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光明レイキ

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Komyo Reiki

MAGAZINE

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Meiji Tenno Gyosei
Emperor's poems

Threads of carpet
more energy with Reiki



Komyo Reiki

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International Edition

Sun-Summary-Sun

Editorial

When Komyo Reiki Kai Italia was born, everything seemed bigger than us. We did not have much experience, but we had the irrepressible desire to share what we had been an amazing and very deep: the school of traditional Japanese Reiki Komyo.

I still remember with what emotion we organized the visit of the Master Hyakuten Inamoto, the founder of Komyo, the first by a Japanese Reiki teacher in Italy. Then there seemed to be a historic event, which has now become a fixture that is renewed from year to year. Along this path we had the opportunity to meet many people, each different from the other, but all with a history, an awareness, a feeling that they wanted to share. All these meetings have made us grow a lot, have been a wonderful opportunity, and above all enabled us to live a great truth: the universe evolves through what we share, and what we hold is a seed that germinates.

Today, the desire to share throbs in us still with the same enthusiasm then, and is amplified in the pages of this magazine. Komyo Reiki Magazine represents the ideal thread that unites all Reiki practitioners Komyo school, beyond borders and distances. It's a place to exchange experiences, curiosity, a place to deepen what we know and where to find new ideas. And to build this place, we made some choices. First Komyo Reiki Magazine is a magazine-based voluntary initiative. Receive, publish and write according to what is the natural flow of things, without forcing time or thoughts. We also have to vacate this information instead of providing it only to students of Komyo, allowing everyone to have access.

As we grow and experience this new adventure, the magazine will be enriched by new ideas and categories.

The enthusiasm is contagious!

All of the articles and all of the work have a common thread that unites them, which is a sense of gratitude. It's with this feeling in our hearts that we thank all those who have contributed to the birth of this new project, those of you who print and distribute this publication from your centers or send it to your friends, those who share their experiences, and those who have tips or suggestions for us, so that all of us together can help spread the message of traditional Japanese Reiki, which is a message of peace and harmony that is born within us and is amplified throughout the world. Peace and harmony are not abstract words, but rather they are to be used in daily living, and can be shown through a simple gesture like a smile or giving someone a hand so that they may support Reiki.

Have a nice reading!

THREADS OF CARPET

Veruska Sbrofatti



Humanity is perhaps the most diverse and colorful units that can be found all over the Earth.

Everyone is different, even identical twins, and through the eyes of an observer people may have some subtle differences.

Looking outside the human species is a bit like looking down a large rug with the plot drawn; a carpet with an intricate design which consists of billions of colors. Each color is different from all others even if the difference is slight, but as a whole they compose a symphony of shades that proves sometimes dissonant and sometimes a wonderful harmony. Some are perfectly complementary to each other, while others are similar in tone, and yet others are dissociated completely from each other and clash among themselves, thus all and all the embroidery looks like a masterpiece that is both ingenious and sophisticated.

With all their differences, it is more or less obvious that all of these threads have something in common, they are all made from the same material, cotton, and despite their diversity it is all made from cotton in the end. It may happen that the work will wear, and that the cotton they are composed of will have been damaged. In this case the remedy is very simple, just add more cotton and you're done, the carpet is like new.

For humanity's speech is very similar, as we may seem different from each other in an insurmountable way, we are all composed of the same substance. We are energy, more precisely we are love. If we avert our eyes for a moment then apparent inequalities that separate us from each other, then we can see how each of us is nothing but a manifestation of divine love. This is the perennial search for love, and while following different paths, each of us eventually feels the same thing, that health, safety, welfare, and good self-esteem are important to us, and that everyone seeks love and happiness, each according to their own ways.

Disease and pain are classic manifestations of a deficiency that makes us shabby, which is a deficiency of the original substance from which we are made and that makes us feel good.

Reiki energy is nothing but the loving force that flows through the universe, the energy that created us, our raw material.

When this primary energy is lacking in us, we experience physical or psychological hardships which make our hospitals crowded constantly. Yet, as with a carpet in which cotton is worn, the remedy is simple and effective, just add more energy.

Also there may be damage and disturbances to our bodies which may make us look different from each other, the primary cause that lies behind the problem is that there is always a shortage of energy that is more or less severe. We all have experienced how, thanks to supplemental vitamins, you can heal more quickly from colds. We call the Reiki energy "universal vitamin" because it gives the body and spirit a considerable stimulus to heal, integrates our natural resources of the body, and nourishes the soul. This recharging is what can happen to the treads of a worn cotton carpet, thus helping us restore our former glory.

