

# Unified Aspects

By Mark Ruge

Right:  
The four  
aspects.  
Image by  
Mark Ruge

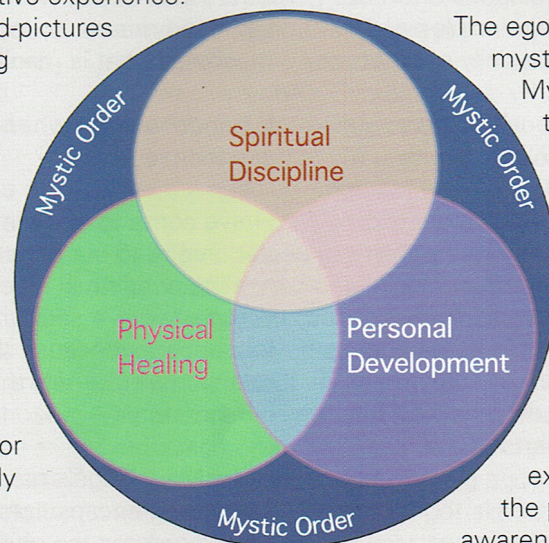
The Four Aspects is a term created to describe the experience of the practice of Usui Shiki Ryoho, these being physical healing, personal development, spiritual discipline and mystic order.

The usual way of using these words is to take them individually, to examine our understanding of the words, and how that fits our personal and collective experience.

I have heard many word-pictures about the aspects being doorways of evolving experience. Although this process appears to have been useful to many, it can create a tendency to become focused on one aspect, in isolation from the others. With this approach, I always felt a sense of something incomplete or unrecognised, especially regarding mystic order.

I have been asking for years what it was that I was not truly seeing. Awareness finally dawned. I was separating 'bits' of something that was a unified whole. One evening, the image shown with this article formed in my mind. Each aspect became four overlapping spots of light, as if projected from above onto the floor. The aspects of physical healing, personal development, spiritual discipline became overlapping circles contained within the circle of mystic order.

We are able to find ourselves in any of the light circles, and even be in all of them at the same time in the very centre. The three internal circles are the very human experience of Reiki practice. The interesting insight from this image is that we are always standing in mystic order. It's the vessel that contains the whole, the space from which our total experience arises.



The ego's 'specialness' of what mystic order entails dissolves. Mystic order just is. This fits the models of quantum physics, the essentially mysterious way that the universe comes into being, and the experience of union with reality that has been reported by mystics and sages in all places and times.

This image and concept extends further, overlaying the process of awakening and awareness as it is experienced in every 'way' ever created to heal the process of individuation, or the notion of separation that is necessary for experiencing what we call life.

Healing our places of separation draws us back into the experience of unity, of the whole Self that existed at birth. It shows me that our practice holds the way still, perhaps just as Mikao Usui may have envisioned and dreamed it would. □

<http://www.BecomingMore.com.au>