

Definition of Reiju: Spiritual Blessing

Excerpts from an article by

Article by: Frans and Bronwen Stiene

In Japan, reiju is the name given to the method a teacher uses in order to communicate with individual students on an energetic level.

In the process of moving from Japan to the West, reiju changed a number of its aspects including its name. In the West its altered form is usually known as an attunement, initiation or transformation.

Communicating Energetically

Teaching, and being taught, is all about communication. In a Reiki class students will not only study the five major elements of the system of Reiki. They will also learn about the history of the system, what Reiki is (and perhaps isn't), and experience Reiki personally.

Methods to aid learning are: listening to the teacher's knowledge, reading the manual, practising the techniques taught, and picking things up and processing them energetically.

Energetic communication occurs throughout our daily lives. An experienced teacher will be aware of this phenomenon, working consciously with it in class. Ueshiba Morihei, a Japanese mystic from the early 1900s and the founder of aikidô, once had a student come to him with this question, "Sensei, why is it that when I practice with you in the dôjô my work is so smooth, yet when I practice at home alone I can never achieve these same heights of excellence?" Ueshiba replied, "Because in this dôjô you are One with me and I am One with you."

In apparent acknowledgement of this phenomenon, Usui Mikao, the founder of the system of Reiki, formulated the concept of reiju: a method to develop the energetic connectivity between student and teacher by bringing it into the conscious arena and building upon it.

Reiju is thus a concentrated energetic communication between teacher and student. The teacher and student reach out to each other and in moments of true connection, with the support of reiju, they become One energetically.

It is a potent tool for Reiki teachers to support them in developing their skills and working toward replicating the expertise of practitioners such as Ueshiba or Usui.

Making Reiju Work for the Teacher and Student

For reiju to be truly effective there needs to be active participation in the ritual from both the teacher and student.

The student may think - I just have to be here and the teacher will make it all happen.
The teacher may think - I just have to do the ritual and something will happen.

Such thoughts by the teacher and student do not lead to optimal energetic communication.

The student's responsibility is to him or herself; to be as open as possible in order to access the healing and deeper understandings that energetic practice can provide. There needs to be a willingness and openness to self-heal rather than a waiting for others to do the healing. This

motivated approach opens students to the possibility of complete communication with the teacher. It is where two consciousnesses share the same experience. The more energetically developed students are, the more aware and conscious they will become. Receiving reiju regularly is an ingenious method to continue this development.

Initial experience = Initiation

During reiju students may experience themselves as being One with the universe; that the universe is them and they are the universe. Or perhaps there is a complete sense of profound inner peace. This type of student experience is not unusual during reiju and is usually temporary rather than permanent. It can be labelled as an initial experience. This initial experience is a reference point for students' inner Reiki work. It offers students insight into where solid practice with the elements of Reiki can lead them. It is the metaphysical carrot dangling in front of the human donkey.

The words 'initial' and 'initiation' both come from the same Latin word meaning 'beginning'. For this reason it is possible to see how the word reiju may be translated into English as initiation. With the student being able to recall the fleeting experience from reiju at any time, there is produced an initial place to begin; a place where students can formulate their current understandings and discover a path to follow.

The Ritual

It is believed that Usui Mikao would sit opposite a student, create an energetic space and reiju would transpire. There was no physical ritual involved. Usui was likely able to do this due to a life that had centered intently on continual spiritual development.

Eguchi was also known to work in this way. Professor J. Rabinovitch writes of her teacher, "Miss Endo [a student of Eguchi] (then aged around 97 in 1994) ... initiated me without my knowing it, just by putting my hands under hers (I had no idea what for at the time) for a longish period of time and then telling me just to 'keep practicing', saying my hands were very good."

A reiju with physical movement was used by some of Usui's teacher students. This method is a direct descendant of the reiju that is taught today. It is unsure whether Usui actually taught the physical ritual for reiju or if the students themselves introduced it in an effort to replicate their energetic experience with Usui.

According to Tendai practitioners there is a strong link between the execution of the practice called go shimbô and the physical ritual of reiju. Go shimbô is practised in Mikkyô (esoteric Tendai) and is known as 'Dharma for Protecting the Body'.

During this physical reiju, the student sits in meditation while the teacher performs a specific pattern of movement around him or her. As with the non-physical reiju no symbols and mantras are used and the reiju does not 'attune' the student to the symbols as is sometimes believed in the West. There are also no differences in reiju for various levels as has developed with Western attunements. This is because each reiju supports the student in clearing stagnant energy and deepening the understanding of energetic work. Therefore, the more often one receives reiju the deeper one can go into the system of Reiki.

Through the originality of the system of Reiki, all is possible.