

THE REIKI STORY

Reiki is a laying on of hands touch healing system of incomparable ease and power. What it can do and how it works is the subject of this book, but to fully appreciate Reiki it is first necessary to know where it came from and how it reached the West. The story spans almost all of the written records of humanity, and the healing system itself is certainly older than any written account. I have done my best to discover Reiki's origins through research and reading, but many gaps remain. Much pertinent information has never been translated into English and even more information has never been placed into print in any language. The Traditional Reiki story begins in the 1800s, but Reiki was ancient even then.

Information before written records can be obtained only through channeling, and though material received in this way must be considered speculative, it is nonetheless interesting and thought-provoking. While unverifiable, the material is too fascinating to overlook and I believe it to be highly valuable. In 1990, for my book *Dreaming the Past, Dreaming the Future* (The Crossing Press, 1991), psychic Laurel Steinhice described the twelve source planets that were the original colonizers of the Earth. Most of these are located in the Pleiadian star system, with a few in the star systems of Sirius and Orion.¹ People did not evolve on Earth, we were brought here from a variety of planetary cultures, and a number of channelers are now also describing them in their writings. A few scholarly translators of ancient documents are beginning to verify this as well, though at this time it still requires courage to do so.

In 1991 I asked Laurel for channeling about the origins of Reiki. She described Reiki as having originated with the planet that also brought the many-armed gods and goddesses to Earth, the root culture of what became pre-patriarchal India. The Indian god we know today as Shiva, female at that time, was responsible for bringing Reiki here, and s/he wants to be remembered for the gift. When the human body for this planet was designed, Reiki was incorporated into the genetic coding as a birthright of all people.²

Reiki is a part of every one of us. It was once universal and was never meant to be lost. Children of early Earth, in the civilization we call Mu today, received Reiki I training at the beginning of grade school. They received Reiki II at what we would define as junior high school age. Reiki III, the Teacher/Master's training, was required

for educators and was available to any who wanted it. When the people of its root culture left the mainland of Mu to colonize what is now India and Tibet, Reiki continued with them, though Mu was eventually lost. The Earth changes that destroyed first Mu and then Atlantis resulted in severe cultural disorganization, causing the healing system to remain the knowledge of only a select few. When in the nineteenth century a Japanese man sought the origins of Jesus' and the Buddha's method of healing, he found them in the ancient remnants of Shiva's early culture, in the esoteric teachings of India.

The Traditional Reiki story¹⁰ begins in the mid-1800's with Mikao Usui, who was principal of the Doshisha University in Kyoto, Japan, and also a Christian minister. Asked by his students to be shown the method by which Jesus did healing, Usui began a ten-year quest to find and learn the skill. When Christian authorities in Japan told him that this healing was not talked about, much less known, Usui sought the information through Buddhism. There are striking resemblances between the life of Buddha in India (Gautama Siddhartha, 620–543 BCE) and the life of the historical Jesus. Usui was told by Buddhist monks that the ancient spiritual healing methods had been lost, and that the only way to approach them was by entering the Buddhist teachings, the Path to Enlightenment.

Mikao Usui then travelled to the United States, where he lived for seven years. When he received no further answers from Christians here, he entered the University of Chicago Divinity School. He is said to have received his Doctor of Theology degree there, where he studied comparative religions and philosophies. He also learned to read Sanskrit, the ancient scholarly language of India and Tibet. Usui still found no answers to his quest to learn the methods of this healing. There is no further mention of Mikao Usui as a Christian or a minister, but only as a Buddhist who after his return to Japan resided in a Zen monastery.

It is interesting to note that in a search for records, Reiki Master William Rand found that Mikao Usui had never been to Doshisha University, as principal, teacher or student. Further, there are no records of his attendance at the University of Chicago, nor of his receiving a degree.¹¹ It would be easy to speculate that the Christian aspects of the story were added in the West, to make the startling power of the Reiki healing system acceptable to

Americans. The parallels between Buddhism and the early teachings of the historical Jesus (rather than religious Christianity or Church doctrine), however, require another look. I divert from the Reiki story to examine them briefly.

Buddha, the great savior of India, was born in the year 620 BCE near the Nepal border. He was the son of a king, and his birth name was Gautama Siddhartha. The prince was kept entirely innocent of suffering in the world, living in an enclosed palace and not permitted to go outside of it. Upon reaching adulthood he desired to see the real world so strongly that he disobeyed his father's wishes and escaped from his golden prison. For the first time he saw old age, illness, death, poverty and suffering, and it awakened in him his karmic heritage to relieve all people of pain.

