



Reiki eZine by Taggart King

[Liberate Your Reiki!] A Simple Way With The Reiki Symbols

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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A Simple Way With The Reiki Symbols



Why so complicated?

In the West we like to make things complicated, and the way that most of us now use symbols is a world away from the simple approach that Usui used.

So how can we work with symbols in a way that echoes more the way that Usui taught his students?

Well firstly, Usui taught symbols to a very small number of people, just in the last few years of his life. The vast majority of his students were taught in a very different way.

Most of his students were given meditations to use so that they could, over a long period of time, become more and more familiar with the three energies taught at second-degree level, for example. Once they were thoroughly familiar with the energies, once they had *become* the energies again and again, then they were given a shortcut - a trigger - to connect them to those energies.

The triggers that they used were mostly ancient Shinto mantras called kotodama or jumon, not symbols.

In the West we do it backwards by comparison: we are given a trigger (a symbol) to connect us to an energy that we are not familiar with, and with which we may never become familiar, depending on how we have been taught to use the symbols. Usui had his students become the three energies again and again and again, and when they were ingrained, when they were innate, only then would you be given a way of connecting to the energies that were already within you and thoroughly familiar to you.

The symbols' energies were viewed quite differently

The first energy was not seen as some sort of 'Power' energy, in the way that the first symbol is seen as the 'Power' symbol in the West.

The first energy was simply earth energy, energy of the physical body, a physical healing energy. The second energy was seen as heavenly energy and the third energy was said to produce 'oneness'. Usui's students learned to get to grips with these energies through meditation, so how can we learn to experience earth energy and celestial energy?

Well, we can do this by using the symbols.

Try this Reiki symbol meditation

Sit comfortably in a chair with your eyes closed and your hands resting in your lap palms uppermost.

In your mind's eye, visualise the first symbol up in the air above you, and say its name silently to yourself three times...

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