

Reiki Gathering Jamaica, 22-25 September 2011

Be diligent in all your undertakings

This Precept has been stated in a variety of ways:

Just for today, I will do my work honestly

Earn your living honestly

Work hard

Study diligently

Devote yourself to your work

Earn thy livelihood with honest labor

I will do my work honestly

Be diligent in your business

Do your work with appreciation.

The version that we are focusing on today is “Be Diligent in All Your Undertakings”, but I think that we will find that it encompasses all of these translations.

Let’s start by finding out what we understand by the word “diligent”.

Contributions from the group: honest, focused, conscientious, committed, consistent, hardworking, dedicated, disciplined

The Concise Oxford definition is: steady in application; industrious; attentive to duties; loving or taking delight in one’s duties (work).

What about the word “undertaking”? What is an undertaking?

Contributions from the group: a commitment, a task, a promise, a pledge, a guarantee, a job done with love.

Dictionary definition is: To undertake is to bind oneself to perform something, to make oneself responsible for something, to engage in some work, enterprise or responsibility, to accept an obligation or to make a guarantee, promise or pledge.

To sum up, therefore, this Precept asks us to be conscientious, committed, dedicated and disciplined in any work or enterprise that we engage in or any responsibility that we accept.

This fits in nicely with the original Japanese Precept which is *Gyo o hagemu*. The translation of this is “Do your duties fully”. The word “*Gyo*”, meaning duty, refers not only to our paid job, but also to our obligations, responsibilities and in the final analysis, whatever we do with our lives.

Incidentally, the Hindus believe that man attains spiritual perfection by discharging his duties with devotion. This ties in nicely with one of the versions of the Precept that we mentioned at the beginning: “do your work with appreciation”.

So what are some of our obligations and responsibilities generally speaking?

Contributions from group: to love ourselves, to be kind to family and others, to value work, to complete work, to do no harm, to live in

gratitude, to love, to give service, to respect self, others and the environment

And what might be some of our obligations and responsibilities as Reiki practitioners? Are these the same as other people's or do we have additional responsibilities?

Contributions from group: defuse negative energy, integrate precepts, use Reiki to address all situations, treat self/family/others, be in service to others, show respect for self/others/children, live gratitude, show kindness, live Reiki every day, spread Reiki, honour the exchange of energy, be true to yourself, love unconditionally, not be judgmental, support each other as Reiki practitioners, show generosity, do self-treatment daily.

Question: Would this Precept have anything to do with being authentic and living in integrity?

Time does not permit us to discuss these points in detail, important though they all are, but I want to say a quick word about two of them.

1. Do self-treatment daily
2. Be true to yourself

Self-treatment is the foundation of our Reiki practice and our daily life. It keeps our entire being in balance – physical, mental, emotional and spiritual. Reiki also teaches us whatever we need to know about ourselves and about the situations in which we find ourselves. Self-treatment will help us to live the Precepts and to always be in integrity. But we need to be diligent about it, consistent and disciplined. Compare this to walking for exercise which is so popular nowadays.

Much more benefit is derived from walking three or four times a week than from a stroll about once a month! So we need to make a commitment to treat ourselves every day in order to derive the maximum benefit. This is also a way in which we can love ourselves.

On another level, this Precept speaks to the importance of spending our time in a manner that is true to our heart. It draws attention to the need to engage in an occupation that supports our growth and leaves us feeling fulfilled. It counsels us to find the right livelihood for ourselves and to be honest/diligent in our work. The important thing is not so much what the job is as that we do it with diligence.

This Precept also calls for us to be true to ourselves and by extension to everyone with whom we come into contact.

To be true to ourselves involves taking time to nurture ourselves. This can be as simple as taking a solitary walk, sitting in a garden and enjoying nature, engaging in some hobby, meditating or doing a Reiki self-treatment. Time alone each day is necessary for the repair of the psyche and for the enjoyment of a peaceful existence.

What are some of the things we do that feed our souls and bring us satisfaction?

Contributions from group: meditation, self-treatment, prayer, fellowship, reading, music, spending time with friends, being in nature, treating others, honouring talents, creativity, quiet time, spiritual arts, getting adequate rest, nurturing self and others

And as we are true to ourselves we begin to experience a healing of body, mind and spirit which enables us to offer support and succour to others, to deal gently with our fellow-man.

How can we make this Precept a part of our daily lives and how do we ensure that we fulfil our responsibilities as Reiki practitioners?

Support self and family respectably, without harming others.

As we move up in our Reiki practice our range of responsibilities expands.

For example, one member of our group did what she could to ensure that the weather remained clear throughout this Gathering and especially today.

While travelling to Jamaica, our aircraft ran into some bad weather. While some travelers were panicking, some members of our group immediately sent Reiki to the situation.

Question: is it our responsibility to keep the law of the land? Would you say that that extends to driving within the speed limit?

My time is almost up, so let me share a few final thoughts with you.

1. When we get involved in Reiki we are pledging to adopt and maintain a certain attitude in everything we do and the way we live our lives. This is based on living the Precepts. Other people should be able to see the difference in us.
2. Diligence is working conscientiously and doing our absolute best. Step by step is a good way to approach this.
3. Diligence helps us to get things done with excellence and enthusiasm.

4. Diligence leads to success.
5. As Reiki people we have to be diligent in doing our daily self-treatment.

I hope that we will remember and consider all these things as we go about our daily life and Reiki practice.