Forsaking his wealth and his much beloved young wife, Gautama Siddhartha chose the path of a homeless wanderer. He lived under trees, begged for his food, and meditated on how to prevent suffering. Seated under a fig tree in meditation one day he was shown the way to heal all people, and this revelation under the Bodhi tree was the first Enlightenment. The Sakyamuni Buddha discovered that attachment to worldly things and even to people, with the greed and negativity that such attachments inevitably cause, are the source of human suffering. Actions based upon these attachments produce karma, both positive and negative, that hold the person's spirit to the Earthplane. Karma causes people to be reborn again and again, for the purpose of resolving the situations. Rebirth and living on the Earth are the source of human suffering, and yet karma cannot be cleared except by reincarnation in a human body.

The answer to this paradox, how to resolve karma and end the cycle of reincarnation and rebirth, is the essence of Buddhist teachings. This philosophy, which accepts the gods and Goddesses of whatever culture it is practiced in, has had profound impact on every major religion including Christianity. Buddhist teaching is based upon the principle of compassion for all living things, nonaggression towards people and animals and no killing of people or animals, and loving nonattachment while helping others. To the Buddhist, healing means much more than healing the body, as the mind and emotions must also be healed, and healing must first of all be spiritual. The world is seen as illusion, a creation of Mind

derived from the Void. Many of the parables and stories found in later Christianity are taken directly from Buddhism, including the Parable of the Mustard Seed, the story of the Prodigal Son, the Sermon on the Mount and the Temptation in the Desert by evil.

The Buddha's discovery of the Path to Enlightenment made possible the Enlightenment of others. A number of Buddhas followed Gautama Siddhartha, and a number of Be-ings known as Bodhisattvas. A Bodhisattva (savior) is a person who has attained Enlightenment and therefore is no longer required to reincarnate. Yet s/he returns to Earth in body for the purpose of bringing others out of suffering and pain and into Enlightenment with her. Two of the most familiar female Bodhisattvas, though Buddhism lists few women in this light, are Kwan Yin in China (called Kannon in Japan) and Tara in Tibet. I believe that Mary and Jesus are examples of Bodhisattvas, also.

Buddha and several of the Buddhas who followed him were called The Great Physicians (as Jesus was later called). So much emphasis was placed on healing, both physical and spiritual, in early Buddhist practice that it became the norm later to discourage it as a distraction from the Enlightenment Path. What is today called Reiki was known in India from the time of Gautama Siddhartha. It was partly described in the Buddhist *Sutras* (holy books), but more likely it was transmitted through oral teaching. Several of the early Buddhist scriptures describe the effects of spiritual healing—freedom from suffering and reincarnation in a “Pure Land” where Enlightenment can be gained—rather than the actual healing methods. Rituals and prayers for calling upon the Buddha of Healing are described in several texts.

Concepts, more familiar to the West, of psychic technique, visualization, initiation/attunement, meditative states, and spiritual healing involving mind, emotions and body indicate a form of Buddhism called Tantra or Vajrayana. Tantra is a highly esoteric form of Mahayana Buddhism that was developed in Tibet. It requires complete dedication and many years of psychic meditative training. Tantra is known in the West mistakenly as sexual practice; instead its goal is union and oneness with all Be-ing. This union is personified by the visualized—not in flesh—sexual partner. Two outgrowths of Tantric practice are the development of psychic abilities and healing skills. The adept is taught to use these only when

necessary, as they are distractions from the Enlightenment process.¹²

Tibetan Buddhism also involves the concept of Tulkas, the reincarnation with retained previous-life memory of certain high level adepts. Today's Dalai Lama is an example of a Tulka. Some time after the death of a Dalai Lama, the monks of the order begin to seek his reincarnation, whom they identify by numerous signs and tests. The new Lama, still a young child, is then taken to the monastery for training to resume the role he left in his past lifetime. This is an important connection between mystical Buddhism and Jesus, and I will describe it further.¹³

Written material on Tantric Buddhism does not offer clear step-by-step descriptions of how to achieve the Path. The material is meant only for adepts, and is taught orally. The manuscripts are carefully protected for fear of profanation and therefore are written to be deliberately obscure. A teacher is required to unravel the mystical language, and the teacher does so only to students deemed qualified and ready.¹⁴ Teachings are sometimes lost if the Teacher/Master does not accept students to pass them on to; lost practices are occasionally regained by psychic rediscovery. The Tibetan *Tantra Lotus Sutra*, a text written in the second or first century BCE, offers the symbol formula for the technique of Reiki.

