

## Using Reiki with Plants by Fay Johnstone



Animal Reiki seems to be getting a lot of attention these days. I too am an animal lover and the proud owner of 2 dogs who are desperate to follow me into my treatment room whenever they sense a treatment about to start, however it's time for the Plant Kingdom to share in the limelight.

Plants are not cute and cuddly and they don't have the appeal of feather and fur, but they are our source of life. Not just the air that we breathe but the clothes that we wear and the food that we eat. It's not just beautiful rainforests that need our love and attention.

**M**y Reiki journey started in 2000 and since then I have experienced a deepening of my connection with the energy but most of all, my journey has been a gradual unfolding of my personal power, my creative expression and my heart.

In 2010 my partner and I followed our dream and moved to Nova Scotia in Canada to set up an organic flower and herb farm. For 5 years we danced nature's song in flowers and plants of all shapes and sizes. The learning curve was steep and fraught with challenges from living abroad, living so rurally and making a living through farming, but the greatest joy was our connection to nature.

It was during this time that, through regular practice of Reiki, meditation and daily contact with the plants, my heart opened up to nature consciousness. I started experiencing the plants around me as people, with different personalities and preferences. My connection with the plant world in this way led me to develop a really holistic view of plant medicine, far deeper and more personal than any of the herbals and gardening books that I had read over the years. I was guided to create essences and herbal medicines, as well as create lovely floral arrangements that brought great joy to my clients.

I also started using plants in my Reiki treatments. Prior to a client's arrival, after I had prepared myself and my treatment space, I would connect with the energy of Reiki and take a walk around the farm. As I strolled, particular plants would make themselves known to me, often out of the corners of my eyes. I felt certain that these herbs, trees or flowers had a part to play during the Reiki

treatment. So I would gather plants and place them in the treatment room. Often a client would see the plant and begin telling a story and in this way the healing had begun! As I started the Reiki treatment, the client would usually place the plant over their body for the duration. There is no doubt of the power that the plants added to the energetic healing of each of my sessions.

If you are a plant lover then I would encourage you to use your Reiki to connect with plants in this way and ask for guidance about how to use plants in your healing treatments.

Our green spaces are our life force and the energy that they radiate helps to increase the vibration of the surrounding area. In this way, if we send Reiki to our gardens and local green spaces, we can raise the vibration of our local area to benefit all the inhabitants - trees, birds, bees, wildlife and humans.

In 2017 I will be travelling throughout the UK to provide talks and workshops on connecting to nature consciousness and how to use Reiki to connect with the healing energy of plants for treatments.



### Like Plants, Love Reiki?

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enhance Reiki treatments for yourself and others  
.....and grow a beautiful garden!**

**Practical fun workshops—no experience necessary  
June 4, Upminster Healing Sanctuary  
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For more info visit [www.fayjohnstone.com](http://www.fayjohnstone.com)**

