

Reiki Ajari Yuga

- an Esoteric Empowerment- Deepening Meditation

by

James Deacon

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The Reiki Ajari-Yuga meditation is based on the practices of Guru Yoga and Kaji as found within the esoteric traditions of Tibetan & Japanese Buddhism

Seated comfortably in a suitable meditation posture, begin by becoming aware of a formless stream of air at the tip of your nose (this has been referred to as "feeling the air in a mysterious way").

Let thoughts and feelings arise and pass away, without evaluation.

After some moments, focus your thoughts:

Recognise the impermanence of composite forms - that all things are continually in a state of change and transformation...

Recognise the wisdom which holds: "With your thoughts, words & actions you shape your world" - that your present state is essentially the result of past thoughts, words and actions; and right now you are sowing the seeds for your future...

Recognise the precious opportunity you have now - that you can benefit countless beings through the discipline and practice of Reiki...

Finally, recognise that you only possess the ability to benefit others with Reiki because you have received Initiation-Attunement from one already possessing this gift.

Acknowledge your Reiki Lineage back to Usui Sensei, truly understanding and appreciating the debt of gratitude you owe to him: that were it not for Usui Sensei - were it not for his dedication, his tireless efforts, diligent study and practice of spiritual disciplines, there would be no Reiki for you to share with others...

Reiki is a blessing, an instantaneously conferred Sacred Potential - for Healing, Protection and Spiritual Development.

In Reiki, Usui-Sensei has provided you with a means by which you can realise the immediate unfoldment of a level of ability that would otherwise have possibly taken you many years of conscious effort to reach.

With this in mind, bring your attention to focus on the Reiki Principles
(- whichever translation, whether literal or poetic, you are most comfortable with, e.g.)

**"Just for today ...
Do not rise to anger
Do not succumb to worry
Express Gratitude for all your blessings
Apply yourself diligently
Manifest compassion to all beings"**

Do not simply recall the words - rather, immerse yourself in the experience of their deep implications...

After a few moments:

Visualise an ocean with a placid, mirror-like surface.

Above it, the sky is clear and cloudless.

Rising above the horizon, like a full moon disk, you perceive a great luminous sphere - a transparent bubble of light.

Inside this great transparent bubble, the familiar Reiki kanji appears, actively radiating a pure bright light.

The Reiki kanji inside the bubble begins to spin, gathering momentum - faster and faster, dissolving in a blur of motion as the radiance of the light becomes stronger, brighter - expanding outwards - filling your entire field of vision.

Gradually, the intensity of this pure light decreases and out of its midst condenses the golden, luminous, transparent form of Usui Sensei, a radiant field of golden light-energy.

Sitting on a lotus-seat, in meditation posture, he is surrounded by light.

Usui Sensei appears in your minds-eye as being dignified and tranquil.

His face is golden and filled with compassion.

He sees you, knows you and wishes you everything good.

Here in this moment Usui Sensei unites space, time and mind and is the very embodiment - the absolute personification - of the radiant, energetic, spiritual sentience that is Reiki.

His essence is here with you whether a clear image is perceived or not.

In (comm)union with Usui Sensei, you enter into a purer, more sublime level of (comm)union with Reiki than may otherwise be achieved through simple contemplation of Reiki as an 'energy'.

Usui Sensei smiles and comes ever closer through space.

He now remains at a pleasant distance in front of you.

Relax your body and open your heart.
Generate feelings of compassion and gratitude.
With sincerest, heart-felt soul-emotion, in your own words (either out loud or silently) express your desire to deepen your level of immersion in/communion with Reiki for the benefit of your self and all beings...

The transparent, golden light-energy form of Usui Sensei grows sharper and clearer now.

In the centre his forehead, a radiant Cho Ku Rei symbol glows, and from this point, Usui Sensei sends forth a beam of brilliant, strong clear white light which enters your own forehead. Your whole body is filled with powerful clear white light. The light purifies you on the physical level, dissolving all disturbing impressions in brain, nerves and senses. All causes and karmic imprints of harmful actions disappear and you feel your entire body relax.

Your body becomes a conscious tool for protecting and helping others.
You retain perception of the clear white light for as long as you wish and experience the inner vibration of the Cho Ku Rei symbol...

Next, from Usui Sensei's throat, a radiant beam of brilliant, strong clear red light streams out, and in this beam, you perceive the characters of the mantra Hon Sha Ze Sho Nen. The beam enters your throat, dissolving away all karmic hindrances and difficulties from your speech. All impressions of harmful and confused words disappear and you become conscious of your speech. Your speech is now filled with compassion and wisdom, a powerful tool for benefiting others.

Relaxing even deeper, you retain perception of the clear red light for as long as you wish and experience the deep vibration of the mantra Hon Sha Ze Sho Nen...

At the heart centre in Usui Sensei's golden, luminous, transparent body, a radiant Sei Hei Ki symbol glows. From here, an intense beam of brilliant, strong clear deep blue light shines out. It fills the middle of your chest, entering your heart centre, cleansing the karmic hindrances from your mind. Disturbing feelings and rigidity of thought dissolve and your mind becomes spontaneous joy as you relax into the subtlest dimension of your being.

You retain perception of the clear deep blue light for as long as you wish and experience the inner vibration of the radiant Sei Hei Ki symbol...

And finally, from the three centres: forehead, throat & heart, of Usui Sensei's golden form, come rainbow rays of clear light of five colours: yellow, white, red, green and blue, (the pure lights of the five elements) all of which are absorbed into your own corresponding centres, purifying the last traces of obscuration and conferring the fourth level of empowerment.

You retain the awareness of the five pure elemental lights for as long as you wish, then in front of you, Usui Sensei's transparent, golden form dissolves into pure bright light, and in the light, you perceive the Dai Ko Myo.

The pure bright light flows into you, is absorbed into you, and you and the light become one.

All form disappears - you are the pure light - and the light is Reiki and you experience the inner vibration of the Dai Ko Myo...

There is now only awareness of Reiki, everywhere, with no centre or limit.
All effort, visualisation and thought dissolves, and you rest in clear Reiki Presence...

You meditate in a formless state of mind, without any frame of reference, without any conceptual elaboration, simply allowing your mind to rest in that state of (comm)union with Reiki - of being Reiki - for as long as possible...

Now your surroundings, this world and all other perceived dimensions of being, appear perfect and pure.

Every atom vibrates with joy and is held together by love.
Everything is fresh and meaningful, radiant with unlimited potential...

Gradually, you experience your own body condensing back out of light - out of space - becoming substantial once more.

It is power and joy.

Something profound has happened.

Before, you WERE your body and thus vulnerable to old age, sickness, death and loss.
Now you HAVE your body. Body, mind and speech are conscious tools for benefiting others.

You understand that your true essence is the clear Reiki Awareness just experienced.

You decide to keep this understanding in all life's situations and intend that the experience of Reiki Awareness becomes limitless.

Generate feelings of compassion and gratitude.

With sincerest, heart-felt soul-emotion, in your own words (either out loud or silently) give thanks and dedicate your Reiki practice to the benefit of your self and all beings...

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