How did this technique of Reiki healing—though as Reiki is a Japanese word it would not have been given that name—reach Jesus in the Middle East? According to German writer and researcher Holger Kersten in his fascinating book *Jesus Lived in India* (Element Books, Ltd., 1991), Jesus was a reincarnated Bodhisattva, as described above—a Tulka. His birth was awaited by members of a Buddhist order, and the “Three Wise Men” followed the unusual astrological conjunction of 5 BCE to find him. Buddhism had spread throughout the East by that time, and there were Buddhist centers in most Middle Eastern countries.

The child would have been two years of age at the time and in danger from Herod who had received prophecies of an Essene leader newborn who would challenge Roman rule. An Essene Buddhist-type monastery existed at Qumran near the caves that later housed the Dead Sea Scrolls. As a mystical order and possibly even a Buddhist order, the Essenes were aware of these prophecies. Essene

CHRONOLOGY

India

620 BCE	Birth of Gautama Siddhartha, Sakyamuni Buddha, on the India-Nepal border.
543 BCE	Death of Gautama Siddhartha at Kusingara, India.
2nd to 1st Century BCE	Tantra Lotus Sutra written, ³ other healing texts extant.
7 BCE	Historical birth of Jesus. ⁴
5 BCE	The “Three Wise Men” come from the East (India) to seek the reincarnation of an Enlightened One. They take Jesus and family to Egypt and India.
27 or 30 CE to 30 or 33 CE	Jesus returns to Jerusalem for 2–3 years. ⁵
30 or 33 CE	The Crucifixion. Evidence that Jesus survived it. ⁶
46 or 49 CE	Jesus returns to India 16 years after the Crucifixion. ⁷
110 CE	Death of Jesus in Srinagar, India. Legends say he lived to 120 years of age, not unusual for his time. ⁸

Japan

Late 1800's	Mikao Usui's quest for Reiki.
1925	Chujiro Hayashi receives the Reiki Master's degree (Reiki III) at age 47.
1930	Death of Mikao Usui. He made 16–18 Reiki Masters, sources vary.
May 10, 1941	Death of Chujiro Hayashi. He made 13–16 Reiki Masters including the first women, his wife Chie Hayashi and Hawayo Takata.

Hawaii

December 24, 1900	Birth of Hawayo Kawamuru (Takata).
March 10, 1917	Marries Saichi Takata.
October, 1930	Death of Saichi Takata.
1935	Takata goes to Japan for healing at Maeda Hospital in Akasaka, then to Hayashi's Reiki clinic, Shina No Machi, Tokyo. She is healed in 4 months.
Spring, 1936	Takata receives Reiki I from Chujiro Hayashi.
1937	Takata receives Reiki II from Hayashi then returns to Hawaii. She opens her first healing clinic in Kapaa.
Winter, 1938	Takata receives Reiki III from Hayashi in Hawaii. On February 22, 1938, Chujiro Hayashi announces Hawayo Takata as Reiki Master and his successor.
December 11, 1980	Death of Hawayo Takata. She made 22 Reiki Masters from 1970–1980. Some sources give death date as December 12. ⁹

teachings included concepts of reincarnation and karma, the immortality of the soul, compassionate peacefulness and simple living.¹⁵ Recognizing the Tulka they sought in the child Jesus, or perhaps summoned by the Essenes who recognized him, the “Wise Men” took the boy and his family East with them. The child was raised and trained first in Egypt and then in India. With access to Buddhist Mahayana and Vajrayana training, he returned to Jerusalem as an adult, a Buddhist adept, and a Reiki healer. He was also a Bodhisattva.

Holger Kersten goes on to trace the remainder of Jesus’ life, providing logical argument for his survival of the Crucifixion. There are numerous mentions of him as Issa or Yuz Asaf in the Buddhist *Sutras* and as Ibn Yusuf in Islamic writings. Most sources describe his past or note the crucifixion scars, making the identification unmistakable. Jesus survived and lived a very long and well-respected life as a holy man in India.¹⁶ The graves of Mary, Mary Magdalene and Yuz Asaf (Jesus) are known and considered places of worship in Mari, Pakistan (Mary), Kashgar, India (Mary Magdalene), and Srinagar, India (Jesus). The sites are clearly labeled.¹⁷ Kersten cites twenty-one documents that describe Jesus’ residence in Kashmir, India, after the crucifixion plus numerous indicative place-names.

