

# I'm on my way!

Leila Lahfa learned Reiki 1 in November 2011 with Tripuri Dunne and me. She's been an inspiring student and familiar face at our sharing groups in Norwich, UK, so it was a pleasure for us to sit down together and discuss where Reiki has taken her.

I first met Leila when she walked into my clinic a year before she decided to commit to Reiki. We both had a feeling she would learn Reiki but as she comments, "it was a slow-burning process".

Leila had a treatment from me during a time when she was awaiting diagnosis for a health issue, she recalls, "my body felt back to normal after one treatment," and I didn't see her again for a year. When she came back to find out more about taking

First Degree she explained that a lot had happened. After being diagnosed with a benign pituitary tumour and prescribed medication to help reduce it, she had met another Reiki practitioner who had received a similar diagnosis, and successfully treated her own pituitary tumour with Reiki.

"Level 1 is really about self-healing and clearing the way, removing the blocks," Leila says. "It's not always been easy but I think it's been for my highest good." The medication she was prescribed came with no guarantee – it may or may not work, the doctors told her, as she agreed to give it a try.

Five months later, in November 2011, Leila received the Reiki 1 initiations over a four-day class. After the third day she had an appointment at the hospital for an MRI scan. I

## Leila Lahfa talks to Deb Hoy

offered to send some Reiki ahead of the scan to reduce anxiety, and the scan went fine. Leila gave herself treatments every day and has continued ever since. "Every time I do a self treatment I always thank the masters and the people who taught me. I think it's just such an amazing gift to hold quite literally in your hands," she enthuses.

Six weeks after her First Degree class Leila had her final appointment with the hospital, where she was told that her tumour had completely gone.



With such fantastic healing at the start of her journey, Leila has continued to flow with Reiki and open herself to more unpredictable changes. "Two weeks after I learned Reiki I was told I had to move house." Again, I offered support by sending some Reiki and in January 2012, after participating in a four-day Reiki share, Leila moved into a new

home with a landlady who practices Reiki 2, and met some wonderful new house-mates. "Suddenly I found myself living in a house of friends, with another Reiki practitioner, and a ready-made library of self-help books that have really aided my development," she says.

'Leila also attended one of my vision board workshops and collaged beautiful images of traveling to Thailand. I could see she had done her research as she brought a lot to the workshop, and within a month she'd booked her tickets and was on her way. Then, the day before her flight an unexpected illness struck: "I was in bed with heavy sweats and worse, I was in a state where I couldn't travel and felt embarrassed to ask Debs to send some Reiki." This may have been a 'healing crisis' that was accelerated by Reiki because by the time Leila woke the next morning, she

Right: Thai temple

felt fine, with no other symptoms apart from a stuffy nose. She made her flight with ease and went on to have a life-changing trip.

"Everything was really smooth from the moment of arriving – it all felt so magical, especially being the first time I'd travelled outside of Europe – and I met some really amazing people from all over the world, who I really gelled with. I self-treated every day, and remained in perfect health. In fact I was the only person on the trip who didn't get a tummy bug!"

Leila's paradise of Buddhist temples also showed her some uncomfortable truths, which prompted more big changes. "I realised that I wasn't happy with my life as it had been, so on returning to England I had to make some big decisions about my location and lifestyle."

Again her Reiki practice supported her through the challenges. "It helped to stretch me – it wasn't comfortable, but it helped me to grow, and I know that letting go of certain aspects of my life has been a step in the right direction," she says.

Leila's Reiki journey has also been about opening up to her creativity. After the class in November she created her own vibrant Reiki Principles poster and has gone on to discover The Artist's Way, purchase Photoshop Elements, and save up for a digital camera. "I've started to draw again after 10 years of being blocked, Reiki is helping me to get in touch with my creativity."

Her parents have also noticed the changes and have embraced Leila's foray into healing. "Despite raising an eyebrow, they have been really supportive and have both had really pleasant experiences of Reiki," she says. "My dad is a very grounded and practical man, but he got very excited when I gave him a treatment and kept exclaiming, 'I can feel it, I can feel the energy'. He absolutely loved



it and offered to buy me a treatment table. The experience really helped to deepen my connection with him."

As we chat, Leila and I are half way through another four-day Reiki share with our Norwich sharing group. She's on a mission to move to London, and after securing a place to live, has just had an exciting breakthrough with her job, morphing her current role with a leading eating disorder charity into a part-time position as social media coordinator. Leila laughs, "I put a big picture on my vision board that was entitled 'home office', now it looks like I'll actually need one!" She's amazed at the pace of change and the perfect opportunities that keep happening for her. Modestly she exclaims, "this sort of thing just didn't used to happen to me!" She attributes her string of successes to her daily practice. "Reiki has been about moving through the layers, and the hardest thing has been moving away from Norwich, I've wanted to do this for seven years and now through my recent experiences I've built up my confidence and found the courage to let go of the things that may have been hindering me, so my dreams can come together."

Leila is patient about learning Second Degree and feels confident that she'll know when the time is right for her to take her Reiki practice to another level. In the meantime we're enjoying talking about all the Reiki friends she can meet, and the various sharing groups that she'll be able to join when she arrives in London. □