My Journey to Reiki

From Surviving to Thriving

I didn't discover Reiki because I was looking for a new career or a spiritual calling. I discovered it because, quite frankly, I was stressed beyond belief and desperately needed some peace in my life.

At the time, I was living in Massachusetts, working as a Certified Nursing Assistant (CNA) and Mental Health Counselor (MHC) on a locked psychiatric unit at a hospital during COVID. I was also a landlord, dealing with financial difficulties and the stress of managing rental properties during an incredibly challenging time.

Between everything happening at the hospital and everything happening at home, I felt like I was carrying the weight of the world.

Working with patients, I always believed that the energy we bring into a room matters. When someone is frightened, struggling, or going through something difficult, they need you to be calm and centered. But how could I give that to others when I was barely holding myself together?

I knew I needed to find something to help me.

A friend suggested massage. I'd never had one, but I was willing to try just about anything! My first adventure was actually cupping therapy. Let's just say it was an experience! It was intense, left big red circles on my back, and unfortunately didn't give me the relief I was looking for.

Eventually, I booked a massage at a place called Sacred Tree. During my appointment, the massage therapist asked if I'd like to try some Reiki.

I had absolutely no idea what Reiki was.

My first question was, "Does it hurt?"

He chuckled and said no.

Well, that was good enough for me!

I enjoyed my massage, felt relaxed, and went home without thinking much more about the Reiki.

But something happened the next day that I'll never forget.

I was driving in my car, listening to the radio, when suddenly I realized I was singing along.

I actually stopped and thought, Wait a minute. Who's singing?

It was me!

I hadn't sung in so long that hearing myself caught me completely off guard. Then I started laughing, and another realization hit me.

I couldn't remember the last time I'd really laughed.

I'd been so overwhelmed by everything happening in my life that somewhere along the way, I'd lost those little pieces of myself.

And suddenly, there they were again.

I couldn't help wondering if Reiki had something to do with it. Whatever had happened, I wanted to experience more.

Not long afterward, I returned for another session following an especially heartbreaking day at the hospital. I'd been sitting with a patient when he received devastating news from his doctor. It was one of those moments that stays with you.

Meanwhile, my financial problems at home were becoming overwhelming. I felt anxious, exhausted, and completely unable to think clearly.

When I arrived for my appointment, I told my practitioner I wasn't doing well emotionally. He offered to reschedule, but I told him I really needed to be there.

He suggested we skip the massage and do a full Reiki session instead.

When it was over, I felt an incredible sense of calm.

And something else happened.

The problems that had seemed impossible just hours earlier suddenly felt manageable.

Sitting in my car afterward, I started making phone calls. I worked out a payment arrangement with one company, found a better deal with another, and figured out a solution to a situation that had been consuming me.

Nothing about my circumstances had magically changed.

What had changed was me.

I was calm enough to breathe, think clearly, and find a way forward.

That experience stayed with me.

I wanted more Reiki, but at $100 a session, I couldn't afford to keep going as often as I wanted.

So I thought, Why not learn to do this for myself?

And that's exactly what I did.

I completed my Reiki Level I and II training and began practicing self-Reiki regularly. It became a meaningful part of how I cared for myself through some very difficult times. I also had opportunities to share Reiki with patients at the hospital, offering moments of comfort and relaxation when they needed it.

Then life threw me another curveball.

My house burned down.

It was one of the darkest chapters of my life. Once again, I turned to Reiki to help me find some peace and keep moving forward.

Eventually, I packed up my car, brought my dog along, and drove six days across the country to Mesa, Arizona.

The only person I knew here was my father.

I was starting over.

But this time, I was finally in a place where I could breathe.

As I began making friends, I met a woman who was going through some work-related stress. I offered her a Reiki session, and she accepted.

I remember seeing how peaceful and relaxed she looked afterward. She enjoyed the experience enough to come back for more sessions.

And that's when something clicked.

I'd learned Reiki to help myself through difficult times. Now I was seeing how meaningful it could be to share that same opportunity for peace with others.

That was the beginning of Moonstone Reiki.

Later, when I decided I wanted to teach my daughter and her partner, I continued my education and completed private Reiki Master Teacher training in 2023.

My journey didn't stop there. I've continued studying Reiki and exploring other holistic practices, including my growing interests in reflexology and herbal medicine.

I'm always learning, always growing, and always looking for meaningful ways to expand what I can offer through Moonstone Reiki.

When I look back at everything that brought me here, I realize that Reiki entered my life at a time when I desperately needed to reconnect with myself.

And that's what I hope to offer others.

Not promises of miracles. Not a magical solution to life's problems.

Just a peaceful, supportive space where you can slow down, breathe, relax, and perhaps reconnect with a little piece of yourself that life has pushed into the background.

Because sometimes, finding your way back to yourself is where a whole new journey begins.

With love,

Tammy

Founder, Moonstone Reiki | Reiki Master Teacher