

**2009-12-28**

## **Its the end of the Year!**

I logged on to the blog today and was shocked to see that the last time I posted was over 10 days ago! Wow! Where did the time go?

Well, the lead up to Christmas was good. I had some sweet moments of time with family and friends. The Wednesday before Christmas was a little adventure. We went to stay in the guest villa we have here in Green Valley. it is the neighborhood where our friends live also. So we were all able to just shuffle around to each other's villas and share the Christmas spirit which for me is about community, family, and intimate gatherings. Then I had visitors from the East! No, not the three wise men.....but three inspired women with Reiki hands. Hira Reid, Jean Ferris, and Sister Carol came to visit....laden with food for two yummy dinners. They brought their years of experience, insightfulness of long time health practitioners, and their individual gifts! And so for two days I was under their hands! it was an experience that comes in through the foundation of all the distant treatments that I receive daily. The energy was intense!

The result is that I am feeling the chemo therapy in my body..more strongly. I think that at this point, it is good. It doesn't feel "good" but I also realized that there was a part of me denying the process. So now the pot has been stirred and the chemo is up and doing its thing.....and I am surrendering to the fire.

One of the highlights of their visit was my deepening awareness of the lymph system of our bodies. And mine, in particular. I realize that it was almost as an after thought that the issues with my lymph system were introduced to me. I am conscious of the importance of every system of my body but this system I have really taken for granted. I am grateful for the continuing education!

New Year's Eve is coming up and I will record a program for this special night on the internet radio program .....reikitalkshow.com. This year New Year's Eve is the full moon and a Blue Moon....the second in December. I am sure that there are astrological portends! For me, it is another opportunity for me to open yet again...to a deeper connection to the moon in me, to the cycles of life, and to my natural awareness as a human being. I would like to disregard the more social aspects of this turning of the wheel and come back to my basic human need to be alive and to live in gratitude.

In these weeks of December and January, there are many days of ending and therefore days of vulnerability and beginning. I feel the fearsome aspects of this time as well as the promise of movement deep within me.

Part of the 23rd Psalm comes to me almost daily as I receive Reiki Treatments.....and there is an image which is not a picture but a feeling within me that is so accurately described in these words from my Bible.....

"Yea, though I walk through the valley of the shadow of death, I shall fear no evil,  
For thou art with me, thy rod and thy staff they comfort me  
Thou preparest a table before me in the presence of mine enemies.  
Thou anointest my head with oil, my cup runneth over  
Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever. "

My feeling image:

I surrender my body to the treatments that allow me to die: my physical cells, my habits, my ideas of myself, my attachments.

This is not an evil thing....not a bad thing.....not a negative thing.

I know that there must be a passage through the shadow.....and it is good not to run and hide my face

from the shadow but to walk with the strength of knowing there is support and comfort.  
You and many others are with me in thought, in Reiki, in prayer, in physical form.....and you are carried by your faith, your trust in spirit, your experiences in Reiki, your belief in the great cycles of life.  
We sit and eat, literally, knowing that there is the presence of death that encourages authentic action and conversation.  
You act with kindness and affection which flows over me and fills my body over and over  
And with this connection of us to the One, to God, to the Goddess, to All that Is.....I am reminded that this is my Life now and forever.

Am I replacing God with you and the Reiki community? I would say no. What I am saying is that we are all a manifestation of the One.....God. And it is our connection through our practice.....as I am receiving it.....that allows me to open again and again to the healing of the fire and of love.

Whatever words I use...it is my experience. And I find that there are few words to express the bliss of this connection.

Until next week! Phyllis