



Reiki eZine by Taggart King

[Liberate Your Reiki!] The "21-Day thing"

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Liberate your Reiki!

The eZine for Open-minded Reiki people

6th May 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

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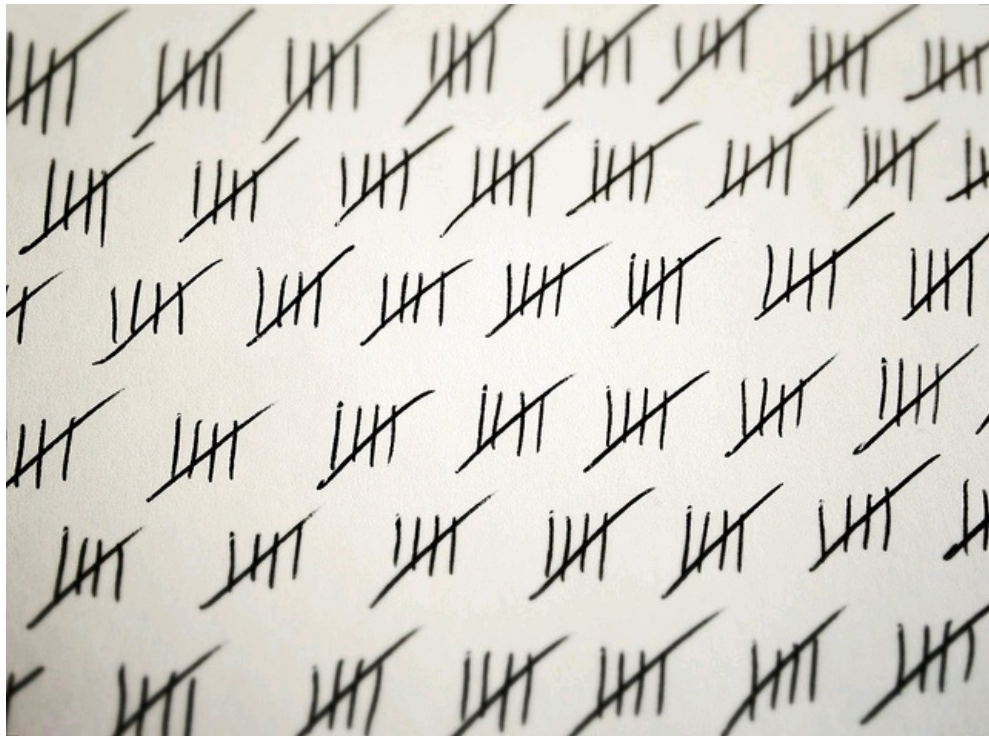


It's Monday, so that means "Reiki Article Day" Mondays and Wednesdays: take 5 minutes to read a Reiki article

Reiki articles for you to read on Mondays and Wednesdays. Each one will take about 5 minutes or so to read, and hopefully you will find something interesting, informative, helpful or thought-provoking, maybe even challenging.

So without further ado, here's....

Today's Article "The "21-Day thing"



Hiya,

Where did the 21 day thing come from?

I wanted to talk a little bit about the “21 day thing”: the 21-day self-treat or the 21-day clear-out after attending a First Degree course.

I’m a bit puzzled by this and I’ve been trying to fathom where it came from, and why it should be recommended.

I think this idea probably came into being because it echoes the story told about Mikao Usui’s discovery of Reiki on Mt Kurama where, according to the story that Mrs Takata passed on, Usui Sensei went up Mt Kurama and fasted and meditated for 21 days, culminating in him being hit by a bolt of light, seeing symbols, and Reiki was born.

We know now that this isn’t actually what happened: Usui didn’t fast for 21 days up the mountain, though he did carry out something called the “Lotus Repentance meditation”, and this did last for 21 days I believe.

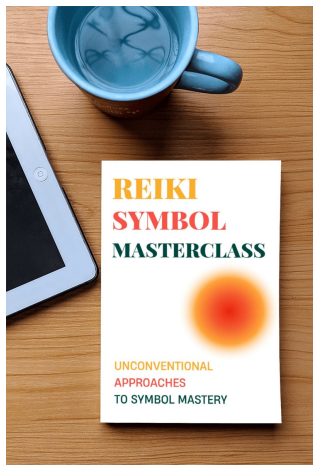
But this was quite a formalised process – an established Tendai practice – and he went home at night after each day’s meditation. In any case...

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So, that's all from me for today.

Take care,

Taggart



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