



Four Aspects: Healing Practice

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As promised here is the first of four articles about the Four Aspects of Reiki. As I said in my last article it is often the Aspect of Healing Practice that draws many people to learn Reiki. What I have observed over the years is also that it is often a search for help with a physical problem that is a primary reason to learn. Sometimes this is for a family member, but more often people are looking for help for themselves. Many people learn Reiki after receiving treatments for some illness or problem and then choose to learn to continue with their healing.

I am reminded of the story we are told about Dr Usui: he was inspired to go on his quest by the question of how, in reality, Jesus was able to put his hands on people and they were healed. I have a sense that he was thinking in a very practical and physical way: about the healing of the body, rather than the mind, emotions or spirit. He did not find the answer to this question in America, where perhaps the focus was on more physical matters. It was only when he recognised that similar stories were told about the Buddha and returned to Japan that he was getting closer to his goal. But even as he continued his search he was told many times by the monks that they left physical healing to the doctors: "Because without the healing of the spirit there is no true healing", they said.

It seems Dr Usui continued to ignore this advice until after he had received his revelation on the mountain and begun his work in the beggar quarter in Kyoto. Having worked there for three years, he met a man he had healed who was begging again, all

of his symptoms having returned. At that moment Dr Usui realised that he had been focusing only on the physical ailments and when these were healed, sending people away. He remembered the words of the Buddhist monks and saw that healing was about far more than the healing of the body, indeed that the healing of the body is impossible if there is still healing needed in the mind, emotions or spirit. Part of his solution to this was to develop the Reiki Principles, which invite us to heal aspects of ourselves other than our bodies.

Many students of Reiki go through a similar exploration in what healing means, finding there is more to becoming healthy than having relief from symptoms. This, for me, is one of the wonderful things about Reiki. It helps us to restore balance not just in our physical bodies, but (perhaps more importantly) in our minds, emotions and spirit, bringing a deeper sense of contentment.

Reiki students are blessed with a variety of ways to practise: treating themselves, treating others and also receiving treatment from others. All are equally important and valuable aspects of Reiki as a Healing Practice.