

Reiki

What is reiki

The "aura" is an unseen energy flows through all living things and is connected directly to the quality of health of the being. Energy Healing involves direct application of Chi for the purpose of strengthening the clients' energy system (aura). Chi is the term used by the Chinese mystics and martial artists for the underlying force the Universe is made of. Ancient cultures understood and acknowledged the presence of this life force. Mystics in all cultures have talked about the physical universe being made of an underlying form of something, much as research in modern physics is now coming to understand. The existence of this "life force energy" has been verified through recent scientific experiments, and medical doctors are considering the role it plays in the functioning of the immune system and the healing process.

Reiki is the technique of tapping into ones "life force energy" to bring about a harmonious balance between the body and mind. An amazingly simple technique, the ability to use Reiki is not taught, but is transferred to the student by the Reiki Master. Its use is not dependent on one's intellectual capacity or spiritual development and, therefore, is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.

Reiki is derived from Japanese and the term "Rei" means "universal," while the term "Ki" translates to "life force energy."

Rei - Spiritual Wisdom

The word Rei in general means universal and is the definition most accepted. The kanji ideograms have many levels of meaning varying from the mundane to the highly esoteric. So while it is true that Rei can be interpreted as universal, meaning that it is present everywhere, this level of interpretation really doesn't add to our understanding of Reiki.

Research into the esoteric meaning of the Japanese kanji character for Rei has given a much deeper understanding of this ideogram. The word Rei as used in Reiki is more accurately interpreted to mean supernatural knowledge or spiritual consciousness. This is the wisdom that comes from God or the Higher Self. This is the God-Consciousness, which is all knowing. It understands each person completely. It knows the cause of all problems and difficulties and knows what to do to heal them.

Ki - The Life Force Energy

Ki means the same as Chi in Chinese, Prana in Sanskrit and Ti or Ki in Hawaiian. It has also been called odic force, orgone, and bioplasma. It has been given many other names by the various cultures that have been aware of it.

Ki is the life force energy and is also called the vital life force and can be described as the nonphysical energy that resides in all living things. As long as something is alive, it has life force circulating through it and surrounding it; when this life force leaves the body, it is translated as death. If your life force is low, or if there is a restriction in its flow, you are more vulnerable to illness. When it is high, and flowing

freely, you are less likely to get sick. Life force plays an important role in everything we do. It animates the body and also is the primary energy of our emotions, thoughts and spiritual life.

The old cultures understood the existence of the Aura or what the Chinese call Chi. They have studied it for thousands of years and have discovered many different kinds of Chi. The "Yellow Emperor's Classic of Internal Medicine" which is over 4,000 years old, lists thirty-two different kinds of Chi or Ki.

Ki is used by martial artists in their physical training and mental development. It is used in meditative breathing exercises called Pranayama, and by the shamans of all cultures for divination, psychic awareness, manifestation and healing. Ki is the nonphysical energy used by all healers. Ki is present all around us and can be accumulated and guided by the mind.

Reiki is Spiritually Guided Life Force Energy

It is the Spiritual Wisdom called Rei that guides the life force called Ki in the practice we call Reiki. Therefore, Reiki can be defined as spiritually guided life force energy.

While Reiki is spiritual in nature, it is not a religion. There is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

History OF Reiki

Sourced from: Rand, William. Reiki, The Healing Touch. Southfield, MI: Vision Publications, 1991.

Usui Shiki Ryoho:
The Usui System of Natural Healing

Reiki In Japan
The Usui Shiki Ryoho Gakkai

Dr. Usui started a Reiki organization in Japan soon after rediscovering Reiki. He was the first president. After he died, he was followed by a succession of presidents: Mr. Ushida, Mr. Ichi Taketome, Mr. Yoshiharu Watanabe, Mr. Toyochi Wanami, Ms. Kimiko Koyama and the current successor to Dr. Usui as of 1998 is Mr. Kondo. Contrary to what has been said by some in the west, there is no "lineage bearer" or "Grandmaster" in the system of healing started by Dr. Usui, only the succession of presidents listed above. While Dr. Hayashi was a respected Reiki master, he was never in charge of the Usui system of Reiki.

Reiki is a generic word in Japan, and is used to describe many types of healing and spiritual work. It is not exclusive to the system of healing based on Dr. Usui's method.

The system of healing that evolved from Dr. Usui's method is called the Usui System of Natural Healing or Usui Shiki Ryoho.

Reiki in the West

After coming to the west, the Usui System of Natural Healing has evolved over time. In its current state, it is much more organized and structured than the simple, flexible, intuitive method practiced by Dr. Usui. The following is a description of the evolution of the Usui System of Reiki.

