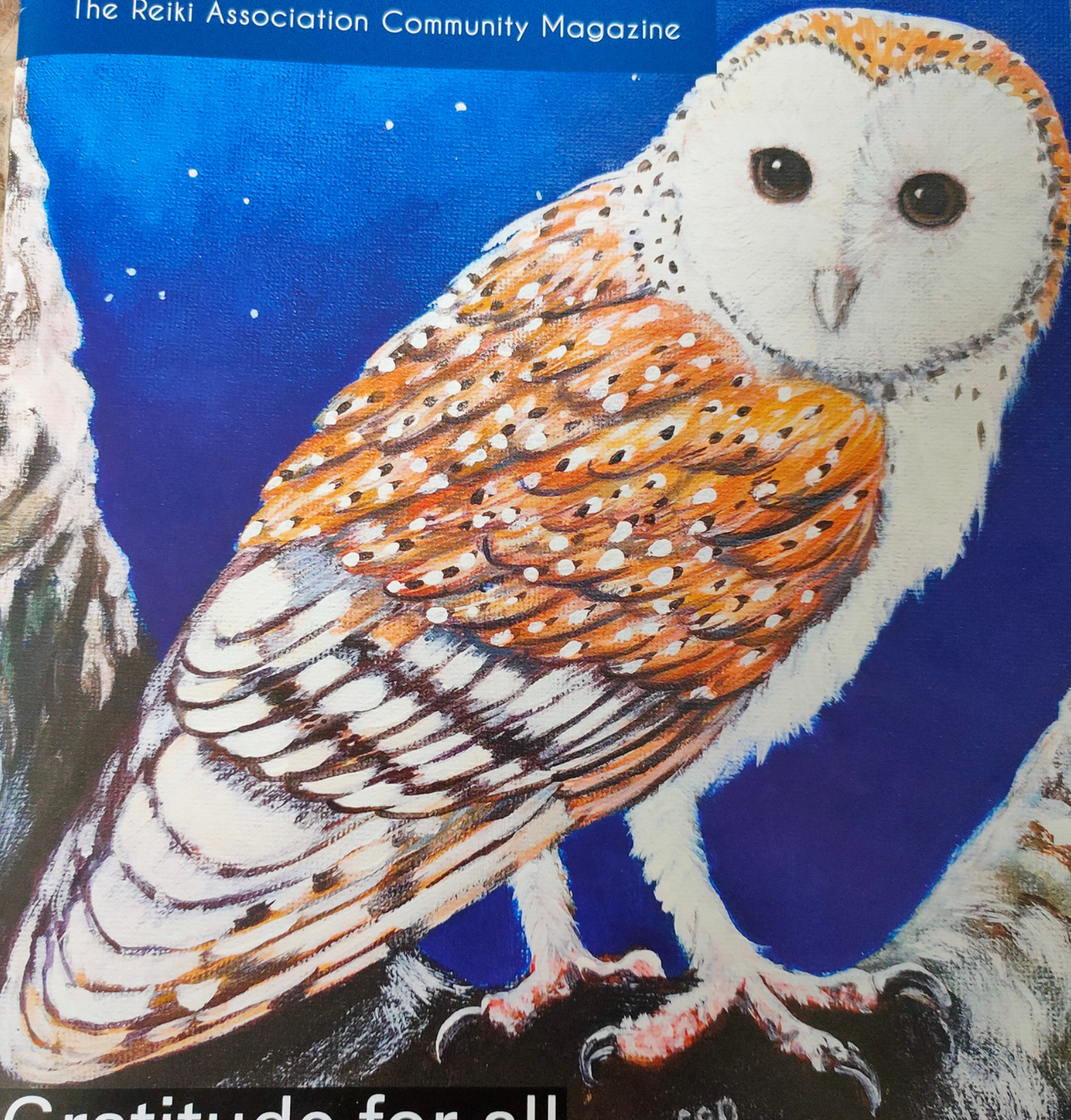


Touch 靈氣

The Reiki Association Community Magazine



Gratitude for all
living things

v. Nathanson

Winter 2021

Plant Spirit Reiki

Tripuri Dunne reviews a new
book by Fay Johnstone

So many people have experienced solace in nature during COVID-19, whether, walking, gardening or flower arranging. In this beautiful book, Fay Johnstone leads readers by the hand, and introduces us to different ways in which to connect with the plant kingdom, through Reiki. Some of the step-by-step exercises are familiar to me, whereas others give me an opportunity to go deeper into the practice of showing gratitude to all living things. I particularly enjoyed the section on speaking with plants, a thing I have been doing instinctively all summer. I've been talking to the new plants in my garden and also to the old friends, and I have watched as people came into our little garden, and exclaimed, 'oh it is so peaceful here'.

In Chapter 2, The Sacred Web of Wellbeing, Fay shares great tools and her understanding of how we can use a connection to nature to deepen our own Reiki practice and self-reflection. She nods to the Japanese practice of *Shinrin-Yoku* (forest bathing) and highlights the benefits of being in nature for both physical, but more specifically, for good mental health.

Reminding readers that we learn from direct experience, Fay writes about the practice of *Shinto* which holds the belief that spirits and souls of the ancestors exist in the trees, mountains and all of the natural world. She continues to lead us down the garden path, so to speak, in her observations about the gifts of Reiki in relation to expanded awareness such as claircognizance, clairsentience, and clairsentience (an ability to tap into inner knowing through touch).

Fay offers practical grounding exercises like an intuitive Reiki walk, and enthralled readers in a magical journey of her personal encounter with Elen of the Ways, a

goddess in the Celtic tradition and also of her experience seeing glimpses of elementals in her woods. She continues with inspiring suggestions of ways in which we can heal the Earth and exchange energy with Gaia.

As an apprentice gardener, I loved the chapter about gardening and caring for plants with Reiki and I enjoyed all the practical tips with a keen sense of excitement to see what other ideas Fay would reveal. I enjoyed reading about the 'Green Breath' exercise, literally exchanging energy with plants, like a form of osmosis. The piece that really touched my heart was inviting kindness with the Reiki Rose contemplation.

Fay's description of her shamanic offerings, the rituals and gratitude work with the elements, comes from her heart and I recommend this book to anyone who is interested in developing their connection to the natural world. It is written in an easy, flowing style and is essentially a story of her personal journey into Reiki, working with nature and learning the wisdom it has to offer. □

Plant Spirit Reiki, Energy Healing with the Elements of Nature is published by Findhorn Press and available on Amazon: £10.99 paperback, £6.99 on kindle. fayjohnstone.com

