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# Reiki and the Return to Wholeness

BY FAY JOHNSTONE

WHEN WE FIRST come to Reiki, we often do so because we are excited about the idea of healing ourselves and others. Yet, I have found its greatest gift is connection. It's not solely a connection to community but can also include an extended sense of belonging to all living things. This can include parts of ourselves we haven't consciously noticed or accepted. Last autumn marked twenty-five years since the start of my Reiki journey, and it continues to bring a deeper sense of who I am, as if I am remembering who we are.

Whether it's a stronger awareness of myself, a heightened sense of compassion for others, a sense of the unseen, an appreciation for the elements and seasons and cycles of life, or a wider sense of where I fit in this marvellous world, I continue to find that Reiki creates and strengthens my connection to the web of life. To amplify this feeling, I have noticed that practicing Reiki in nature, rather than retreating indoors, encourages me to engage in conversation with the whole wild soul of the Earth itself.

Shortly after my Reiki Level II attunement, a series of events occurred that forever shifted the course of my life. I'm sure that won't surprise you, so I will share a little of this story and look forward to feeling your knowing nods and agreement as you follow along.

Like other new Level II practitioners, I was excited to work with this new level of Reiki, practice the symbols, and dive deeper into my exploration of the energy. So, I practiced daily. This practice led me to journal about my feelings and sense what I felt Reiki was showing me. Perhaps I was even channelling information. Whatever it was, I wrote it all down.

Every time I practiced, it was like a movie that played out before my eyes, or simply words that flowed gently whenever I picked up the pen and connected it to the page: Reiki, connection, paper, pen, ink, flow.

I sent Reiki to areas of my life, including my family and friends who requested it, but most important to me was my self-practice and feeling the connective qualities of the Distant Healing Symbol, HSZSN.

Change was afoot. Life started unravelling around me. I realised that, despite outward appearances, my job and lifestyle

did not suit me. Inside, deep down, I admitted to myself I was, in fact, quite miserable. Instead of working in an office, I longed to be wild and free. I wanted to leave the city, to be closer to nature with my hands and feet in the earth. This feeling came in gently at first, and then lingered, persisting until it could no longer go unnoticed.

One day, the display in a shop across the street stopped me in my tracks. It was so bright, beautiful, and fragrant that it called to me and drew me in. Before I could think or question my actions, I found myself

buying as many of the plants as I could carry and taking them home to my small balcony.

Over the next few weeks, I sat with these plants while I connected to Reiki. I sat with them in silence, feeling the flow of energy that I know to be Reiki while also sensing something else. The plants were visually beautiful, which instantly touched my heart and everyone who saw them. But I soon realised there was much more to them than met the eye. Despite the busy street below, I felt a sense of peace simply by being in their presence. I knew in my bones that with Reiki's help I was connecting to something so much greater than myself.

*Create relationships with  
the natural world and  
the land where you live.  
Invite the elements and  
plants into your Reiki  
practice and ask for their  
support in your life.*

I experimented with Reiki—that’s part of the fun. I felt guided to invoke HSZSN. Though it’s known as the “distance” symbol, my experience has shown me it’s, without a doubt, the “connection” symbol. This magnificent symbol acted as a bridge. Through the portal of my heart, Reiki helped bridge the gap between me and the green beings that lived in my apartment and the unseen wider world outside.

At the time, I didn’t have the words to describe what was happening, and even now, I don’t need them. Separated from our true nature for so long, this natural extension of ourselves is far too beautiful to be labelled by our clumsy language. Instead, it is felt in the heart and experienced uniquely by everyone, like our individual experience of Reiki.

By spending time with the plants and connecting with Reiki in this way, I started to see and experience the world through a slightly different lens. I felt the lines between them and me, this and that, this way or that way, fading and blurring. There was a sense of oneness through the pathway of light that HSZSN laid down.

I finally found the courage to leave my job and ended up moving to a small country town in the UK. I took a leap of faith because I couldn’t ignore the call of the wild anymore. Within a year, I was growing my own food, foraging, learning herbal medicine, and had a new job working for a conservation organisation. I flowed with the cycle of the year and the changing seasons with which I had previously battled. Plants and Reiki have supported me every step of the way, and still do.

