

# Be here now

Over the years I have heard often of Hawayo Takata's encouragement to "Practise! Practise! Practise!" and "Let Reiki teach you." My understanding of this is to let the practice teach me, that the wisdom held within the system is revealed through the experience of the personal practice.

For as long as I can remember opinions have been aired over which version of the Reiki precepts was 'more correct', which was the 'right' order, and more. I consciously chose to not buy into it, simply accepting the traditional version in my form of practice. What continued to pique my curiosity however, was Usui's memorial stone. Of all that I was taught as the Usui system, the one part inscribed in stone is the precepts, along with the phrase "the secret method of inviting happiness". I wondered, why these particular phrases were important enough to inscribe in stone? Were they a key of some kind? Would I ever know? Maybe not. It's commonplace to examine the precepts by pulling the words and phrases apart, finding meanings and insights through that process, and applying them in that way to daily life. This is a perfectly good and useful methodology. Even so, none of that process felt like it was even close to a 'secret method'.

It wasn't until recently, as I was yet again studying four different translations of Usui's memorial stone side by side, that insight dawned. Translation is an art. It's the translator's task to change the form of the original, yet retain its meaning.

I realised I had been stuck in the words and the meanings that I gave them, words that are just lines and dots on paper, symbols pointing to the original meaning. The source was the same, and somehow the translations all held that original meaning, although the appearance was otherwise.

招福の秘法  
萬病の靈藥

今日丈けは 怒るな  
心配すな 感謝して  
業をはげめ 人に親切に  
朝夕合掌して心に念じ  
口に唱へよ

心身  
改善  
白井靈氣療法

肇祖  
白井甕男

I let go of the words, allowed my mind to reach for the meaning behind the words, and in an instant an answer came. Like looking at a 3D dot image, all dots one second and a full 3D image the next, the secret method was revealed.

The secret was never a secret, it is 'hidden' in plain sight, as are all the best-kept secrets. The essential teaching of mystics and sages through the ages is well known: *Be here now!*

Each precept is a key to the lived experience of the now. In the now, there is no future to worry over, no past to anger about. Honour and gratitude are given naturally. What is more honest than being here now? 'Now' is the end of mental suffering.

Each precept is an invitation to step out of ego-based stories of past and future, to step into natural spiritual practice, into the very fabric of mystic order. This is "the secret method of inviting happiness... effective against all kinds of illness".

Being in the now is not fantasy, every child knows this. We've simply forgotten how to.

"Let Reiki teach you". □

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