



Earth, the First Heaven

Part One

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Embracing the Duality with Reiki

Earth is a beautiful planet with an abundance of diverse life and nature. The physical realm of divine creation, the first heaven. The earth is a physical realm where duality and opposites exist. Lower and higher consciousness live side by side, and we as people have free will to choose our perceptions and actions in this reality. The choice to live in higher states of awareness is both a gift and a challenge because of the duality. Evidence shows that love and hate, kindness and cruelty are human experiences here. Suffering, injury, illness, and trauma makes the idea of heaven on Earth difficult to fathom. However, through Reiki, we can embrace the duality of life on Earth.

Human beings also have a dual nature. People have different levels of consciousness. Human nature will show the greatest kindness and extraordinary heroism amid the greatest tragedy committed by the worst acts of cruelty. Human nature at its core is love, and acts of love are shown even in the worst of moments. Love is the compelling nature of being human. We also know that human behaviors can be contrary to that statement.

The earth itself exhibits duality—creation and destruction coexist. The land moves during an earthquake, and new life forms. Water extinguishes fire; fire flows into water and creates landmasses. The earth creates and supports immeasurable life, and all life ends. Life is born and ends through natural events and tragic events. Thus, the earth is both life-giving and life-ending.

Understanding the nature of duality on Earth helps us to embrace it. Why love and hate coexist here is one of the main reasons people seek spirituality. The explanation for the duality is seen in belief systems, spirituality, religions, and science. People have tried to understand the duality of Earth throughout the history of humanity. Our very

beliefs are dual. For example, many gods and goddesses have dual personalities. They show unconditional love and punishment at the same time.

So, the question is, how do we embrace the duality? What tools do we have to live in love and perceive divinity on Earth when life is hard? I am writing this article in 2021. Humanity is in a crisis worldwide, and love and hate are equally revealed in our human actions and behaviors. The nature of duality forms our life. We seek to understand why some lives are born into blessings, ease, grace, and others are born into suffering. Is it karma, or reward and punishment, or is it judgment as believed by some? “Why?” is one of our most significant questions. And how do we balance these perceptions? What are the solutions?

I embrace the duality by doing what I can to make a positive difference in the world. However, I also recognize that I can't solve all the world's problems. I can only do my part, and that it has to be enough. Reiki is the tool I use to make a difference and help me know I am enough. In my experience, making a difference in the world is why many people receive Reiki training. It is the reason I practice Reiki personally and teach it professionally. Through all of our diversity, we have in common that we care deeply about contributing to the wellness in the world.

Human beings seek reasons, answers, and solutions. I was 15 when my 10th grade English teacher, Verlin Heuton, taught us Gandhi's teaching to “Be the change I wish to see in the world,” and Gandhi's deeper teaching:

We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude

of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do.¹

This teacher influenced the decisions I made in my early life to be the change I wanted to see in the world. It caused me to create my path with that intention.

My path finally led me to receive Reiki attunements. When I received Reiki, I knew I finally found a way to make a difference in the world and integrate the duality into my own life. The Reiki energy, techniques, symbols, and practices gave me the tools I need to access my inner truth, inner awareness, inner authority, and our Authentic Self. It helps me hear myself so that I can make conscious choices as my Authentic Self.

In the *Usui/Holy Fire® III Reiki Master Manual*, William Rand says this about the Authentic Self:

Students find that their light, their wholeness, and brilliance are right there inside them. To some, the view of the Authentic Self has appeared as a beautiful light within, as brilliant as the sun. The remarkable qualities of their soul, life purpose, and their inner truth become revealed to them, and also, they feel they are now empowered to fulfill their life purpose! One's personality, ego, emotions, and thoughts rise to a higher level of consciousness so that one can view life with heightened awareness and enjoyment, innovation, intuition, inventiveness, creativity, and solutions are more readily available and expressed in one's intentions, goals, decisions, and actions...After the process makes the Authentic Self visible to one's inner awareness, the process continues to develop and further highlight its attributes. These include qualities such as intellect, talents, identity, authority, and voice, and spirituality, personality, and more.²

However, love can open our hearts to embrace the divine presence in the world, and Reiki opens our hearts to love. Reiki also helps me perceive the divine presence here on Earth. Beauty is everywhere. People show great acts of love. When I focus on the divine beauty and love here,

it helps me sort through the duality I experience and see in the world. This essential perception helps me so I can make sense of the duality. I also know this is easier when life is easy and harder when life is difficult. I learned this intensely when, during one of my vision quests years ago, I received the understanding that I could feel terrible grief and still be in a state of joy inside. The two can coexist. My state of joy is an inner knowing, and my grief is an experience of being human and loving greatly. My inner joy is present even when life is hard, and I don't feel joyful. When I activate Reiki, my senses heighten to an extraordinary reality where the divine is in everything. As I see the divine in myself, I see the divine in everything else, and as I see the divine in everything else, I see the divine in me. I can see the divine in the duality. It helps me keep my priorities clear.

William Rand says this about the divinity of the Earth:

There is a spirit of the Earth that is a divine being...The concept of Mother Nature is not just a metaphor but is a description of a spiritual presence that exists. This fact means that the Earth and the material world are just as divine as any part of creation. Whenever you enjoy the beauty of the sunset, or sunbeams coming down through the clouds, or look at a mountain, or a river or the ocean and have a feeling of peace and joy, you are experiencing the Spirit of the Earth... The concept of heaven on Earth is something that is happening right now and has always been present. It is just a matter of having an open mind about this possibility and looking more deeply into the material world around you to be aware of this amazing reality.³

Use Self-Reiki to Connect

We can use self-Reiki to connect with the divinity in all life on Earth. Experience the divinity of Mother Nature, the Spirit of the Earth with Reiki.

- Activate Reiki.
- Invite the Spirit of the Earth.
- Send Reiki to a cloud, or a flower, plants, the ocean, trees, animals, a mountain, or anything to which you are called.
- Experience the divinity within the natural world.

- Spend 10-15 minutes sending Reiki and receive the divinity of the natural world.
- See the divinity within you.

Reiki is practical and provides a pathway to useful perceptions and solutions in my daily life to be the person I want to be. It gives me the ability to perceive my life from my Authentic Self and perceive the divinity in the world. Reiki energy gives me the tools I need to be the change I wish to see in the world, which is what I can do to make a difference. Reiki helps me to embrace the duality of life while here on Earth. 🌿

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Endnotes

- ¹ *The Collected Works of Mahatma Gandhi, Volume XII, April 1913 to December 1914, Chapter: General Knowledge About Health XXXII: Accidents Snake Bite, (From Gujarati, Indian Opinion, 9-8-1913), Start Page 156, Quote Page 158, The Publications Division, Ministry of Information and Broadcasting, Government of India. (Collected Works of Mahatma Gandhi at gandhiheritageportal.org).*
- ² *William Lee Rand, Usui/Holy Fire® III Reiki Master Manual, (Southfield, MI: Vision Publications, May 2019 Revision), 49.*
- ³ *William Lee Rand, Usui/Holy Fire® III Reiki Master Manual, Online and In Person (Southfield, MI: Vision Publications, Online Holy Fire® III Edition, June 2020), 60.*