Preface

Reiki found me long before I truly understood what it was. My late father—gentle, wise, and deeply in tune with spiritual truths—was the one who first introduced me to Usui Reiki. At the time, I had no idea just how profoundly his teachings would shape the rest of my life. His hands carried a quiet power, and he had a grace that needed no explanation. Through his example, I came to understand that healing is not only about energy—it is about intention, love, and connection.

For many years, I followed the path he illuminated for me, becoming a dedicated student of the Usui system and eventually stepping fully into my calling as a Reiki Master and Teacher. What began as a deeply personal journey of self-discovery and healing blossomed into a lifelong vocation: guiding others to awaken their own inner healer and reconnect with the universal life force that flows through all things.

Over the decades, I've had the privilege of initiating and teaching countless students from all walks of life. Each person comes to Reiki for different reasons—some seeking physical healing, others yearning for emotional clarity or spiritual grounding. Regardless of their starting point, one truth always remains: Reiki meets each of us exactly where we are and gently leads us back to ourselves. It is this universal accessibility and compassionate intelligence that continues to inspire me every single day.

Together with my husband, Paul Kerr, we founded Prana Vaidya, a healing sanctuary located in Azaadville, Gauteng, South Africa. *Prana* speaks of life force, and *Vaidya* refers to healing and knowledge. True to its name, Prana Vaidya is more than just a place—it is a sacred space for reflection, restoration, and spiritual awakening. It is here that we offer teachings, treatments, and a supportive community for those walking their unique path of light.

This book, *The Path of Light: A Complete Journey Through Usui Reiki*, is born from years of experience, loving encounters, and quiet moments of reflection. It is both a structured guide and a spiritual companion, created for beginners

and seasoned practitioners alike. Rooted in the original teachings of Mikao Usui, the content here honours tradition while embracing intuitive evolution—because Reiki is not a static system. It grows with us. It breathes with us. It flows wherever love is welcomed.

In sharing this book, my hope is to demystify Reiki for those who are new to it, and to deepen the understanding for those already walking this path. It is an offering from my heart to yours—filled with practical insights, energetic wisdom, and gentle encouragement for your personal transformation. You may find comfort, clarity, or perhaps even challenge within these pages. But most of all, I hope you find yourself.

As you turn each page, know that this journey is not taken alone. The Reiki lineage walks with you. The energy is always present, always loving, always ready. You only need to open yourself—to trust, to listen, and to remember.

To my father, whose presence still guides me.

To Paul, my beloved partner and soul companion on this path.

And to every seeker of light—this is for you, with my infinite gratitude and love.