

Good to talk

By Fiona Wales

It is ironic that such a quiet and peaceful therapy is so reliant on speech, yet in many ways the use of the oral tradition within Reiki serves to perfectly illustrate balance: highlighting the needs for noise and quiet, inner and outer relationships, and different focuses at different times. The oral tradition in Reiki is hardy and versatile; it has survived language barriers and has remained amazingly intact over the decades since Mikao Usui first began talking of it in the early 1900's. Since then, vast quantities of people have shared its secrets, passing them on to others, and in many cases the message has stayed pure. This word of mouth practise goes hand-in-hand with the careful maintenance of a strong and provable lineage, ensuring that the technique, as well as the purpose, of Reiki stays true. It is imperative to keep sight of the original teachings that form the foundation of both the healing, and of the foundational principles for living. In a modern society where so much information, and misinformation is available instantly online, and where companies offer online Reiki attunements, it is easy to lose sight of the role a Reiki teacher plays. Face to face teaching is essential in learning a practice like Reiki: the internet does not offer after-care, monitor individual progress, or give any supervision as the initiate progresses in their practise. Nor does it pass on attunements personally, ensuring that the seekers are able to receive and absorb the energy coming to them. Internet attunements do not necessarily keep bias to a minimum, and so without personally knowing your Reiki Master how can one ensure one is receiving energy and wisdom as close to the original teachings as is possible? Distillation of the ideals is Reiki's biggest threat, and it is the oral tradition that is best placed to prevent this from happening. The oral tradition affects every aspect of Reiki – word of mouth recommendations will bring clients to a professional practice, and are invaluable to a person seeking a practitioner or teacher. Giving interviews to the press can be a good way of passing information across local and global communities. Just by providing information about Reiki, we are ostensibly making help available for someone who might benefit greatly from it. Modern Reiki started with the teachings of just one man. Now with so many advocates pledging to pass on its traditions, how much more can we still achieve?