

I Was Lost But Now Am Found

By Cherie Nobbs

When I turned up for my first Reiki appointment with Coralea (Mackison), I felt as if I was coming apart at the seams. This sounds dramatic, but I was in a pretty bad way.

My husband, Butch passed away in September 2008 after a cancer journey spanning 2 1/2 years. His passing had been traumatic enough, when he died I also lost my best friend and soulmate. Butch and I had been everything to each other for 25.1/2 years and there was a huge void in my life.



Cherie with her beloved husband Butch

For years I had bottled up a lot of my hurts and emotions, my insides were wound so tight I felt I couldn't keep it all encased and would surely explode.

To be honest I didn't know too much about Reiki beforehand, having had two 'strange' experiences many years ago. I didn't get much out of these experiences as one practitioner talked continually and the other was keener to 'stroke' me in ways that I found exceedingly uncomfortable.

I have always liked the concept of mind/body/spirit healing, and having been told I needed to get my whole being in balance I wanted to try Reiki again. I was feeling desperate; I had been running on empty for some time.

My first session left me light-headed and relaxed in a way I couldn't put into words. Each session thereafter was a unique experience with visions and feelings the cynical side of me could not explain. The feeling of the Reiki flowing through my body in waves and swirls was both reassuring and comforting.

During one session my stomach was grumbling, but it sounded like it was calling out 'Daddy, Daddy'. I had a vision of a past hurt with my Dad. As I relived it, I felt I could just 'let it go'. There was a huge sense of relief in doing so.

It didn't matter what state I was in emotionally when I turned up for Reiki, I always left with an incredible sense of well-being.

My most amazing experience was not in Coralea's room, but in my car as I was driving to Brisbane, before visiting my Mum in New Zealand. I had arranged for Coralea to perform some 'distant healing' while I was away to help me through. I was currently visiting every three to four days and was worried I may not be able to cope with a longer break.

I was overwrought and anxious about leaving the safety of my 'sanctuary'. I had delayed leaving and my trip down was much later than I had anticipated, adding to my anguish.

Part way through my trip I had the strangest sensation as if someone had placed their hands over my eyes. I decided I must be imagining things. The rest of the trip I felt calm and serene. I decided to ask Coralea on my return if she had got the dates mixed up. I knew I had a session organised for the following day. Later, as I got into bed, I saw a field of energy beside me on the bed swirling in the dark.

'I had the strangest sensation as if someone had placed their hands over my eyes.'

When I arrived in NZ I was feeling a little frazzled, deciding to slink off to bed. I was extremely upset as I climbed between the covers, feeling I wouldn't be able to cope.

Although there was lots of noise and commotion in the house, I managed to sleep fitfully for an hour and a half, waking refreshed and relaxed.

The next day I received an email from Coralea telling me that she had given me a gift of Reiki the night I had been travelling to Brisbane. I was completely blown away! She apologised for running late the next day as she had forgotten an earlier appointment. I sat there stunned as I realised she had been doing the Reiki the exact time I'd gone to bed! No wonder I had woken up feeling so vitalised.

I couldn't believe the timing was so exact and perfect. Hitting the reply button, I typed 'I Knew It!' and explained my experience.

Although I still have a way to go, I feel Reiki has turned me around, restoring my vitality and making it possible for me to appreciate the beauty in life in spite of my situation.

Cherie Nobbs lives on the Sunshine Coast and has written a book 'Cancer Journey Handbook for Travellers, Carers and Friends'. Cherie's webpage is:

www.cnbe1.com