



Four Aspects: Mystic Order

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The Fourth Aspect of Usui Shiki Ryoho is described as Mystic Order. When we see the words of the other 3 aspects: Healing Practice, Personal Growth, Spiritual Discipline it is fairly easy to understand on some level what they are about. Mystic Order is more... mysterious!

I learned from Phyllis Furumoto, who came up with this description, that she was thinking of the orders of monks and nuns who live in community with a shared spiritual practice. Reiki people don't generally live together, although we may be neighbours, but we do share a spiritual practice and there is a feeling of community.

What Mystic Order also refers to, I understand, is the way practicing Reiki seems to bring a particular quality of connection with each other. We live in a time when we have lost many of the old communities we had: the village, street or extended family. Many people feel this loss, even unconsciously. People these days are often suspicious of each other and we are taught to trust less. Yet we yearn for the comfort and support being friendly with other people brings.

My First Degree students often comment, at the end of the course, on how they feel a strong kinship with their fellow students. People who were strangers on the first evening often feel as if they have been friends for years by the end of 4 days. This kind of connection is also there when Reiki people gather together, whether it is at a Reiki share (where people give each other Reiki treatments) or other event.

This kind of connection happens even without talking too! I was at a Reiki share recently and there were 8 of us. Instead of splitting into 2 groups of 4 people, this group of people decided they would like to receive Reiki from lots of hands at the same time! So we had one big group, 7 pairs of hands on each person being treated. We treated in silence, so there was little social chat. Yet by the end of the evening there was a deep sense of connection. This was Mystic Order.

I have attended Reiki events in the UK and other European countries, USA and Australia and everywhere I have found the same feeling of kinship and connection amongst the people gathered for a Reiki event. We share common mystical experiences. Reiki also seems to bring us healing for our loss of community and help us to feel part of a greater community: the human family.

For me personally this aspect of Reiki has also helped me to feel more comfortable in groups of people and I have also derived great nourishment and support from the Reiki community. I have discovered how important connection is, even though it can be challenging at times, and learned that for me it is an essential quality of a spiritual life. The more I have practiced Reiki, the greater my sense of connection: with myself, with my family and friends and with my Reiki community.