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Secrets of plant spirit reiki

BY FAY JOHNSTONE

In this fascinating feature, Fay Johnstone gives some valuable tips and excellent advice on how to connect with plants both outside and those within the home using reiki.

Fay combines over twenty years of reiki practice with shamanic techniques, herbal training and a practical passion for plants to help us with our personal transformation through the healing power of nature.

ALONG with the many revelations and surprises that the coronavirus has provided over the past year, the importance and necessity of green spaces stands out for me.

Lockdowns highlighted not just our dependence on screens and the need for physical human connection, but also showcased the human need for green spaces, fresh air and nature connection for physical, mental, emotional and spiritual wellbeing.

Long before the Covid virus made being outdoors feel like a safe, special and desirable commodity, I've had the spirit of nature in my heart.

As a reiki practitioner of over twenty years, this connection to the wildness of the green kingdom has woven its way like a creeping vine into my reiki practice on a personal level and also out into my teaching and client practice.

What started as green whispers silently calling to me from the trees and flowers of parks turned into urgent appeals, almost shouting at me to get out and explore both my wildness inside and the green allies that were waiting for me outside my window.

Leaving the city behind, I moved to a small town and started growing vegetables, gardening for pleasure and foraging for hedgerow medicine. I even began to study herbalism such was my desire for reconnection with nature.

Working with reiki and my shamanic practice, I began to feel guided by the spirit of plants and connect with plant allies to assist me on my personal journey of healing and growth.



FAY JOHNSTONE: "The power of the plants is right on your own doorstep."

If you are a plant lover, you may already use reiki to send healing to plants to help them maintain good health. As well as healing plants and green spaces, reiki can help you to connect with plants and show you how to involve them in your healing practice.

What makes plants and the elements of nature such magical partners for us in our reiki practice is the versatility of their form.

Not only can we physically have plants present in a treatment room, such as in a vase of fresh flowers, for example, but we can also work with a myriad of other plant products that are infused with their energy or qualities.

This means that the plants' energetic vibration, that is, the spirit of the plants, can be incorporated into the reiki treatment.

The combination of these energies boosts a treatment, adding a new dimension to healing and growth, and reconnects us to nature's template of

wholeness, the source of health and vitality.

Plant spirit reiki is not focused on working with remedies which are based on the chemical properties of a plant and how that affects human physiology, though it can include these preparations.

Instead, the essence of plant spirit reiki is to connect with plants and nature as conscious beings and work in a partnership with them for your healing.

We don't need to work with the physical aspect of a plant at all. Just like we invoke reiki to flow, we can also invite in the healing power of plants through prayer. Plant spirit reiki is a threefold journey that combines:

- Giving reiki to green spaces and raising their vibration to help us heal the Earth and ourselves.
- Coming into alignment with our own true nature through self-healing and reiki practice with the spirit of plants and the elements of nature.
- Working with intuitive plant healing in its various forms to boost reiki treatments and help us and our clients reconnect with the natural world.

Meeting the plant spirits where you live

The power of the plants is right on your doorstep, so begin right where you are! It's wonderful if you have your own garden space to roam in or live in the countryside.

However, even if you live in a city, find a local park or leafy street to walk down or pot plant to make friends with.

The following exercise will help you to reconnect to the natural world and meet the plants that are waiting to interact with you.

The process is an invitation to step through an invisible portal and drop down your perception from your logical head

space into your heart.

From this doorway in your heart, open your intuitive senses and feel your way to experience a plant's wisdom and sacred medicine.

Intuitive reiki nature walk

Take yourself outside to a place in nature. When you feel ready, from the gassho position (holding your hands together in front of your heart and upright as if in prayer), connect with reiki and ask it to flow in the way that you have been taught.

Begin to walk slowly with your hands down at your sides, allowing yourself to relax and feeling the reiki energy flow through you.

Allow yourself to be intuitively led by reiki and by the plants themselves. Don't think; just follow where your body and spirit want to take you.

Notice what parts of the landscape or plants seem to be calling out to you. Also notice how you feel emotionally and physically as you walk slowly through the natural landscape. Open to experience how your body reacts to the elements.

It may feel more comfortable to place your hands on your heart as you walk to feel the reiki flowing into your heart. As you feel your hands on your heart, relax further and allow your heart to open a little more.

Feel your heart softening and helping you shift your perspective. Feel your way, sensing each one of the plants in the landscape around you as a conscious being with an energy body just like you.

If a particular plant or area seems to be pulling your attention take yourself there. It may feel like something is calling to you, calling to your reiki hands. If so, reach out and place your hands where you feel the reiki is needed.

If this doesn't feel right, then simply remove your hands; your presence and acknowledgement may be all that is needed. Stay like this for as long as feels right and then continue your walk.

When you feel the time has come to end your walk, intentionally end your reiki flow and take out your journal. Note down any insight which you intuitively feel you are being given from the environment that surrounds you or anything that feels significant.

Notice how you feel about the plants or areas of the landscape that seemed to be calling to you and whether or not you feel different now compared to when you first started this exercise. Consider the main



REACH out "and place your hands where you feel the reiki is needed."

feeling or message that you could intuit from the landscape around you today.

Before you leave, give thanks to the environment for holding you in that healing space and for any healing or guidance you feel you have received.

A healing partnership with nature

While it's common practice to offer reiki to our friends, family, clients and even our animal companions, we often neglect our home, the source of our health, our earth.