During his mystical experience on Mt. Kurama, Dr. Usui received the ability to do Reiki treatments, the Reiki symbols and the ability to pass Reiki on to others. Later he added the Reiki Ideals and the idea that one needs to receive compensation for a treatment. Dr. Hayashi added the standard hand positions, the three degrees and their attunement processes. Mrs. Takata added the fee structure previously mentioned. The required waiting periods between classes were added by several of Mrs. Takata's masters after she passed on.

After Mrs. Takata's transition, a few teachers began making changes in the way they taught Reiki. Most of the changes were beneficial, and included the addition of knowledge and healing skills the teachers had learned from other systems or had acquired from inner guidance. However, some changes were restrictive, making it more difficult for students to progress. Some took the Third Degree and divided it into several small parts, calling each new part a new Degree and charging additional money. Often, the fact that they had modified the Usui system was not mentioned and when their students became teachers, they began teaching what they thought was pure Usui Reiki when in fact it was not. In this way, many varieties of Reiki have developed with some thinking they have the only authentic version of Reiki when actually what they are teaching is a modified form.

Ancient Origins

Speculation based on knowledge of other ancient healing systems has led to a plausible hypothesis that may shed some light on the pre-Usui origins of Reiki. There is a Tibetan Buddhist healing technique called the Medicine Buddha. It involves the laying-on of hands similar to Reiki. The ability to do Medicine Buddha healing is transmitted to the student through an empowerment given by the teacher similar to a Reiki attunement. There are other spiritual lineages in Tibetan Buddhism involving the transmission of ability or value through empowerment. Since Tibetan Buddhism is the only form of Buddhism that uses empowerment, it is likely that the Reiki Dr. Usui rediscovered was formerly a Tibetan technique that had been lost. It is known that a spiritual lineage of this type may stop due to the failure of the teacher to pass it on. The lineage may then resume hundreds or thousands of years later when a monk or spiritual seeker receives instruction and empowerment during a mystical experience. Perhaps this is what happened to Dr. Usui. Perhaps he had been a Reiki Master in a past life and this gave him the determination to seek the healing power again. Perhaps the lineage had come to an end only to be started again when Dr. Usui's Reiki was reactivated during his mystical experience.

How does Reiki work?

The best answer is: We don't know.

This may sound highly dissatisfying, but this is the great truth. Reiki works with intent, which is focused energy expressing a desire to bring more positive energy into one's life, another's life or the world. Once you have stated this intent, the reiki will flow and you don't need to remain concentrated on channeling this healing energy. The universal life-energy first enters the energy system of the healer who passes it on, usually with the hands, to the healee. In the physical body this energy travels through the brains and nervous system. In our energetical bodies, it travels through the chakras, meridians and the central channel along the spine.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.

It is important to understand that reiki does not deplete the giver of his energies since the healer does not give from his own but taps into the universal force and after a treatment both the healer and healee feel encharged.

Another important fact is that reiki heals causes, not just the results (symptoms). This makes reiki a deep acting healing method with, from time to time, unpredictable effects; you don't always consciously know which part of your life needs healing mostly, but the reiki does and will first heal that area. Usui names reiki 'intuitive' for it knows where it is needed; reiki seems to have its own intelligence and it respects one's free will.

It is unknown what the origins, total quantity and ways of working of life-energy are. It can not be defined more clearly than stating that it comes from Source, God/Goddess, Spirit or The Force.

Principles of Reiki

- Just for today, I will give thanks for my many blessings.
- Just for today, I will let go of anger.
- Just for today, I will let go of worry.
- Just for today, I will be kind to others.
- Just for today, I will do my work honestly.

The principles of Reiki were laid down by Usui Sensei for his disciples to follow and be a guide in their life. These principles are simple, yet effective for anyone to find inner peace and happiness.

According to Dr. Usui, "The secret of inviting happiness, the spiritual medicine for all illness, is that just for today, do not get angry, do not worry, express your thanks, be diligent in your work, and be kind to others. Do gassho and repeat them in the mind at the beginning and the end of each day."

What all this essentially implies is that one can invite happiness (Reiju, which is the endowment of power or the opening of the energy path in a student by the guru) by valuing today – letting go of the past and not worrying about the future. One has to live in the present. One also needs to realize that anger and other selfish emotions like resentment, hatred, envy are harmful, and therefore, it is better to avoid such emotions. Do not worry. Do your best, believe and trust in the universe. Express gratitude - in this world it is easy to lose ourselves when we forget gratitude for being alive.

Be diligent in your work, and be kind to others. It is not important what we do, it is important what we learn from what we do. "Be kind to others" also means take good care of yourself, there is no difference between self and others in a universal dimension.

These teachings are for anyone to follow regardless of their religious beliefs.