Much of this scholarly information has been suppressed by the Christian church, which reflects more the teachings of Paul than the Buddhist-influenced Jesus. The historical Jesus is a fascinating figure, and his presence in the Reiki story is vindicated. If he also trained others in the healing method—and the New Testament states that at the least he trained his disciples—then Reiki reached a larger portion of the ancient world outside of India than may have been previously known. It was probably lost from Christian doctrine through the intervention of Paul, who seems to have reinterpreted Christ’s teachings. By the Fifth Century, the crucial concepts of rebirth and karma were dropped from Church canon, and Jesus’ healing method—which could have helped so many—was also lost to the developing West. The healing remained active only with the Buddhist adepts, who used it but did not publicize its existence.

Mikao Usui returned to Japan and took residence in a Zen Buddhist monastery where he found the texts describing the healing formula, which he now could read

in their original Sanskrit. The material did not include, however, information on how to activate the energy and make it work. As has been stated, such obscuring of information in the *Sutras* was intentional, done to keep the often powerful material from hands not ready to know and use it properly. Hawayo Takata describes this:

He went into studying the Sanskrit, and when he later studied very hard to master it, he found a formula. Just as plain as day. Nothing hard, but very simple. Like two and two equals four... And so he said, “Very well, I’ve found it. But now, I have to interpret this, because it was written 2500 years ago—ancient. But I have to go through the test.”¹⁸

The test was a three-week period of meditation, fasting and prayer on Mt. Koriyama in Japan. He chose his meditation site and piled twenty-one small stones in front of him to mark the time, throwing away one stone at the end of each day. On the final morning of his quest, in the darkest hour just before dawn, Usui saw a projectile of light coming toward him. His first response was to run from it, but then he thought again. He decided to accept what was coming and the answer to his meditation, even if it resulted in his death. The light struck his third eye and he lost consciousness for a time. Then he saw “millions and millions of rainbow bubbles”¹⁹ and finally the Reiki symbols as if on a screen. As he saw each of the symbols, he was given the information about each of them to activate the healing energy. It was the first Reiki attunement, the psychic rediscovery of an ancient method.

Mikao Usui left Mt. Koriyama knowing how to heal as Buddha and Jesus had healed. Walking down the mountain he experienced what is traditionally known as the four miracles. First, he stubbed his toe walking, and instinctively sat and put his hands on it. His hands became hot and the torn toe was healed. Next, he reached a house that served pilgrims at the bottom of the mountain. He asked for a full meal, not wise after twenty-one days fasting on water, but ate it without discomfort. Third, the woman serving the meal was afflicted with toothache, and placing his hands on the sides of her face, he healed her pain. When he returned to his monastery, and was told that the director was in bed with an arthritis attack, he also healed the monk.

Usui named the healing energy Reiki, which means universal life force energy, and next took the method into the slums of Kyoto. There he lived for several years doing

healing in the town's beggars' quarter. In the culture and ethic of his time, people with deformities, missing limbs or with apparent dis-eases were supported by the community as beggars. After healing each of these people, he asked that the person start a new life, but he found the same faces returning. Seeing people that he thought healed still begging instead of making an honest living, he became discouraged and left the slums. The people themselves were angry because with their dis-eases healed, they could no longer make their way as beggars and would now have to work.

Usui's experience in the slums is used to justify the high price of Reiki training today, the premise being that people would not appreciate the healing because they did not pay for it. Usui's failures may be due, not to the fact that the beggars did not pay, but to the fact that he healed only their bodies, not their mind and spirits. Buddhist doctrine de-emphasizes healing the body, stating that the only healing is spiritual and depends upon entering the Path to Enlightenment. Once a person has reached Enlightenment, she no longer needs to reincarnate, and this is the way to end suffering. Buddhists describe the Path to Enlightenment as the only true and valid healing method.

Mikao Usui became a pilgrim, taking Reiki on foot through Japan, carrying a torch and lecturing. In this way he met Chujiro Hayashi, a retired naval officer still on reserve status. Hayashi received his Reiki Master's training from Usui in 1925, at the age of forty-seven and became Mikao Usui's successor. Usui died in 1930, having made sixteen or eighteen Reiki Masters (the major sources vary), though none but Hayashi is mentioned by any Reiki source. Chujiro Hayashi trained teams of Reiki practitioners, both men and women, including sixteen Masters in his lifetime. He opened a healing clinic in Tokyo, where healers worked in groups on people who lived at the clinic during the time of their healing. Reiki healers also went to the homes of people unable to come to the clinic. It was to Chujiro Hayashi's Shina No Machi clinic that Hawayo Takata came for healing in 1935.

