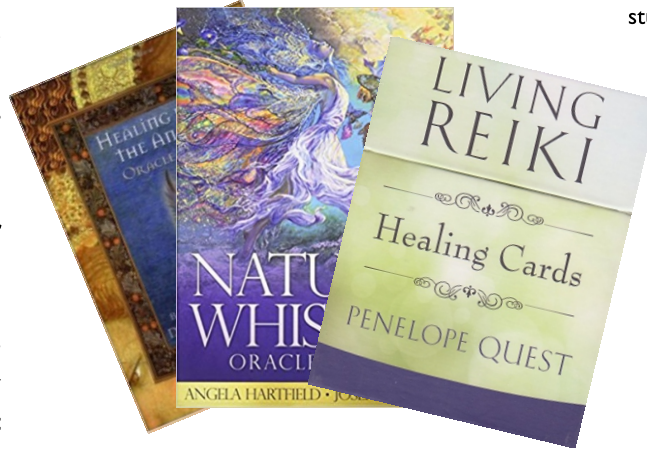


## Oracle Cards and Reiki by Fay Johnstone

**I** introduced the use of Oracle cards into my Reiki treatments when I first started working with clients and even today, after practising for 17 years, I haven't stopped enjoying the guidance and support that they bring to compliment the treatment.



At first, asking the client to choose one card at the end of the treatment was a way for me to comfortably impart any guidance that I had been shown during the treatment. I always ask for the client to be shown whatever they need to know in the moment in the way that will be most appropriate for them to understand. So sometimes this might be a message or insight that comes directly to them during the treatment or to me so that I can relay the information. Using the Oracle cards is another way for guidance and insight to come across while also providing the client with a visual image and message from another source. Clients can also take a photo of the card using their smart phone so they can carry it with them and refer to after the treatment, if it carries particular significance.

I also find the use of Oracle cards a real ice breaker with certain clients. Often with a new client who is nervous I might ask the client to choose one card at the beginning of our time together to give them a focus for the treatment. It can be a comfort for a client to hold this card with them, or place under the pillow or on a certain area of their body during the Reiki treatment.

### Which Oracle Cards to work with?

I wouldn't describe myself as an oracle card addict, but I do find it hard to resist some of the beautiful and inspiring card decks that are available today, and thus my collection has grown over the years. It really helps to have seen or even played with the deck before you buy so I recommend buying from your favourite shop rather than online. As always follow what you are drawn to and what resonates with you. Ask to be guided by Reiki, filling your hands with Reiki while you shop and see what happens.

In the beginning I only worked with Angel decks and Fairies, then came the Goddesses and the Animals. My favourite card deck at the moment is called "Nature's Whispers" by Angela Hartfield and it depicts beautiful intricate, colourful paintings of figures in the natural world by artist Josephine Wall. The messages are beautiful and because of the very nature of the deck, it appeals to all.

Penelope Quest produced the Living Reiki Healing Cards, a deck, which imparts the inspiring wisdom and principles of Reiki into messages for our daily wellbeing. This is a great deck to use when teaching Reiki to help

students become familiar with the different aspects of Reiki energy and how it can be applied on a daily basis.

### Oracle Cards

#### for Personal Practice

In the same way that I offer the cards to my clients, I also turn to them for personal insight and support when necessary. Some people like to choose a card daily or even do elaborate spreads. I find this way too much! I like to choose a card as and when I need some guidance on a certain issue and, often will have it with me as I give myself a self-treatment or as a focal point for meditation.

I believe that using Oracle decks compliments Reiki practice in a wonderful way and helps us all on our spiritual path by providing tangible guidance, encouragement and support. We are sometimes so disconnected from our centre, our true self and our intuition. Oracle decks provide a bridge for our inner magic to leap across and be heard and, together with regular Reiki practice are another vital tool for our physical, emotional and spiritual wellbeing.