Water

Chiara Grandi

*Such is the power of water
That with gentle pressure
It shapes its own pot
And is such rock drilling.*

The wise Meiji emperor has left 130,000 poems written in the traditional waka (of 31 syllables), 30.000 which are said to have been composed by his wife.

Many of them express, explicitly or implicitly, ethical admonitions of Shinto tradition. Like this one, which is one of my favorites, which explains the persistence that can let us reach even things that seem impossible. Water meekly follows the shape of any vessel that it flows upon and within, however eventually it can penetrate the stone. Let your heart become patient and strong, too. Our first Master, Usui, Emperor Meiji was read poems during his gatherings. They were for him a source of inspiration in everyday life.

This culture that can seem so far away, is actually very current in the end, and the work we do is always and only about ourselves. With any discipline, if our goal is to harmonize and balance our energies, we can achieve the result through transforming the boredom of repetition into the joy of receiving a daily improvement. Therefore, you get pleasure from the growing happiness and peace within yourself. You see the sun brighter every time you gaze out the window, and you also discover the positive aspects of persons close to us.

Initially, the discipline to practice Reiki teaches us patience, with 21 days of self treatment, even if our desire for human beings is to learn all the lessons at one time. Through increasing the consistency of practicing Reiki we strengthen ourselves, which gives us an edge. Through engaging in meditation, which is so difficult to find time to practice and is so alien to our Western habits, we give ourselves control over our own mind.

Therefore, with Reiki and meditation everything we do in everyday life becomes easier.

I warmly thank the founder of Usui Reiki Ryoho for giving us the knowledge of this ancient Eastern wisdom, which is so very useful and helpful.



May I send you Reiki?

Veruska Sbrofatti

One of the most common questions asked of Reiki teachers from their students is:

“To send distance Reiki, should I ask permission or I must inform the recipient about what I’m doing? “.

The most spontaneous question is: “To love somebody should we maybe ask their permission or inform this person about our feeling?”.

Obviously the answer is not.

Another objection that we usually hear is: “But if the recipient doesn’t want my help? If he or she, from his own free will, has decided to keep suffering, because this sorrow could be useful to grow, to improve or to reach one’s goals?”.

When you think about the action to send Reiki energy to someone at a distance,

we tend to immediately connect to an act of interventionism, an act which could possibly change the fate of this person,

that can change his path and immediately there are concerns that the recipient of our intentions may not agree with our work.

It ‘s good to realize that it is not so.

We must not confuse the Reiki energy with other mystical practices; practices that aim to divert, for better or for worse, the route that other people may have decided to go.

The content of the objection above-mentioned paradox, is that to send Reiki to someone is absolutely not in any kind of intervention.

In other words: we are not changing anything.

Our work leaves completely intact the free will of anyone that would be our destination, leaving unchanged its path.

The person remains completely free to pursue its own path in the direction that is most appropriate to its basic needs.