Following the nudges from Reiki and the plants, the next leap was to move to Canada and run an organic herb and flower farm while authoring books. The writing continued alongside the Reiki practice, sitting with plants and making connections with the green world. Two books inspired by the plants followed, and then one more directed by my Reiki practice and the drum. I didn’t do any of this alone. I achieved all of this through the bridge of Reiki, connecting me to the invisible threads of the world around me and gently revealing the unconscious gifts hidden within me, encouraging them to be shared.

Today, my story continues in Scotland, with a new garden, a different landscape, and new challenges and blessings. Even when I lose my focus, drift off into, or get distracted by the surrounding drama, Reiki and my connection to the natural world gently bring me back and bridge the gap that strives to separate or break up the wholeness of my being.

## Trust in the Force of Nature That You Are

As part of nature, this wonderful web of life, we all have within us a deep knowing. It is a certainty as sure as the acorn that knows it will grow into an oak. Many of us have become confused, distracted, or conditioned to think otherwise. Invoking Reiki to help me connect with the natural world around me, or practising in nature, has helped me reconnect with my sense of who I am and feel more confident about my path. Nature, we know, is a powerful healer. The more time we spend somewhere green and growing, or wild and free, the more opportunity we give ourselves to align with our true essence and remember our purpose here on Earth. As you begin to trust your inner knowing, you also begin to trust the flow of life. You realise that life is happening *for* you, not *to* you, and the web of life is supporting you. Try this affirmation:

*I am open to the whispers of the wind, the heartbeat of the Earth, and the wisdom of all living things.*

## Allow the Force of Nature to Support You

The elements of nature and plants that grow around us carry specific medicine, guidance, and support to assist us with whatever life challenges we are experiencing. The plants, rivers, rocks, and places that offer the most support will naturally attract us to explore and connect with them.

Inviting nature into my Reiki practice and life as a spiritual and physical ally has been a gamechanger, and I wouldn’t be without it. HSZSN, the connection symbol, has created a bridge of light that brings together these worlds and beyond, connecting me to the infinite intelligence of the universe.

Reiki helps us to reconnect and remember that we are not separate from the world around us but intricately woven into its fabric. We each represent a vital piece of the puzzle. Coming home to the force of nature that you are is a step towards recognising yourself as a multidimensional being on Earth with unique gifts and talents to share.

Next time you feel uncertain, lost, or lonely, take a break from your screen to breathe some air and connect with something green and growing or wild and free. Let Reiki be your bridge to all that you are, and all that is available to you. Take yourself to the trees, feel the wind in your hair or the earth beneath your feet, invite Reiki to flow, rekindle that ancient relationship. Feel the force and be the force of nature that you were born to be.

Become the bridge between Reiki and the green world. Here is a simple exercise to connect with a plant or place in nature.

- Get calm, be still, and create an intention such as “to deepen my connection with a plant/place and feel supported.”
- Take a walk in a natural setting, such as your garden if you have one, a local park, a favourite place in nature, or even with your houseplants.
- Invite Reiki to flow as you walk and invoke the connection symbol HSZSN, along with any other symbols you wish to help you tune into the green space and plant life.
- Relax and notice where you feel guided to walk. Allow a space in nature or a specific plant to choose you.
- Find a comfortable space to sit. Place your hands over your heart and send Reiki to yourself. Breathe deeply for ten breaths and relax into the space. Notice how you are feeling.
- Send Reiki to the green space, or to a specific plant that is calling to you. Invite the plants to support your intention. Repeat your intention in your heart.
- Spend as long as you feel is necessary. Invite guidance. You may feel drawn to place your hands on the earth, up to face the sky, onto an area of your body, or a specific part of a plant. One hand on your heart and one offering to your plant might feel good.
- Be gentle and allow the Reiki to guide you.
- Ask what is needed. Ask if there is a story that this space or plant can share with you.

- Listen inwardly for a response and notice any sensations in your body or emotions that bubble up.
- When you feel guided, bring your Reiki flow to a close and offer thanks for the experience. You may feel guided to take further action. Be sure to follow your intuitive guidance!
- Journal about your experiences, your impressions, and feelings, or make notes with coloured pens. Write about how this place or plant can support you and what you might offer in return.

Create relationships with the natural world and the land where you live. Invite the elements and plants into your Reiki practice and ask for their support in your life. In turn, offer your love, appreciation, and Reiki whenever you can. Believe in the power of connection and a deep sense of community in all living things, and you, too, may find reconnection with long-lost parts of yourself. ■



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