



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Mindfulness And Compassion

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# Liberate your Reiki!

The eZine for Open-minded Reiki people

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## Mindfulness And Compassion



### The essence of Reiki practice?

In this article I want to talk about Mindfulness and Compassion, which I believe are two essential components of Reiki practice.

Whether we are treating others, working on ourselves, empowering others or living our lives with Reiki, we should grow to embody those two states, the essence of the Reiki precepts.

Let me explain...

### Reiki and Mindfulness

According to Usui Sensei's surviving students, Mikao Usui introduced his students to the practice of mindfulness at First Degree level, and emphasised this more at Second Degree level. According to the Concise Oxford Dictionary (9th Edition), to be mindful is to take heed or care, to be conscious.

Mindfulness or being mindful is being aware of your present moment.

You are not judging, reflecting or thinking. You are simply observing the moment in which you find yourself, fully aware. Moments are like a breath. Each breath is replaced by the next breath.

You are there with no other purpose than being awake and aware of that moment.

So mindfulness is a state of living in the moment, of being relaxed, calm and fully engaged in what we are doing. Mindfulness is being fully aware of what is happening right now and giving ourselves completely to our task without distraction. By learning how to enjoy and be in the present moment we can find peace within ourselves.

Like precepts, mindfulness is largely associated with Buddhism and it is a meditative practice that is not reserved for special meditation sessions: it is a practice that you can embrace as part of your daily life and when carrying out routine and mundane tasks.

The best guide that I have found to the use of mindfulness as part of your daily life is the following book, written by Thich Nhat Hanh: "[The Miracle of Mindfulness](#)" and I recommend that all Reiki practitioners and teachers obtain a copy and practise being mindful during their daily activities.

I believe that Mikao Usui's precepts are all about mindfulness, and that when we are exhorted by the precepts to "just for today" release anger and worry, we are being guided to exist as far as we can in a mindful state.

Anger and worry are distractions, you see, and if we can exist in the moment by being mindful then we will not dwell on the past and beat ourselves up for things that did not go the way we wanted, and we will not dwell on the future, perhaps worrying about things that have not yet happened.

We can learn to release our attachments to the past and the future and just "be" now, content and accepting in the moment, by learning to be mindful.

### **Reiki and Compassion**

The final precept, that of being "compassionate towards ourselves and others" is for me an exhortation to be gentle with ourselves, to be patient, to be light-hearted, to not take ourselves quite so seriously and above all to be forgiving – first of all of ourselves but also of others.

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