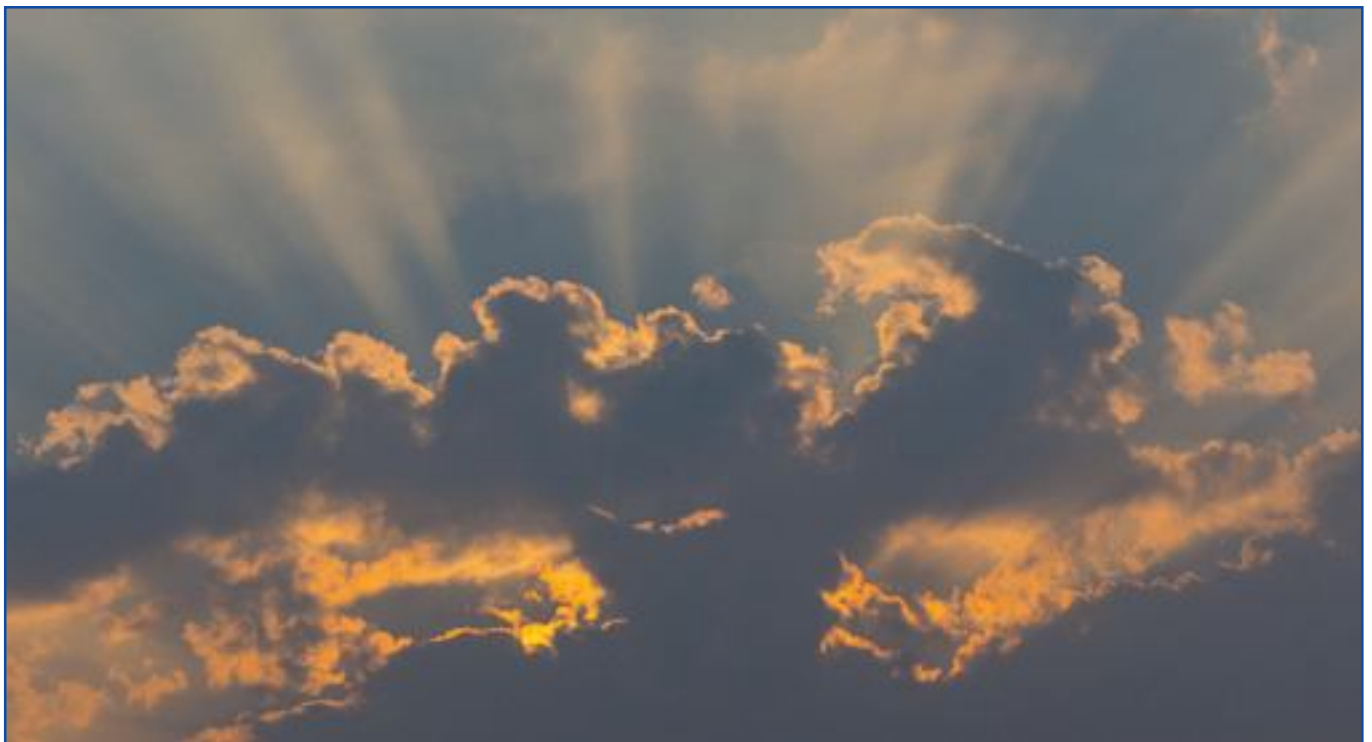
Arise in this case might ask what can therefore serve as seemingly insignificant gesture, so that may well leave too, as they say, time is.

In reality it is a very simple phenomenon: when we send Reiki at a distance we are simply making available for the other, the person we love or that at that moment is in difficulties, a good supply of Universal Energy.

Energy that he can use or not, whichever is the path that, consciously or not, decides to follow. We confine ourselves to fatten its reserves of vital energy resource that this subject may be used in a way that pleases the most, or not to use, leaving it in its location: not introduce anything to force inside the other, does not violate anyone's freedom.

Send Reiki to someone is simply to give him a gift, open and free, which does not bind him who receives it or require it in any way to use it for strength.

In a way we could compare Reiki distance to the famous "envelope"; that is brought to the newlyweds; it is a gift that recipients can use them according to their needs, may set aside or they may decide not to use and give to charity to others who are most in need at that moment.



The importance of meditation

Cesare Grandi



First of all we should make clear what “meditation” means.

Otherwise, it would be like discussing about “God” and every speaker has a different idea about it.

The “meditation” is a profound thought, that is a inner concentration of our mind towards the research of cosmic energy we are part of, and our identification with It.

A steady and serene meditation also encourages health, as much as a balanced diet and a walk outdoors.

Buddha used to meditate, when he retired in the forest after abandoning the family in search of truth, to reach

enlightenment and the realization of the four truths.

Jesus used to meditate, when he retired in the desert for forty days of fasting and prayer, when he experienced the withdrawal of evil and confronted his temptation, before beginning the incoming of preaching the kingdom of God on Earth.

Mohammed used to meditate, during the long retreat in the caves of the mountains near Mecca, carrying with intuition and intuitive visual phenomena recorded in the Koran.

All have reached such levels of achievement to become a symbol of religion followed by billions of people worldwide.

The “meditation”, carried by a variety of techniques, leads the practice with perseverance that posts of attention from the senses and from any influence from the outside world.

This first result of inner concentration fosters in time the final goal: the conscious perception of the communion and unity with the Universe.

The great saints of every age and every religion have always achieved the realization of the mind through meditation and prayer, returning to themselves, sometimes reciting the mantra (instruments of thought), reaching the highest levels of bliss and ecstasy, commonly called “trance”, which also brought them to work miracles.

Finally, then, a fact that God does not belong to our human scale, while being inside and outside of us, and considering that its essence can not be learned in school nor received as a concept with someone, we can conclude that God can neither be measured nor understood, but you can only “feel” and see with eyes of the heart and mind, by constant exercise and patient meditation.

The expectation

Chiara Grandi



The aim of the surrender to the Universe, emphasized in traditional Japanese Reiki, is to be happy whatever happens.

The expectation prevents letting go, to abandon completely lulled by the good hands of cosmic energy.