Hawayo Kawamuru was born on December 24, 1900, to a pineapple cutter's family on the island of Kauai, Hawaii, at Hanamaulu.²⁰ Too small and frail for plantation work, she took jobs while still in public school, helping to teach younger children, and worked as a soda fountain clerk. Once out of school, she was offered

a servant's job at the large and wealthy plantation owner's house. She lived at the plantation for the next twenty-four years becoming housekeeper and bookkeeper, a position of great responsibility. She met and married the plantation's accountant, Saichi Takata, in 1917, and they had a happy marriage and two daughters together.

Saichi Takata died of a heart attack at the age of thirty-two in October, 1930. Over the next five years Hawayo Takata, widowed and with two small children to raise, developed nervous exhaustion and severe physical problems. She was diagnosed with gall bladder dis-ease that required surgery, but had a respiratory condition with breathing difficulties that made the use of anesthetic dangerous for her. Her health deteriorated, and she was told that without surgery she would not live, but that surgery might kill her. After a sister died in 1935, Takata took the news to her parents who had returned to live in Tokyo, and afterwards entered the Maeda Medical Hospital in Akasaka.

For several weeks, she rested in the hospital and then was scheduled for surgery. By this time she was also diagnosed with appendicitis and a tumor, as well as gallstones. The night before the surgery she heard a voice saying, "The operation is not necessary." She heard it again on the operating table while being prepared for the anesthetic, and getting up from it asked the surgeon if there was another way for her to heal. The doctor told her, "Yes, if she could stay in Japan long enough for it," and told her about Chujiro Hayashi's Reiki clinic. The surgeon's sister, who had been healed by Hayashi's healers and had taken Reiki training, took her there that day.

Takata lived at the clinic and was completely healed in body, mind and spirit in four months. She asked to be trained in Reiki but at first she was refused, not because she was a woman but because she was a foreigner. Hayashi did not want the practice of Reiki healing to leave Japan at that time. Eventually, he relented because of the intervention of the Maeda Hospital surgeon. Hawayo Takata received her Reiki I training in Spring, 1936. She joined the teams of healers that worked at the clinic, and in 1937 Takata received Reiki II and returned to Hawaii. She had lived in Japan for two years.

Her first Reiki clinic was in Kapaa, and she was successful in her work. She obtained a massage therapist's license to protect her legally from the harassing authorities.

In the winter of 1938, Chujiro Hayashi visited Takata in Hawaii and they did a lecture tour together. She received her Reiki III training from him at this time, and on February 22, 1938, Hayashi announced Hawayo Takata as a Master/Teacher and as his successor. He insisted that she not give the training away without charge. He also told her that when he summoned her, she was to come to him in Japan immediately. In 1939 she opened her second healing center in Hilo. In 1941, Takata awoke one morning to psychically see Hayashi standing at the foot of her bed. She knew this was the summons and took the next available boat to Tokyo.

When Takata arrived at the Reiki clinic, Chujiro Hayashi, his wife Chie Hayashi, and the other Japanese Reiki Masters were present. He told her that a great war was coming and that all involved with Reiki would perish and the clinic would be closed. He had feared earlier that Reiki would be totally lost to the world and therefore had made Takata—a foreigner—his successor. Chujiro Hayashi said further that as a naval reserve officer he had been drafted, and that as a healer and medic he would not take life. He determined to accept his own death instead, and therefore he had summoned Takata.

On May 10, 1941, in the presence of his students, Chujiro Hayashi stopped his own heart by psychic means and died. The great war he predicted was World War II, and Reiki was indeed no longer available in Japan. Chie Hayashi survived, but their house and clinic were taken over by the Occupation, and she was not able to operate it as a healing center.

Takata was the means by which Reiki continued. She had brought it first to Hawaii, then she brought it to mainland United States, and finally to Canada and Europe. She lived to be eighty years of age, but she always looked decades younger. She trained hundreds of people in the Reiki healing system. In the last ten years of her life, from 1970–1980, she initiated twenty-two Reiki Masters, both women and men. Hawayo Takata died on December 11, 1980.

In her healing clinics, if a client was seriously ill and needed many healings, she trained someone in the family in Reiki to do the treatments. When the client was strong enough, they took the training as well. Takata taught by telling stories and by example. She did not allow her students to take notes, and she did not teach in the same way with every class. Sometimes she started the

healing positions at the head, and other times at the middle of the body or even at the feet. In her teaching of Reiki Masters, the Reiki III degree, her work varied as well. The Master/Teachers she trained were not all taught in exactly the same ways.

