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‘Polishing the Diamond’ is a Japanese Reiki practice to cleanse tarnished energy and renew your sparkle.

Reiki master **Bronwen Stiene** explains how this helps us feel connected and full of purpose

reiki

**a**t any given moment, people all over the world are reassessing their life. They are told they can be anything they want to be and yet they’re not even sure what that is. Ask yourself what you want. Move past the initial expensive car, castle, super job extravaganza and keep asking – what do I want?

Stop for one moment. Feel your physical body, notice your thoughts and take one large deep breath. Now breathe out and sit quietly in this fresh space. Experience how the breath has briefly connected your mind and body together. Now ask: What is it that I truly want out of life?

a path to wholeness...

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氣

You may eventually answer:

I want to feel happy.

I want to know who I am.

I want to feel free and light without any pressures at all.

I want to feel safe and warm and touched by life.

I want to know love – unlimited and unconditional.

I want to see the beauty around me.

I want to experience what this world is all about and understand why I am here.

I want to feel connected.

You can be all of these things and more because happiness comes from inside of you.

Inside you there is a place that, when accessed, knows what each of these things feels like.

The system of Reiki aims to help you find that inner heart and learn from it. You have the aptitude, and the system has the tools. There are no secrets or magic to this – all that is needed is you and your intention to remember. Everyone can find what the Japanese call honu no reikō: the spiritual light that exists within.

Finding the spiritual light within yourself is possible because it has always lived there. You are this spiritual light.

Beneath the clutter of everyday life exists this precious human self.

Working with a solid energetic practice such as a Japanese form of Reiki can guide you on this path back to your inner self. Originating in the early 1900s in Japan, it is the system’s influences from Japanese martial arts, shintoism (the indigenous faith of the Japanese people), and two esoteric forms of Buddhism – called shugendō and mikkyo – that give it its backbone. Elements taught in the Japanese Reiki system include breathing meditations, hands-on healing and simple daily precepts (guidelines). These elements help develop a spiritual practice supporting you in remembering your connection; no matter what religion

you may be or what other techniques you may practise.

At the crux of many facets of Japanese culture, religion and philosophy are what we’ve called the three diamonds. These three diamonds are at the very core of a traditional Japanese Reiki practice.

A diamond is an analogy of the self. Every day a Reiki practitioner polishes the diamond by performing their practice. This is a constant task for humans who, in this earthly realm, attract dirt: becoming muddy and tarnished. A diamond is so sharp that it can cut through anything humanity attaches itself to, bringing back the true essence of life as seen in the perfection of a sparkling diamond.

Each of these three diamonds works with a different energetic part of you. The first is the physical, grounded aspect of you called Earth energy. The second is the mental, emotional aspect of you called Sky energy,

and the third diamond is Heart energy. In Heart energy the Earth and the Sky are brought together to create wholeness.

Imagine a triangle; it has a lovely broad base with a point at its tip. If that base tried to balance at the top it would topple over. The human body is like this triangle; it energetically needs a firm foundation before progressing into deeper spiritual realms.

Therefore energetic work begins with the first diamond, Earth energy, which symbolically occupies an area just beneath the navel. This is your base and foundation in life. It grounds you, helping you feel relaxed, assured and capable and offers your physical body the strength to perform well.

The second diamond of Sky energy is representative of the mind with its ethereal nature. Here your intuition is developed and your mental skills are honed.

The third diamond of Heart energy is home to the integrated forces of these two human strengths – the body and the mind. If you have worked on the first two diamonds you will find that the heart opens with ease and the list of what you truly wanted out of life can truly become a reality. By clearing the elements of human nature and then drawing them all together you become whole.

So, go on, stop for one moment. Feel your physical body, notice your thoughts and draw one large deep breath. Breathe out and sit quietly in this fresh space. Experience how the breath has briefly connected your body and mind together. Now ask: what is it that I truly want out of life? <sup>ks</sup>

### more information

- Frans and Bronwen Stiene are authors of *The Japanese Art of Reiki The Reiki Sourcebook, A-Z of Reiki*, and *The Reiki Techniques Card Deck*.
- They are founders of the International House of Reiki and the first podcasts dedicated to Reiki on the internet: [www.thereikishow.com](http://www.thereikishow.com)
- Based in Australia, they teach in the UK, France, USA, and South America • see their website [www.reiki.net.au](http://www.reiki.net.au)