These emotions shaped by human beings, created by the mind, which is not always right.

Instead all that happens is dictated by a wise law, which regulates the all Universe, which we belong and that always tends to create harmony between the various forms of life.

If you expect that the Universe sends something, just the expectation can block it. For example: a man can not expect a return to the game and plays the lottery only for the sake of it.

Suddenly, this man hears from an expert sensitive (able to read the vibrations emanated by this person at that moment, and then predict what it is attracting to himself) that he's going to win a large sum game; may happen that the man so informed starts to create an expectation about winning,

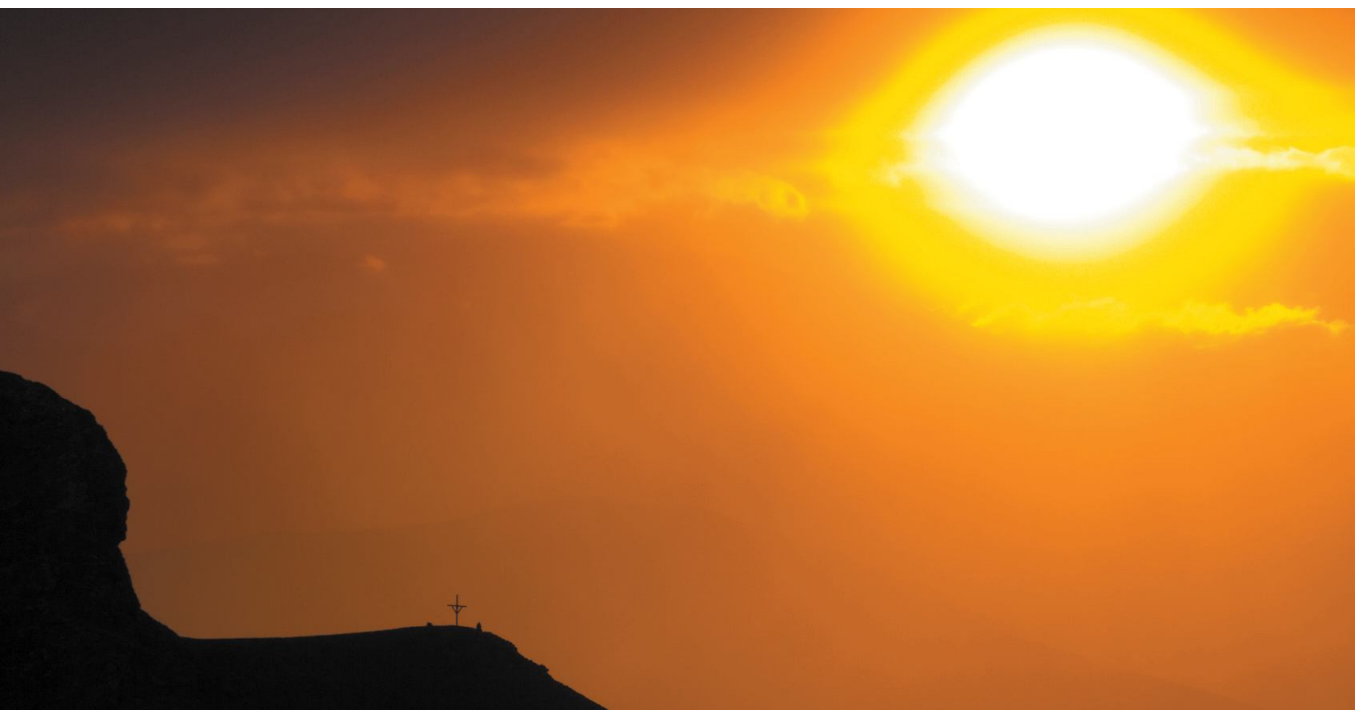
thus changing his vibration and losing harmony with the previous frequencies. The man, doing so, will block the arrival of his winnings by that expectation.



Our life is full of changes, and we don't have to be scared of it.
I mean: it is not necessary to suffer, then feel happy and suffer again.
It's possible to feel happiness, followed by another kind of happiness
and then again by another happiness.

One happiness could become boring, but if we let it vary, it may last
longer.

Just be calm during the change.
Just follow the natural evolution of the Universe.
And what better way, but through channeling and staying in touch with
the vibrations of positive energy that moves it? This energy in Japan is
called Reiki.



If

Rudyard Kipling

*If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too:
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;*

*If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim,
If you can meet with Triumph and Disaster
And treat those two impostors just the same:
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools;*

*If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss:
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"*

*If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much:
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!*

