

REIJU:

The Spiritual Gift

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http://www.aetw.org/d_reiju.html



It is said that Mikao Usui gave each student 'Reiju' (i.e. an empowerment / energy-blessing) on a regular basis.

When received regularly over time, Reiju is generally perceived to have a deep, accumulative effect, (often greatly enhancing the experience / perception of Reiki initially awakened in the student during the initiations received at each of the 'standard' levels within the Takata Lineage).

The term 'reiju' is commonly written: 靈授 - the 授 character implying: to *give / grant / confer / impart* etc.

However, the term Reiju is a 'two-sided concept'. 靈授 is one half of the concept.

The other, complementary half of the concept is written is 靈受 (also pronounced 'Reiju') - with the 受 character implying:

to *accept / undergo / get / receive* etc

Thus, Reiju implies: 'to confer/receive Spirit [or a Spiritual Gift]'.
The concept is all about 'Giving and Receiving' - the *sharing* of a Spiritual Experience

Apparently, students would attend training meetings on a regular basis, and at the end of every meeting, during a meditation session, would receive *reiju* to further deepen and strengthen their connection, and develop the quality of their experience of the phenomenon that is Reiki.

The following is probably the most popular of several versions of the recently 'rediscovered' reiju empowerment process.

[Of course, this is merely a description of the physical 'form' of the process - the *inner* aspect: the energetic/spiritual component of sharing reiju with a student, cannot be learnt from a written description.]

IMPORTANT NOTE:

Some people, it seems, mistakenly believe that the knowledge of how to perform the reiju procedure (or, for that matter, the western Reiki initiation/attunement procedure) must be kept secret

- that if the procedures become common knowledge, then anyone (even non-Reiki people), by learning how to perform them, will gain the 'power' to awaken the Reiki ability in others.

But this is not the case.

"One cannot give what one does not have."

The reiju and initiation/attunement procedures are methods for *sharing* the Gift that is the Reiki ability.

If you haven't 'received' the Reiki ability yourself, you cannot 'pass' it to another - cannot awaken the ability in another - no matter how much you, as a Japanese friend of mine puts it: "wave your hands about, visualize *shirushi*, chant *jumon*, or 'intend' it to happen."

The Reiju Process:

Note: Initially recipient should sit upright yet relaxed on a chair, with their hands in their lap, feet flat on the ground .

Be mindful of your intent to share *reiju*. Generate true compassion in your heart, and 'connect' to the Reiki Source.

[Some sources suggest connecting to Reiki by chanting the DKM Kotodama]

Standing in front of the recipient, perform *gassho* and bow once. Touch the recipient lightly on the shoulder to indicate that you are about to begin the sharing of the *reiju* experience and that they should place their hands in the *gassho* mudra (prayer position).

Raising your arms high up above you, look skyward, and deeply feel the Reiki in your hands.

Bring your hands down so as to rest horizontally above the recipient's crown, index fingers touching one-another at the second joints, while the other fingers remain relaxed.

In one smooth continuous action, move your hands down in front of the recipient, with mindful intent, visualizing a line of energy (- a line of light) entering via the crown, and flowing down through the centre of the body to the base of the spine, opening and clearing each and every energy centre as it does so.

[Some sources suggest visualizing the energy flowing down to the *seika tanden* (abdominal area) rather than the base of the spine.]

Your hands should now be at the level of recipient's knees. Separating your hands, move them out around the sides of the knees and on down the sides of the legs, coming to rest palms down, close to - yet not touching - the floor.

[Some sources suggest that with mindful intent, you should ground the Reiki by visualizing it flowing into the earth, touching the floor as you do so.]

Slowly and smoothly arc your hands back up to a position above the recipient's head once more, standing straight in front of them.

Bring your hands gently down so as to rest horizontally about 3 - 5 inches above the recipient's crown (i.e. touching their aura), palms facing down, this time with thumbs touching.

[Some sources suggest one hand should be placed on top of the other]

Allow Reiki to flow into the recipient's crown for about 10 - 15 seconds or more as you intuit.

When you are ready, mindful of the outline of the aura, move your hands out and down to either side of the recipient's head (at about the level of the temples) - palms facing each other.

Again, allow Reiki to flow into the recipient's head for about 10 - 15 seconds or more as you intuit.

Next, move your hands in front of the recipient's face, forming a triangle with your index fingers and thumbs. The other fingers are very slightly splayed, palms are facing towards the recipient. The centre of the triangle frames the recipient's third eye.

Again, allow Reiki to flow into the recipient's brow for about 10 - 15 seconds or more as you intuit.

Move to the side of the recipient, place one hand in front and one behind the recipient - palms facing each other - at the level of their throat.

[Some sources suggest, at the level of their mouth]

Once more, allow Reiki to flow into the recipient's throat for about 10 - 15 seconds or more as you intuit.

Move your hands down behind and in front of the recipient's heart/thymus region.

Again, allow Reiki to flow into the recipient's heart/thymus for about 10 - 15 seconds or more as you intuit.

Bringing your fingertips together, smoothly move your hands down and around the recipient's hands (without touching them), which are in the *gassho* mudra (prayer position).

Allow Reiki to flow into the recipient's hands for about 10 - 15 seconds or more as you intuit.

Smoothly separate your hands and move them downwards, close to the floor.

[Some sources suggest that with mindful intent, you should ground the Reiki by visualizing it flowing into the earth, touching the floor as you do so.]

Now bring your hands together, palms facing upward, the tips of the little fingers making contact so as to form a scoop.

In one smooth continuous action, swiftly move your hands up in front of the recipient (as if scooping the energy and returning it to the source) - with mindful intent, visualizing the line of energy (light) running from the base of the spine up through the centre of the body, through the crown, to the sky - firmly establishing the recipient's connection with Reiki.

[Some sources suggest visualizing the energy flowing up from the *seika tanden* (abdominal area) rather than the base of the spine.]

As you complete the movement, part your hands - open your arms.

Perform *gassho* and bow.