

The Importance of understanding Japanese Culture for Jikiden Reiki and Martial Arts

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The Jikiden Reiki North America Congress is an important event for all JR practitioners to attend. It's important because it will help us (particularly non Japanese practitioners) understand the connection and underlying concepts that are an integral part of JikidenReiki.

I have been interested in Japanese culture for over 40 years, since I started Aikido in University and later began to practice karate, jiu jitsu, and kobudo. I now run my own karate club and have been to Japan and Okinawa numerous times but I still have a lot to learn about Japanese culture.

I started Western style Reiki in 1996 and practiced this until 2008. I progressed to level 3 (advanced level) but found out about someone (Mari Okazaki) practicing Jikiden Reiki in my home town of Chilliwack from a friend living in Japan. I was intrigued and took my first JR seminar. This lead me to continue studying JR until I passed shihan level in 2011. I continue to practice and teach Jikiden Reiki. This study has helped me understand more about Japanese culture and how it underlies both Jikiden Reiki and my practice and instruction of Japanese martial arts.

There are many Japanese concepts that are important in understanding both karate and Jikiden Reiki. Some of these include :

ki - the energy all around us that is so important in healing and maintaining our own health. It's also very important to understand the use of ki to defend ourselves and our loved ones. Correct use of this energy with a positive intention can prevent the development of confrontations.

respect for each other

kindness

humbleness

self discipline

kaizen - to improve one small manageable step at a time,

mushin - a Zen expression meaning the mind without mind and is also referred to as the state of "no-mindness" - a mind not fixed or occupied by thought or emotion and thus open to everything.

There is also a lot of common ground between the Dojo kun that we say at the end of every karate class, the Budo Yonkai, and the Jikiden Reiki Gokai.

Dojo Kun

Seek perfection of character
Be Faithful
Endeavor
Respect others
Refrain from violent behaviour

Budo Yonkai

Odoroki – Surprise
Tamerai – Hesitation
Osore – Fear
Utagai – Doubt

People who aspire to Budo must recognize Budo Yonkai which appears to you as your first real enemy (at the dojo entrance).

Gokai

Dojo Kun / Budo Yonkai

Just for today:

Do not get angry	Refrain from violent behaviour, Seek perfection of character
Don't worry	Seek perfection of character, Budo Yonkai - avoid surprise, fear, hesitation, doubt
Be grateful	Respect others
Do your duties fully	Be Faithful, Endeavour
Be kind to others	Respect others

There is so much more for me to learn about Japanese culture and its underlying principles embedded in Jikiden Reiki. I look forward to learning as much as I can at the Jikiden Reiki North American Congress 2019 in Vancouver and I invite you to join me in this quest.