

Reading

the Signs

by Paul Mitchell

Right:
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I was caught by the theme of this issue: Signs and Symbols. The word that most grabbed my attention is 'signs'. My mind goes first to road signs, directions, cautions... to the concept of 'reading signs'. Nature based cultures survive and thrive

on the awareness and ability to read signs in their environment. It is a capacity and talent that is passed on from generation to generation by oral tradition. Reading signs is also a powerful statement about interdependence, having an alive sense of relatedness to the whole.

Modern society dulls us to natural signs and substitutes paved roads, maps, navigation systems, supermarkets, and Google. What is gained and what is lost and what are the relative values? Entertaining these questions may lead us to more conscious choices which in this time of precipitous change may serve us well.

I realise that my experience and practice of Reiki has brought me back to learning to read signs. It began with my first hearing about Reiki from Hawayo Takata and realising that this is what I had been looking for - this realisation coming before I even knew I was looking for something. I see now in that moment I touched my inner ancestral awareness of the capacity to read signs.

Practising Reiki daily has steadily brought me back to a sense of relatedness to the whole, showing me how to move more gracefully, safely, mindfully, and bountifully through my environment.

I became first more aware of my body and in so doing began to see that my physical being was constantly giving me signs that if I learned to pay attention resulted in great benefits to my overall wellbeing. This was a step-by-step process that then expanded to my mental and emotional terrain as well as the realm of spirit. Over the years I have gone from a state of moving through life bouncing off things with a fair amount of unconsciousness to a very different posture. I feel as a matter of course now that through Reiki I can stop to tune into and read the signs of what is going on within and around me. This enhances the power of choice to live more in harmony and with a respect for life and its process. I have to say it is a much better feeling, both of confidence and connection.

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At the same time I am also aware that I am a part of a great mystery. As one church sign proclaimed: “Google doesn't have all the answers.” Whereas in the past this uncertainty would have been frightening, now I am more able to be comfortable with the unknown and uncertainty. Reiki has given me the gift of feeling more part of the whole – I have a direct connection with the universally shared energy of life and the awakened and ever-developing capacity to 'read the signs'. □

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