



Reiki and Writing

Carolyn Chilton Casas

Almost from the beginning, I felt the connection. Reiki flowed; writing flowed. I am sure it was no coincidence that I was led to a community college writing class within weeks of taking first-degree Reiki. And after the first opening of energy, I was so full of wonder that Reiki became a natural topic for me to write about. I was not shy about it, and I was not afraid of what my fellow writers thought when I read my Reiki stories. Searching for ways to convey the truth of my experiences, I felt confident and certain. It is magical the way Reiki energy and the inspiration to write flow both through me and out of my hands.

It took a little longer for me to realize the inspiration to write was often coming during or right after my early morning self-Reiki. Sometimes words even coalesced in my mind when I was giving Reiki to another. One morning during my Reiki routine, I had seven poems come to me, word by word, line by

line. Each time a poem formed in my mind, I would stop giving myself Reiki and turn on the light to write the poem on paper. And then it happened all over again — seven times! I had only written a poem or two before that day, and yet this experience became a 4:00 a.m. wake-up call to the poetry waiting within. Since then, my inspiration has come consistently but more calmly, one story or one poem at a time, which is much easier to handle.

In the spring, I finished my fourth semester writing course. Ten months ago, when I mysteriously started writing poems, I searched for a local poetry class, but could not find one. Instead I found an online poetry workshop, which I have taken three times. I have also ordered many books from the library of different poets' writing, looking for poems that speak to my heart. Since the beginning, the stories and poems I have written have been given a numbered title, which tells me this is my 114th piece. They range in size




from a poem of three lines to a 20-page story about a trip to India. The inspiration has not stopped since Reiki became part of my life.

The topics I write about have varied according to class assignments and my curiosities and interests. Most of them address insights I have gleaned in everyday experiences and stories about my family and of course, Reiki. I was delighted to recently have an article and two poems published and deeply feel the support of the Universe in this endeavor.

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Since Reiki and writing came to me, I have an even stronger faith in Universal guidance. I sense I am on my life's path. Perhaps my current path is to be a mouthpiece and a channel for love. I am honored to be entrusted with these gifts. It is like two batons of grace — Reiki and writing — have been handed to me and I am being gently nudged to run with them. They both feed my soul and fill an inner need to give of myself honestly and completely.

Masters and guides from the other side call to me, showing me a person who might be helped by Reiki. I am open to offering Reiki as a modality to alleviate emotional or physical pain and I am just as open to the inspiration that comes to me to write a story or poem. Last week, a friend emailed that she had just read my first published article on Reiki. She wrote, "I was going to see if you could do a little Reiki on my shoulder, and as I read the article and relaxed, the pain subsided." She wanted to know if I thought her experience was crazy. I responded, "That is wonderful; there are no limits to Reiki and Universal energy."

I am running with these two batons. The finish line may be off in the distance, but I am enjoying every moment of my sprint down the track. As I run, I ask — "Show me where I can most be of service, whether it be giving Reiki to a person searching for healing or writing a piece that might spark an idea for someone to try." I have much gratitude for these loves of mine, Reiki and writing, and how they have woven themselves together to bring new joy to my life. 



Author Carolyn Chilton Casas can be found at ceccasas@aol.com