When we offer the gift of reiki to the plants and green spaces both close to home and further afield, this helps not only to raise their vibration, but also to bring healing to us and our communities.

The earth provides us with food, water, medicine and shelter offering a beautiful bounty of inspiring resources which collectively we are abusing.

Many practitioners send distance reiki to habitats under threat like those affected by fires, war or environmental destruction. However, it's the landscapes closer to home that I believe hold the power to help us raise the vibration of our neighbourhoods and bring light into our communities.

By giving reiki to our green allies, house plants, gardens, favourite landscapes, neglected urban parks and back yards, we are healing our home.

We are also healing the disconnect

that exists between us humans and the wildness of natural world that lives outside our windows. This healing helps us to mend this sense of separation and anchor ourselves once again to our home, helping us to remember our roots and reconnect us to the earth.

Reiki in our local green spaces helps the plants. It also reaches the nature beings and also helps to bridge the divide that has crept in since we began to lead a more sedentary, industrialised and tech-dominated lifestyle.

Additionally, it helps us to remember our roots, reconnect us, and value and find meaning in our landscape once again.

Thanks to the versatility of reiki, we can offer it to plants and landscapes even without placing our hands onto the plants or being physically in the area. Particularly if we are attuned to Reiki Level 2 or above, it's simple to send reiki to green spaces from the comfort of our home.

The reiki principle of being thankful helps us to communicate with plants. Gratitude is the frequency of the language of plants. By offering our appreciation and showing our gratitude, through care, attention and offering reiki we are communicating to plants in their language.

As reiki practitioners, we have the greatest gift to offer. Experiment with the following exercise and notice what you experience.

Reiki balls in nature

This exercise helps you to give back or show your appreciation to a place in nature that you often visit and know well. I often do this in the woods where I walk my dog, or even in my garden just to make sure the place knows that I love it so.

It's a way of saying "Thank you" for all the blessings you receive. You could even do this exercise at the end of a holiday at a place that has been integral to your enjoyment of your trip.

Take yourself to a place in nature close to where you live, maybe your garden or favourite place to walk. Allow yourself five minutes to fully arrive and be present to the beauty and the energy of where you are.

Open your physical senses to fully absorb your surroundings and invite your intuitive senses to open. You may wish to visualise your third eye opening or feel your ears tuning in to the subtler sounds and whispers of the land.

With your eyes closed, get a sense of the energy of the place and notice how it



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makes you feel.

When you feel ready to begin, connect with reiki and invite it to flow in the way that you have been taught. State your intention to create balls of reiki energy as gratitude to the landscape and nature beings where you are.

Hold your hands out in front of you and visualise a ball of reiki energy collecting in your hands. As you breathe out, feel reiki flowing through your hands and creating the ball of energy.

Shift your hands to incorporate the growing size of reiki ball that you are holding. Your reiki ball may be the size of a grapefruit, a basketball or even larger.

Now begin to walk and place the reiki ball of energy wherever you feel drawn to – at the base of a tree or bush, or wherever looks like it needs energy. I say a great big "Thank you" as I leave the reiki ball.

Repeat the process, charging up your hands with reiki once again with another reiki energy ball, and then move on to the next place which you feel could benefit from a ball of healing energy.

As part of my intention, I always include a phrase like "If this reiki energy ball is not needed, may the energy be held here until it's ready to be received or may it be used by something else that needs it more."

When you feel that your work is done, say a thank you to the place and to the reiki that has been flowing through you. Pause, place your hands in gassho and sit quietly for another five minutes allowing yourself to rest before leaving.

Tune in to how you feel and what sense you get from the place now that you have given it reiki balls of energy.

Repeat this every week for a month and see if you notice a difference in the feel of the place. Note down your observations and feelings about the place each time, so you can monitor the

progress and shifts that occur in the frequency.

Getting started with plant spirit reiki

Invite reiki to help you meet your local plant allies that are here to support you. Spend time developing an understanding of how to connect with their unique qualities and power.

This might look like sitting with a tree to help ground or strengthen you, spending time with plants in your home for support, enjoying herbal teas or plant essences that you feel especially drawn to or simply sitting with a plant for gassho meditation or self-reiki practice.

All of these ways can boost your reiki practice with the healing power of plants and help with your personal healing growth and development.

Over time, your perception of and relationship with the natural world will shift and you'll reconnect to a deeper sense of partnership with the green kingdom.

Some people feel it as a remembering from their bones, as if they are reconnecting to an innate partnership shared by the ancestors. Be open to whatever the natural world inspires in you and allow yourself to be intuitively guided by reiki and the plants.

For each of us the plant path and reiki journey flows in a unique way. Plant guides specific to your path will be revealed to you and their power will flow as you weave your energetic vibration together.

You might find yourself creatively exploring poetry, painting, herbal medicine, gardening, nature photography or channelling plant messages, or perhaps you may turn your passion towards eco-activism or ecology.

You may simply find that you experience a new appreciation for

nature and a smile in your heart as you realise that the natural world is always at your side to support you and offer you nourishment.

Open your awareness to the green beings that surround you and explore this intelligence which is part of you. Follow those plant whispers and be guided by the green magic that awaits you with plant spirit reiki!

■ Fay's latest book is "Plant Spirit Reiki: Energy Healing with the Elements of Nature," which is published by Findhorn Press at £12.99.

Also available is "Plants that Speak, Souls that Sing: Transform Your Life with the Spirit of Plants" also from Findhorn Press at £9.99. Both books can be obtained from www.innertraditions.com or Amazon.

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