



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] A Simple Way with Symbols

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Liberate your Reiki!

The eZine for Open-minded Reiki people

25th November 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

Liberate Your Reiki!

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It's Monday, so that means "Reiki Article Day" Mondays and Wednesdays: take 5 minutes to read a Reiki article

Reiki articles for you to read on Mondays and Wednesdays. Each one will take about 5 minutes or so to read, and hopefully you will find something interesting, informative, helpful or thought-provoking, maybe even challenging.

So without further ado, here's....

Today's Article "A Simple Way with Symbols"



Hiya,

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.

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So, that's all from me for today.

Take care,

Taggart ;)

Taggart can help you to *reclaim your authentic self*, letting go of any anxiety, low self esteem, excess weight, to emerge again as the person you used to be.

“These sessions have been truly life changing and I find I now have so much more energy to devote to work and creative projects. I can more easily embody the essence of my true self now and after years of struggling with anxiety, I cannot get over just how remarkable this actually is.”

- CM

Make the decision to explore a more positive future, and click here: www.taggartking.co.uk

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution www.reiki-evolution.co.uk

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