



Butterfly Blessings

Summer Newsletter

2005



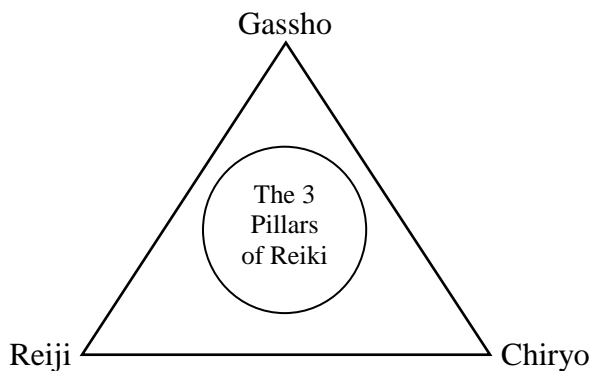
“The Three Pillars” of Reiki

As students of Usui Reiki Ryoho one of our obvious and main sources of inspiration and learning should be the actual teachings and experiences of The Founder, Master Mikao Usui.

Fortunately for us, in recent years much of what Master Usui actually practiced and taught has been discovered and brought to light. Much of this discovery is due to the research and writings of the well known Reiki Teacher and author Frank Arjava Petter, whose books I highly recommend.

One teaching of Master Usui which all reiki people should be familiar with in order to have the proper understanding of the practice and application of this wonderful art is referred to as, “*The Three Pillars of Reiki.*”

The “Three Pillars” are the distillation of Master Usui’s understanding of the vital essence of Usui Reiki Ryoho, based upon his lifetime of intense practice and research combined with his pure intention and great compassion. Here they are, followed by a brief description of their importance and meanings:



1) **Gassho:** “Gassho” means, “to bring the two palms together” as in prayer position, and is also symbolic of the meditative aspects of Usui Reiki Ryoho. Master Usui felt that Gassho was

the central key to his system, and recommended that students sit twice daily with hands together and contemplate and meditate upon the “Gokai” or Reiki Principles. Try it for yourself for one month and the results will be evident if you are sincere and disciplined about it.

* The “Gokai”

For Today Only

Do Not Anger

Do Not Worry

With gratitude work diligently

Be kind to others

*by Rev. Hyakuten Inamoto

- 2) **Chiryō:** “Chiryō” means treatment, and is symbolic of the multitude of reiki healing methods for self and others. These treatment methods run the gamut from the practical hands-on reiki healing methods, to the more esoteric ways of working with the subtle nuances of reiki healing energy.
- 3) **Reiji:** “Reiji” means “being guided by spirit.” Known primarily as “reiji-ho” which is a treatment method for being guided by spirit before and during a reiki healing session, it is actually symbolic of much more. Reiji is the goal which all reiki students and teachers should be aspiring to – releasing the ego/small self in favor of reliance upon guidance from spirit (or, “rei”). This is for most of us no simple matter. In our culture virtues such as surrender, yielding, softness, sensitivity, humility, discipline, etc... are generally misunderstood and have a negative connotation. Of course, they are actually the foundations of true strength and of the reiji skill. As many great teachers have taught, “empty yourself and be filled.”



