

The Gassho Meditation

COMING TOGETHER



Many say Doctor Usui practiced Gassho meditation as a part of his personal Reiki regimen every day, twice a day for twenty one days - after which he received his spiritual awakening and was gifted with the sacred knowledge of Reiki healing.

Our program is also twenty one days, it would be extremely beneficial for you to actively meditate during this training period using the Gassho Meditation.

*Gassho means,
"Two hands coming together"*

This meditation is simple and takes between 5-15 minutes each day. Once you are comfortable in your usual meditation position, ensure your spine is straight and upright - preferably unsupported.

Take a moment to centre yourself - gently closing the eyes, letting go of any tension, releasing any worries, allow your physical body to relax and your mind to settle.

Bring the hands to prayer position at the centre of your chest in front of the heart chakra, the thumbs lightly in contact with the sternum. The focus is on the middle fingers.

Just for today...

- I WILL NOT WORRY
- I WILL NOT ANGER
- I WILL BE GRATEFUL
- I WILL DO MY WORK HONESTLY
- I WILL BE KIND TO ALL LIVING THINGS

*Mentally or verbally
repeat the five Reiki
Principles.*



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Visualise breathing in Reiki energy through your nose. As you exhale, see this energy flowing through your whole being; physical body, spiritual body, mental body and energetic body.

Feel it flow out and surround you. As you continue to breathe, feel it begin to fill the room, then your home (or wherever you are), filling it with Reiki energy.

Feel the energy grow stronger as it flows outside your home and into the neighborhood. See it filling the region in which you reside and then beyond into the country, then the whole globe and finally out into the cosmos.

As the energy flows, see the flowers bloom, hear the birds sing, feel the kiss of a gentle breeze.

See the power of Universal love carried in the arms of Reiki energy touch and caress everything, everyone, and everywhere.

See all illness, all disease, all abuse, and all pain, as a dark cloud, - dissolving and evaporating right in front of you - until all that is left is love and light.

“

Love and Light 

You will find continuing to use this meditation daily after the initial twenty one day period to be very beneficial and enjoyable.

You may like to view the following YouTube Videos:

Brief introduction to the Gassho Meditation:
<https://www.youtube.com/watch?v=olyiITH45LE>

Meditation with background music
<https://www.youtube.com/watch?v=t9RpqATxKb4>

