



Reiki eZine by Taggart King

[Liberate Your Reiki!] Let's Talk About Reiki Initiations...

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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Let's Talk About Reiki Initiations...



Do we connect at all?

It all starts with a connection, doesn't it? We "attune" to the energy, connecting them or hooking them up to a source of energy that they did not have access to before... or do we?

Are we connecting people to something external to them?

One of the important principles of the original system was the concept of 'oneness' and in fact one of the goals of the original system was to experience this state, by working with meditations and/or kotodama at Second Degree.

The idea here is that what we experience as reality is said to be 'illusion' : the notion that we are individuals, separate and distinct from other people, is an illusion, and ultimate reality is oneness. There is no me, there is no you. In fact one way that you could explain distant healing is by saying that there is no problem in 'sending' the energy to another person because there is no other person and there is no you!

And in that light, how could there be something external to us that we 'connect' to, how could there be something that we were not 'at one' with: we already have the connection.

So what does the attunement do?

Well we could see the ritual as a way of directing the student's attention in a particular way, helping them to recognise or notice something that has always been there.

I like to explain this in these terms:

Imagine that you are visiting a friend and you walk into their lounge. They say to you, "can you hear that high-pitched noise?". You can't hear anything, well not to begin with, anyway.

Then you listen, you really listen, you focus your attention in a new way, in a different way from how you were paying attention when you first walked into the room... and suddenly you can hear the sound because you have 'tuned in' to it.

You have been 'attuned' to something that had already been there, and you were only attuned to that sound through the intervention of your friend, who asked you the right question.

And to take this metaphor a little further, does it matter exactly what wording your friend uses to direct your attention to the sound that you couldn't initially hear?

No, of course not, there are many ways of asking someone to pay attention to a 'mystery' sound.

Your friend needed to be there in some way to facilitate the process, but the detail of what they said isn't so important. Their intention in directing your attention in a particular way is what's significant.

And in fact they didn't even need to have been in the room: they could have called you on the telephone and asked the question, or they could have left you a note to read. The end result would have been the same: the intervention of a third party, in some way, helping you to 'tune in' to something that had already existed and which you had the potential to experience, but didn't until your friend helped to point you in the right direction in terms of your awareness.

That is what attunements do.

Where did attunements come from, and which are the right ones?

It seems fairly clear that Usui Sensei did not attune anyone to anything: he did not use attunements. He empowered people using intent.

Attunements only came into being after Usui's death when the Imperial Officers got together and created a ritual that gave them the same sort of experiences that they had noticed when being empowered by Usui.

They had only trained with Usui for a relatively short space of time and would not have reached the level where they would have been taught how to empower others, so they put together their own ritual.

And what was this ritual, exactly?

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