

Finding the Truth within.

By Heiné de Waal – 16 October 2013

Reiki has become a worldwide and popular healing modality. Most people do not realise that Reiki is more a way of living than just a hands-on healing. Usui developed Reiki in the 1920's as a technique to develop spiritual growth. The hands-on healing was merely a by-product of this practice. Most people today learn Reiki for self-application or to use on family, friends and pets. The most valuable gift of Reiki is to develop our spirituality by finding our own Truth.

The topic of spirituality can be vague and easily be confused with religion. People sometimes argue or even fight about the existence of God, but spirituality is about expanding our awareness through a process of inner realisation. The more we get to know ourselves, the closer we will get to understand the concept we call "God". This happens through gaining knowledge and learning from past experiences. Our level of consciousness increases as our spirituality grows and Reiki can help us with this process.

The Usui Reiki system of natural healing consists of 5 elements, the initiation (*reiju*) process; the symbols with mantras (*shirushi & jumon*); breathing and meditation techniques (*kokyuhō*); hands-on healing (*tenohira*) and the 5 Reiki principles (*gokai*).

The 5 Reiki principles are based on Buddhist principles and can be seen as Life Principles. Usui developed these principles from the inspiration of some beautiful poems written by the Meiji Emperor (1868-1912). There are different variants on these principles, due to the translation from Japanese to English.

For today only,
Do not anger,
Do not worry,
Be humble/grateful,
Be honest in your work,
Be compassionate to others and yourself.

As practitioners of Reiki, we live by these principles. They are wonderful guidelines to live a spiritual life. When we analyse the Reiki principles, we discover the wealth of information it contains. The principles teach us to experience life in the moment, to become aware of our emotions, to accept what ever life is presenting us, to be grateful for what we have, to have integrity in what we do and to develop compassion for other's suffering. If we live by these principles we would have a life of joy and peace. What more can we ask for?

Reiki is meant to be a way of living and if we apply Reiki in our day-to-day living, we will discover the true gift of Reiki. The daily breathing exercises help us to quiet the mind from irrational thoughts. We are so easily caught up in our daily worries and not accepting what life is presenting us with. Reiki can help us to become at peace with our circumstances and work towards finding solutions to our problems.

When practitioners of Reiki learn the Reiki symbols, they open a more creative mind. We all are creative to some degree, but so often people think that only artistic people can be creative. To create is part of our being and it is important to make use of it. If we don't, our lives become dull and mundane. Reiki teaches us to ignite this creativity with the use of the Reiki symbols.

Another tool in the Reiki-box is the ability to heal with hands. If we adopt a daily practice of self-treatment, we expand our awareness of the body. It is important that we are familiar with the sensations in our bodies, because it will tell us if something is out of balance. The sooner we can address the problem, the better our chances are of healing. Hands-on healing can also help us bond with our pets.

So Reiki teaches us to find our own Truth within, but what IS our own Truth?

This is who we truly are and it sits in the core of our being. It is that part of our soul that decided to be present on this earth plane. Once our minds become adjusted to the world we live in we tend to disconnect from this core and only rely on the ego. What we don't realise is this core or essence carries all the information needed to flourish in life.

Each person harbours its own Truth. There are absolute truths which are external and the same for everyone. Absolute truths are factual, measurable and scientifically proven. Personal or perceptive truths are our *own* truths. They are our own perceptions and are important to us. That what we choose to believe as the truth, can be correct or incorrect as an absolute truth, but could ultimately be true for each person respectively. Reiki can help us to find this Truth, to remain connected to this core and to live our own Truths. What a wonderful gift that will be - forever!

*"The most beautiful things in the world cannot be seen or even touched;
they must be felt with the heart."*

~ Helen Keller ~