



Reiki eZine by Taggart King

[Liberate Your Reiki!] The Breath of Earth and Heaven

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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The Breath of Earth and Heaven



In this article I would like to talk about the energy that we work with when we practise Reiki: when we work on ourselves and when we share Reiki with others.

The energy that we channel is described in various ways: we are said to be working with universal energy, we are passing on unconditional love, or chi, or prana. But there are aspects of the energy that are not being explained through this use of words, and in this article I want to talk about the essence of Reiki energy. In doing this we will touch on Taoism, QiGong, Shintoism, meditation, breathing, chanting and the use of the Reiki symbols.

Now many people reading this article will be practising something called "Joshin Kokkyu Ho", an energy breathing method taught in the Usui Reiki Ryoho Gakkai, the Usui Memorial Society in Japan – part of a longer sequence of exercises referred to as "Hatsurei ho".

It was also used in Mikao Usui's original system, according to a group of Usui Sensei's surviving students who have been in contact with one or two people in the West.

Joshin Kokkyu Ho translates as something like 'technique for purification of the spirit' or 'soul cleansing breathing method', and on its own 'Kokkyu Ho' means 'the way of breathing'. When we use this method we are moving energy in time with our breath, into and out of our Tanden (Dantien in Chinese), it is a way of achieving balance, but there is more significance to this technique than simply moving energy through our bodies.

With each in-breath we are filling the body with ki.

This ki is yin in nature, it is the breath of earth, of physicality and the power of separation.

By contrast the out-breath distributes ki throughout our bodies. This is yang in nature, it is the breath of heaven, of spirituality and the power of unification.

So from the moment that we practise Joshin Kokkyu Ho we are experiencing earth ki and heavenly ki.

Earth ki and heavenly ki are what we are

In fact, earth ki and heavenly ki are what we are: we are physical reality and we are spiritual essence.

In Taoist philosophy, Earth and Heaven – along with Humanity – are known as the “Three Powers”. Humanity is in a pivotal position between the cosmic powers of heaven and the natural forces of earth, covered by heaven above and supported by earth below.

Qi Gong, the energy cultivation technique which is practised in Japan as ‘kiko’, allows us to work with these two energies and bring them into balance. Shinto practices also refer to these two basic energies, these two essential aspects of what we really are.

It is not surprising, then, that these two energies are the basis of Usui Sensei’s spiritual system, and latterly his healing system. When we practise Reiki we are working with earth ki and heavenly ki, in a conscious or unconscious fashion; when we channel Reiki, we are channelling either the ki of earth or heaven, because that is what we are.

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