



## The Four Aspects

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In October I attended The Reiki Association Annual Gathering at Buckland Hall, near Brecon in Wales. Reiki Gatherings have been held in this beautiful venue for a number of years now and it always feels like going home, as it is lovely to return to a familiar place with lovely landscapes, comfortable accommodation, good food and Reiki friends old and new to meet.

Usually there is a guest speaker and this year we were lucky enough to have two: Paul and Susan Mitchell. Paul and Susan were both initiated by Hawayo Takata, so have much to share about their experiences of knowing this amazing woman. Paul has also worked closely with Phyllis Furumoto over the years to help create a definition of the system of Reiki we practise and teach (Usui Shiki Ryoho).

The theme for the weekend was the Four Aspects of Usui Shiki Ryoho. These Four Aspects are part of this definition and as Paul explained to us, came out of the discussions with experienced Masters about what this way of practising Reiki, passed on to us Hawayo Takata, is all about.

The Four Aspects, in case you have not already heard of them, are: Healing Practice, Personal Growth, Spiritual Discipline and Mystic Order. When you learn Reiki in the context of Usui Shiki Ryoho these Four Aspects are what you receive as potential in your life with Reiki. During the weekend the Reiki practitioners present explored what each of these Aspects mean in their own lives and experience of Reiki.

One of the things Paul explained to us is that these Four Aspects are often like doorways through which we enter our practise of Reiki. In other words it is

because we are seeking one of these Aspects that we come to learn this healing art. For many people it is the Aspect of Healing Practice that is the primary 'doorway': we learn Reiki because we are looking for some form of healing for ourselves or our family or pets. Some may be looking for something that will help them to grow and develop as a person - so the Aspect that draws them is that Reiki is a tool for Personal Growth. Some seek more spirituality in their lives - sometimes it is just a feeling of 'something missing' - and so enter through the doorway of Spiritual Discipline. And some are seeking a feeling of community that is beyond the usual family and work situations: the Aspect they are drawn by is what we call Mystic Order. As we practise Reiki we find that each of these Aspects in turn shows its gifts and helps us towards a more balanced, healthy and happy life.

I really enjoyed having the time to explore these Four Aspects in more depth with Paul and Susan and to hear about how they are seen and experienced by others in the Reiki community. There were touching and moving experiences shared as well as fun and laughter (indeed one of the most moving sharings also had us rolling in the aisles because the storyteller had such a great sense of humour and wit).

I will write in more detail about each of the Four Aspects in forthcoming newsletters, so look out for them!