal growth and healing

with Holy Fire Reiki fills me with gratitude each and every day.

Living life guided by Reiki may have its challenges, but with faith and time, each challenge is met, growth happens and life expands. 



Brenda is an Usui/Holy Fire II Reiki Master and a Holy Fire II Karuna Reiki® Master. She has completed numerous Rainbow Reiki classes and is an animal communicator. Brenda also

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