

Interview with Myra Partyka

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Interviewed by Jane Bernstein

Myra Partyka is a Reiki Master trained in the Usui system of natural healing, as well as a certified hypnotherapist and a depth hypnosis practitioner (trained here at All That Matters by Isa Gucciardi). She teaches all the levels of Reiki at ATM and also sees clients on a regular basis. A pillar of ATM since 1998, Myra says, "It has been an honor to be part of that family – for my own personal growth and also to witness others in their unfolding."

First Encounter with Reiki

MP: About 15 years ago I was quite sick with Lyme disease, and my sister said, "Myra, why don't you try Reiki?" I didn't know what Reiki was at that time and thought it meant raking someone's lawn! My sister explained that it was a form of natural healing. So I went along, open to the experience. Well, that was it! After the first treatment, I felt so relaxed and experienced incredible peace. The stress in my body from the Lyme's disease was melting. When the dear teacher told me, "You can learn Reiki for yourself," I knew this was the direction to follow. I took off with Reiki, which at that time helped me heal physically, mentally, emotionally, and spiritually. I am so grateful for the gift of Reiki, which continually helps to support me in all areas of my life.

I also know Reiki can do that for others. Reiki has the potential for healing body, mind, and spirit, and we all need that so much today. Whether one is experiencing the daily stress of life, or a physical or emotional challenge, Reiki works.

What Is Reiki?

MP: Reiki is a form of non-invasive, hands-on healing that reduces stress and allows the body to relax, so the body's own self-healing wisdom can accelerate.

Evolving

MP: Since I've been teaching Reiki, it has been of great importance to me personally to heal and grow spiritually, so I may be of greater service to others. I continue to learn and take different trainings, a process which has led me to hypnotherapy, to past life regression therapy through the Brian Weiss Institute, to cranial-sacral work. All this has taken me to deeper levels of understanding and growth.

As I continue to learn and grow, I am able to bring this wisdom into my teaching, my practice, and my life – like a carpenter gathering tools, learning how to use and fine-tune them. More accurately, I'm realizing that I am an instrument for grace to flow through, and I humbly embrace that.

Cultivating Soil and Soul

MP: I've been a farmer all my life. I support my daughter wholeheartedly in the family business, The Farmer's Daughter Garden Center in Wakefield. Being one with nature, with the land, is part of my essence. Now I'm taking that to another place – farming and helping cultivate my own soul, and being the farmer and a witness to other souls as they, in turn, cultivate and do their own inner work.

Love for the earth – love for life – that's what inspires me. The solitude of pulling weeds and growing things in my vegetable garden, in my flower garden, feeds my soul. Walking...being with nature. The trees know my life; they're my witnesses. The birds speak to me, and I speak back to them too.

I have a wonderful relationship with the natural world, which nurtures me and, in turn, I bring the love of nature, of farming, into the work that I do. I feel that expresses through me as I teach and learn.

As I watch the flowers in my garden grow, I also witness and support others who come into my life as they learn or experience the gift of Reiki.

Graduates Take Their Reiki Training into the Community

MP: People are drawn to Reiki for many reasons. Some students train in Reiki for their own wellbeing. People share Reiki with their families. People work with animals. (A friend of mine works for a veterinarian. When she gives animals Reiki during a procedure, the veterinarian is able to give them less anesthesia. It brings a smile to my face because I wanted to be a veterinarian when I was young. We can share the gift of Reiki with animals and watch them soften. It's so beautiful.)

Quite a few students work with Hospice patients. Some have taken Reiki into hospitals. Others open their own practice. Some students go on to teach it. That has been my path: Here is the gift of Reiki, take it and share it with others in your life – because it's not to be contained. It's definitely to be spread for others' healing. It's a gift you receive, and it's a gift that keeps opening within you. It's a gift that you can give, and in that giving you receive.