



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Reiki Simplicity... And SANDWICHES!

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## Liberate your Reiki!

The eZine for Open-minded Reiki people  
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### Reiki Simplicity... And SANDWICHES!



In the West, there seems to be this insidious tendency to make things unnecessarily complicated, almost on the basis that if it's more complicated, it is better. We have to take things and make them bigger and better; we have to add stuff.

In Japan, of course, they seem to go in the opposite direction, paring things down to the bone, getting rid of any unnecessary frills and flourishes, leaving us with the pure essence of a thing, simple and elegant. Think of Japanese garden design, flower arranging, the tea ceremony, and you will see what I mean.

This contrast can be seen in the practices of Western Reiki and original Japanese Reiki.

#### **Fiddly attunements vs simple empowerments**

Western attunements tend to be quite complicated affairs.

There are lots of different Western ways of connecting you to Reiki, some of them quite contradictory in terms of the way that they are supposed to work, but they do all work. Some have lots of puffing and blowing; some are more restrained. Some have lots of tapping and patting, others don't, some attune your hands, and some attune your fingertips.

Some have different rituals at Reiki 1, Reiki 2 and Master levels, while others have exactly the same rituals but you repeat the process a different number of times at the different levels. They all involve your head: they are busy, you are drawing symbols, saying names, putting things in different places, saying various affirmations in your head and imagining things.

The Japanese approach is rather different.

The way that Mikao Usui empowered people was simplicity itself, and his surviving students are passing on a simple, elegant connection ritual called 'Reiju', which is a way of conveying what Usui Sensei bestowed on his students.

Reiju is the same in its form at all levels and is a lovely energy dance, rather like following the flowing form of Tai Chi or Qigong. Reiju is not a 'head' activity, because you simply merge yourself with the energy and follow the form. It is a real pleasure to carry out, as anyone who has learned it will attest. Reiju is pure simplicity.

### **Rigid Reiki hand positions vs freestyle**

In some Western lineages there are rigid sets of hand positions that you have to follow, in all treatments.

Some people are taught that not only must they always use these 'correct' hand positions, but they must also spend a set amount of time in each hand position. They move their hands like robots from one position to another on hearing a 'bell' on one of a number of special CDs used as a guide.

Yet Usui's method took a simpler approach: rather than following a standard set of hand positions, you were expected to work at developing your intuition so that your hands were moved by the energy to the right places to treat. The hand positions you used would change from one person to another, and from one treatment to another within the same person, based on their individual energy needs; a simple and elegant approach, free from dogma and rigidity.

### **Reiki symbol sandwiches**

But it is in the use of the Reiki symbols, the Reiki energies, where there is perhaps the greatest gulf between Usui's original method and the techniques used in the West....

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