



# Universal Reiki Center

“Restoring the Power of Belief”

## **Our Inner Battle:**

There is an on-going battle/conflict within each of us: the inner urging for communion with GOD (*the totality and/or fulfillment of which is 'Nirvana' or 'Bliss'*) and the ever-present despondency and urging for sensory stimulation, which can never be satisfied. These daily (*momentary*) choices within are summarized as being: \*between good and bad habits; between temperance and greed; between self-control and lust; between honest desire for necessary money and inordinate craving for gold (*wealth/riches*); between forgiveness and anger; between joy and grief; between moroseness and pleasantness; between kindness and cruelty; between selfishness and unselfishness; between understanding and jealousy; between bravery and cowardice; between confidence and fear; between faith and doubt; between humility and pride; between the desire to commune with GOD in meditation and the restless urge for worldly activities; between spiritual and material desires; between divine ecstasy and sensory perception; between consciousness and egoity.\*

See: Excerpt info below.

Before there can be 'Peace on Earth' there must come an ever-present 'victory' of the battle within each of us! Once achieved, the global spread of this 'Bliss' is not only possible, but inevitable. The more we seek solution outside of ourselves, no matter how noble or true, the less likely it is that we will reach our desired destination: Peace! Our battle lies within.

There is an old Buddhist saying which goes: "The fish trap exists because of the fish. Once you've gotten the fish, you can forget the trap. The rabbit snare exists because of the rabbit. Once you've gotten the rabbit, you can forget the snare. Words exist because of meaning. Once you've gotten the meaning, you can forget the words. Where can I find the man who has forgotten words, so I can talk with him"?

In understanding the wisdom of the above saying (*and countless others of various sources*), I offer this:

## **Goal of Reiki Practice:** (*According to me ... in my current state of enlightenment*)

In my opinion/perspective, the purpose and ultimate end of Reiki is that it is a tool, first and foremost for the 'self'. A 'system' to facilitate the finding of ourselves fully in alignment with GOD, in complete 'victory' over sensory stimulation and delusion. Following the 5 Principles of the Meiji Emperor, sitting in quiet contemplation and utilizing Reiki with ourselves twice daily, are fundamental needs for our Spiritual growth, towards the realization of eternal 'Bliss'. Once the Reiki principles and practice are fully integrated within ourselves, it is no longer Reiki that we share with others, only ourselves, fully vested (*ie: the Reiki is then, put away*). **We ARE the Reiki!** In sharing Reiki/ourselves with others, we then provide an opportunity, a space of pure potentiality, for this realization to be acknowledged and received within them as well. What a way of life!

## **Note:**

This 'Bliss' in which I speak is not a 'feeling' which is tossed about and carried away by the waves of emotional despondency. This 'Bliss' is ever-present and unshakable because it is who we ARE forevermore, once the 'victory' is ours!

**Reiki Sessions ✕ Circles ✕ I, II & Master Level Classes ✕ Meditation**

Web: [www.gotReiki.net](http://www.gotReiki.net) ✕ eMail: [info@gotReiki.net](mailto:info@gotReiki.net)



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In my opinion /perspective, this purpose not only goes for the Usui Reiki System of Natural Healing, but for the myriad of 'programs' and 'systems' we align ourselves with, whether through books, CD's, DVD's, lectures/seminars, etc (*ie: religion, philosophy, Spirituality/mysticism, self-help systems and how-to programs, meditation, yoga, visualization, psychology/therapy, Real Love, AA/NA, Alanon, etc. . the list is endless, but I think you get the point*). These 'systems' and 'programs' are to be facilitators in finding ourselves (*according to me, whether or not that is their 'stated' mission or purpose*). Once achieved, the program is 'forgotten'. This in no way implies that we do not continue to be a part of such system(s) in which we find ourselves, in order to facilitate with others, only that the 'realization' of such principles has been fully received, so that the incessant 'clinging' to 'principles' no longer exists. We have become them! **We ARE the program!**

## **Example:**

In understanding the homeostatic processes of the human organism, even though 'dense', it is ever presently attempting to find and maintain a state of 'perfection' and/or balance. Given the right variables (*opportunities/conditions*), health is obtained. Through the continuation of such, health is maintained. So it is with our spiritual endeavors . . . create the right variables, opportunities, conditions for perfection and balance . . . let the 'seeker' observe.

## **Conclusion:**

I have chosen to write but a few words herein, however, the depth and vastness of the information and wisdom behind such remains. I am confident that the true 'seeker', after much contemplation, meditation, silence and introspection, will receive its fullness, in due time.

**Namaste' dear friends and fellow warriors of Light!**

\*Excerpt from: "God Talks with Arjuna, The Bhagavad Gita", p. 48b. 1995, Paramahansa Yogananda.

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