

Lessons on the Road to Healing

BY VICKI COMFORT

THE JOURNEY to Reiki is personal, and each person's path varies. My path was so intricate that if one thing didn't happen a certain way, the next would have never happened. From meeting that one friend who "got it" to taking that vacation that I almost didn't go on, to meeting my Reiki Master, to connecting with my tarot card reader, and so on. It showed me that there is divine timing in every step and decision we make. Leveling up was not easy, but I wouldn't change it for the world. I am a different person today than I was a few years ago, a better person. As one of my friends always says, "Anything worth doing isn't easy."

Some don't have the support system around them to share this journey. I was lucky to have a friend who understood exactly what I was going through on the road to enlightenment. However, it was only one person within my circle, so I kept quiet about it outside of that one friend. I have since learned from a network of other enlightened people that many have had relationships severed due to not being on the same vibrational level. The thought of this honestly scared me a bit. Would I lose everyone I know because of this path I was on? Would they judge me or accept me for who I was becoming?

Meditation opened many doors for me. However, this was a challenge as well. It wasn't easy at first. I found it downright frustrating. I was not the person who could sit still and turn my mind off. Then, I met my Reiki Master while

on vacation. She encouraged me to give it another shot, so I did. I feel it was all divine timing. I slowly started getting the hang of it, which significantly helped me. My anxiety was lessening, and I started seeing things while I meditated.

After a distance Reiki session with my Reiki Master, during which I experienced an astral projection, she stated that there had to be someone in my family history who had the gift of clairvoyance. I started asking my family about it and discovered I had a great-great aunt everyone thought was "crazy." About a week later, while meditating, I saw a flash of a woman's face. I had a feeling it was this aunt that I never knew, but I didn't know what she looked like. My brother, who is into genealogy, started searching and came across a picture of her. When he texted it to me, I got chills. She was the person I had seen! She wasn't the only face I saw; I also saw my mother, who had passed away over ten years before. I have since discovered my aunt and mother are my spirit guides.

During one of my meditations, I saw my friend's daughter and felt something was wrong. I called my friend to make sure her daughter's health was in order, which it was. However, I found out she had just broken up with her boyfriend. It was her first boyfriend—she was ten—and we all know how devastating that can be. I made plans to take her out for ice cream. When I arrived at my friend's house, she said to me, "Don't be doing any voodoo on my

And remember, the positives in this journey of enlightenment far outweigh the negatives. You are on a mighty path; be proud of who you are and where you are going. Loving and helping others is what this is all about. We must make this world a better place to live—a more peaceful place.

daughter.” I laughed it off at the time and promised her I wouldn’t. My friend did not understand Reiki or clairvoyance, so we needed to discuss it. When the time came, I sat down with my friend and calmly explained Reiki and my gift of clairvoyance to her. She listened intently, not saying much. In the end, Reiki is still not her thing, but she supports me and my business as any true friend should.

Although Reiki is becoming more popular, some who do not understand it admonish it. I once discussed this with someone I was Facebook friends with. She had posted how Reiki was evil, and although I scrolled past the post a few times, I could not just let it be and commented. I explained how her statements were not factual, but she would return with a single article that said something different. She could not see past that one article or beyond her narrow path of thought. Ultimately, I could not convince her otherwise, so I moved on. The good news is that a few others backed me in their comments on that post, people I didn’t know, and that was indeed a blessing. Regarding that Facebook friend, I realized that some people have strict beliefs, and only certain things will fit into their molds. It is very challenging to change the minds of people whose minds are closed.

I was also very nervous when the advertisement for my business appeared on a local podcast. I knew my larger circle of friends would hear it, and I had not told them anything about my journey or business. I was pleasantly surprised to feel the love in our next text thread, and one of them even became a client. I learned that sometimes we don’t give people enough credit and that there is a reason they are in our lives.

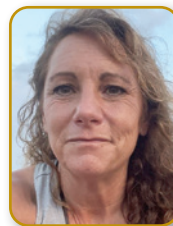
Our world changed in 2020, and I feel more people seek holistic solutions. Reiki is one of them. I have found that people you may not think would be interested in Reiki can surprise you. Those who are negative about it, even after you speak to them, are just not educated on the subject and not open to learning more.

Being a Reiki practitioner is a gift. Having the gift of clairvoyance is yet another. Most of my friends do not know that I “see” things; if they read this, it will be the first they’ve heard of it. I’m unsure how they will react, but it is time to find out. For me, there is no more hiding what I do. For those that do not accept it, I must bid adieu. I must stay positive to level up, and no one will hold me back. Sometimes, people are in your life for just a season.

One massive part of this journey was learning who I am. I was always looking for something to do; if I was alone, there was always some background noise. Never did I sit quietly by myself. I was extremely hyper and had to have things just so—a perfectionist. If you are familiar with Willy Wonka, I was the girl who said, “I want it, and I want it now!” It’s no wonder I never heard my soul cry out every time I took a wrong turn, which was often. The good news is I have become quieter and have learned to pick my battles; I don’t interject unless I have something important to say, and most of all, I listen. I not only listen to those around me, but I also listen to myself. Every creature on earth has gut instincts, but humans tend not to listen to them. I can say that listening to that voice inside me has saved me on more than one occasion since I began this path.

I understand the gift of clairvoyance is unnecessary when using Reiki to help people, but it has helped my clients and me on our journeys. I haven’t seen much during my sessions yet, but clients have been stunned by the images they witness. Maybe only they can see things because it is about their journey, not mine. I am just thankful I can be a part of it.

There are many networks available now for our enlightened friends. If you are feeling alone, please know that there are people you can connect with through the International Association of Reiki Professionals (IARP), the International Center for Reiki Training (ICRT), other Reiki teaching centers, and social media. Don’t be afraid to reach out because many more understand what you are going through than you think. And remember, the positives in this journey of enlightenment far outweigh the negatives. You are on a mighty path; be proud of who you are and where you are going. Loving and helping others is what this is all about. We must make this world a better place to live—a more peaceful place. Being a Reiki practitioner or Master is a rewarding and fantastic way to do your part. ■



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