



Four Aspects: Spiritual Discipline

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Spiritual Discipline is the third of the Four Aspects of Usui Shiki Ryoho, which are the benefits you receive when you practice Reiki in this system.

Have you noticed how good it feels when you take time out and take a walk in a beautiful natural place, such as a wood, by a river, or even your garden? Your spirit is nourished by the natural energy around you. Giving and receiving Reiki is very similar for me. It can bring a similar sense of stillness and peace that is often missing in our busy modern lifestyle. In my Reiki teaching I have noticed that many people are searching for some regular way to nourish their spiritual selves and often find they do it through Reiki. Sometimes they are unaware that a spiritual aspect to their lives is what they are seeking. Often they cannot put that benefit into words.

When we receive Reiki, whether through treatments from another or self treatment (if we have learned Reiki) we have this possibility of finding a stillness similar to that found through meditation prayer or a walk in nature. Reiki encourages our minds to slow down, allowing greater awareness. Insights and intuition often come to the surface. This is often accompanied by a greater sense of connection with all that is.

So what about this other word: discipline? For some this word has negative associations and as a somewhat disorganised person it was quite a challenge for me! What I have learned over the years of practising Reiki, however, is that Reiki offers a great gift in the spiritual discipline we are taught. Like other spiritual paths there is the

suggested daily practice of self treatment. At first it can take real self discipline to treat yourself every day. It is easy to forget or not bother. However those students who have set themselves the challenge, or submitted to the discipline, soon find that it becomes an essential part of every day. I know I am not alone in finding that on the days I don't do a self treatment I feel something is missing and often life seems to go less smoothly. My daily Reiki treatment is a regular re-connection with something that supports me and nourishes that part of me that knows life is good, even on a challenging day! This kind of benefit is also experienced through receiving regular Reiki treatments from another person.

Reiki in this system also offers the discipline of a basic form of hand positions for giving treatments. This means that I don't have to worry about where to put my hands next, leaving me free to be more present and aware of sensations in my hands, the person's breathing and the flow of energy. For the person receiving the treatment they can relax more because they know what position is coming next. Together we create a space for the Reiki to flow in a way that brings a feeling of peace and stillness, just like that walk in nature.

So for me the aspect of Spiritual Discipline is a gift of this System that I am deeply grateful for.

If you have missed the previous articles on the Four Aspects you can either find them on my website or contact me and I'll send them to you.