



Reiki eZine by Taggart King

[Liberate Your Reiki!] The "21 Day" Thing: Is It A Good Idea?

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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The "Doing Your 21 Days" Thing



Where did the 21 day thing come from?

I wanted to talk a little bit about the "21 day thing": the 21-day self-treat or the 21-day clear-out after attending a First Degree course.

I'm a bit puzzled by this and I've been trying to fathom where it came from, and why it should be recommended.

I think this idea probably came into being because it echoes the story told about Mikao Usui's discovery of Reiki on Mt Kurama where, according to the story that Mrs Takata passed on, Usui Sensei went up Mt Kurama and fasted and meditated for 21 days, culminating in him being hit by a bolt of light, seeing symbols, and Reiki was born.

We know now that this isn't actually what happened: Usui didn't fast for 21 days up the mountain, though he did carry out something called the "Lotus Repentance meditation", and this did last for 21 days I believe.

But this was quite a formalised process - an established Tendai practice - and he went home at night after each day's meditation. In any case, this did not lead to the 'eureka' moment that Mrs Takata spoke about since Usui was already teaching his system before he carried out the first of his Lotus Repentance meditations, and he performed these meditations several times during his lifetime.

7 x 3 = 21

People have speculated and taught that the 21 consecutive days of self-treating is required because the energy makes a visit to each of a person's chakras three times during this period.

The emphasis on chakras within Reiki seems to have originated within Reiki's journey through the New Age movement, where some lineages have incorporated various New Age practices like crystals, spirit guides and Angels etc. Chakra work wasn't part of the original system.

And this three-times-through-your-chakras seems to me to be a bit of 'reverse engineering', where you have something that you're supposed to do, and then you back-track to try and find a justification for it, to make sense of it in your head.

Some suggest that if you carry out a practice for 21 days then you will have established it as a habit, and there may be something in that, actually.

Don't stop after 21 days!

The problem that I have with this idea of a 21-day practice is that some people "do their 21 days" and then stop, or have only a sporadic practice afterwards, as if once you've done your 21 days... that's it, you've cleared yourself out and you don't need to work on yourself so dedicatedly afterwards.

And I also have a problem with the idea that you have a clear-out just during that 21 day period and then you're sorted.

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