



Reiki Trek

BY MARCUS S. JOHNSON

PHOTOS COURTESY OF MARCUS S. JOHNSON

REIKI ENTERED my life in a most interesting way. It aligned my experiences from a unique upbringing, attending college in a diverse university environment, and my professional development with my innate drive to be of service to others. I now add the power of Reiki to everything I do.

I was born and raised mostly in Georgia, but I had the unique opportunity of being a “military brat,” a name used for kids whose parents are members of the US military. We lived in various parts of the country before relocating back to my home state. The frequent moves and exposure to different environments made me adaptable and resilient.

After high school, I moved to the DC, Maryland, and Virginia area, known collectively as the DMV, to attend Howard University. Being in an environment known for its diverse communities and culture opened me to the thought processes and belief systems held by students from around the world. My spiritual foundation came from growing up in the Baptist church. Although I never considered myself overly religious, I have always been respectful of others’ beliefs, feeling that as long as people focus on the positive aspects of a belief system while helping those around them, it aligns with my overall spiritual belief in doing right by others and helping them.

I discovered Reiki in December of 2024. I was inducted into the 100 Black Men of America organization, a mentoring group that specializes in education and empowerment for students from elementary to high school. At the induction ceremony, I met individuals from diverse professional and academic backgrounds. I encountered one who would ultimately introduce me to Reiki and become my Reiki instructor—Dawn Kennedy-Davis. Dawn and I talked for a good portion of the evening, and she shared how she got involved with Reiki while explaining what it is. She encouraged me to conduct my own research if I wanted to learn more about Reiki and also offered to teach me.

Dawn offered to give me my first Reiki session. I must admit that I was a little nervous and skeptical going in, as I was about to experience something incredibly powerful, based on the conversations we’d had. All of those feelings immediately went away after the session started. I felt so at ease and relaxed after the session, and sensing how Dawn had balanced all of my chakras, I became intrigued to learn more about Reiki.

After I took the time to understand what Reiki was and how its healing power aligned with my belief in helping others, I took Dawn up on her offer to learn Reiki with

her. My Reiki training was every bit as thought-provoking and rewarding as I expected. Our class was small, just three of us, which I now appreciate because we could have deep meditative sessions that led to some very emotional discoveries for my fellow students and me.

Soon, I discovered a new connection between Reiki and one of my absolute favorite pastimes—photography. Nothing is more therapeutic than being either in nature or evaluating everyday street life and using my shutter to hit the pause button on life itself. However, I get greater joy from capturing the special moments in people’s lives, whether it’s weddings, birthdays, or family events. I remember one of my clients giving me the best compliment regarding my photography, stating that my photos helped them heal. I had never looked at my work in that way, as all I wanted to do was to satisfy my clients. After discovering Reiki, I realized I had been subconsciously infusing healing intentions into my work all along. Reiki training was unlike anything I’d ever experienced before, and like photography, Reiki allowed me to see the world in a whole new way. Helping others is a big part of my spirituality, and this epiphany gave me the motivation to add Reiki’s power not only to my photography but to everything I do.

Reiki completely changed how I approach my daily life. I have always been a spiritual person, and Reiki provided a way to enhance my spirituality on a much larger scale. A greater understanding of self is one benefit I’ve experienced. The meditation practices through Reiki have allowed me to take time to center myself so I can be more effective in whatever endeavor I undertake. That wasn’t always easy for me since I’m constantly in motion and I often neglect the opportunities to “take five” so that I can reflect and recharge.

One of the most important ways I use Reiki is to send it from a distance to help those in need of healing. I have sent



Marcus, his classmates, and their teacher, Dawn.

distance Reiki to family members going through a variety of issues, whether for sickness, depression, or just to signal a simple shout-out for love and positive reinforcement.

I am blessed and thankful that Reiki has become an integral part of my life. I feel a great sense of clarity and positivity knowing that I have a life skill that has the power to help others. I want to give back to the Reiki community by continuing to spread the word through my vocational skills as a software engineer and photographer. By pursuing Master-level Reiki training, I can provide others with the same opportunity that was given to me by teaching. This Reiki journey is incredible, and I have no plans of stopping anytime soon. Peace and blessings to you all. ■



Marcus is an Usui/Holy Fire® III Level II Reiki practitioner who has been practicing Reiki for a year, appreciating its power to support and heal. Marcus owns Sophic Technical Solutions, <https://sophictechnicalsolutions.com>, and is a photographer through Sherard Johnson Photography, <https://sherardjohnson.smugmug.com>. You may reach Marcus at darthbison@gmail.com.