Mrs. Takata always charged her students, even her own family members. She came to feel that it was indeed necessary, that people who didn't pay for the learning didn't value it or use it. She felt that those who did not pay for the teaching would not be a success in business or in life.²¹ The teachers she trained continue to charge high prices, high enough to make Reiki financially exclusive, out of reach for most people.

In my opinion, the high price of any healing system is morally wrong in today's distressed world, though there is also merit in Takata's understanding and experience with this. Some students indeed devalue what they haven't paid dearly for. The American culture fosters this concept of respect based upon prices paid, rather than upon intrinsic worth. I have found, however, that while a few students do not understand the value of what they have received, Reiki always still benefits them in some important way.

Since Hawayo Takata's death Reiki has gone through many changes in the West. Phyllis Furumoto, Takata's successor and granddaughter, has been named the Grand Master of Usui Traditional Reiki. Teaching techniques and methods have undergone changes, and several branches of Reiki have evolved. Each of these branches claims to possess the only correct way, but the fact is that all the methods work and all of them were derived from Hawayo Takata's teachings.

Usui Traditional Reiki, also called Usui Reiki Ryoho, is probably the closest to what Hawayo Takata originally brought from Japan. It teaches Reiki in three degrees with Reiki III as the Master/Teacher's training. Very few people are accepted for Traditional Reiki Master's training; even those who can afford the \$10,000 have to be invited. Some teachers of Reiki now divide the third degree into two levels, Reiki III Practitioner and the Reiki III teaching degree. Some call the Reiki III Practitioner's degree an advanced Reiki II. One system, Radiance, divides Reiki training into eleven degrees, declaring the higher levels to go beyond and extend Takata's teaching. An increased number of degrees also means increased cost.

Teaching methods within the degrees also vary. Most teachers teach Reiki I in the same way, with some changes and additions in the second degree. The greatest variations come with Reiki III, however, with differences in the method of passing attunements. The Traditional attunement/initiation method requires four attunements each for Reiki I and some teachers use four for Reiki II, while some modern methods use only one combined attunement for each degree. In my own teaching and in this book, I divide Reiki into three degrees only, and my Reiki III degree includes the full teaching information. Though trained in both attunement methods, I prefer to use the modern way that passes the degrees in one attunement for each. This to me is more powerful, besides being significantly simpler. The material of this book reflects these methods and includes all three degrees in detail. My methods are more modern than Traditional Reiki—they have been refined by the criteria of what works best and most easily.

Reiki is changing and evolving since the time of Mikao Usui, Chujiro Hayashi and Hawayo Takata. It is reaching more people, particularly where some nontraditional teachers are now no longer charging high fees. How the Buddha taught laying on of hands healing, and how Jesus learned and taught it are no longer known. The origins of Reiki need to be honored, while at the same time respecting the changing world and the changing needs of people and the Earth. It is my hope that this book will carry on the teaching of Reiki, preserving effective methods so that they can no longer be lost, and at the same time putting Reiki within reach of any who want to learn it. Reiki is love, and in this time of planetary crisis, we all need all the love we can get.

“Reiki” written in Japanese in different styles of writing



- 1 Laurel Steinhice, in Diane Stein, *Dreaming the Past, Dreaming the Future: A Herstory of the Earth*, pp. 196–199, June 3, 1990.
- 2 Laurel Steinhice, Personal Communication, February, 1991.
- 3 Dated in Raoul Birnbaum, *The Healing Buddha* (Boulder, CO, Shambala Publications, Inc., 1979), p. 26–27.
- 4 Holger Kersten, *Jesus Lived in India: His Unknown Life Before and After the Crucifixion* (Dorset, England, Element Books, Ltd., 1991), p. 86. Dates on the life of Jesus are from this source. Their importance to Reiki will become apparent.
- 5 *Ibid.*, pp. 124–125.
- 6 *Ibid.*, p. 127 ff.
- 7 *Ibid.*, p. 174, date p. 183.
- 8 *Ibid.*, pp. 205–206.
- 9 Dates from 1800 to 1900 are duplicated in several Reiki sources. A primary reference is Fran Brown, *Living Reiki: Takata's Teachings* (Mendocino, CA, LifeRhythm, 1992).
- 10 The Traditional Reiki story is available in virtually every book about the Reiki system of healing. My primary source for it here is Hawayo Takata, *The History of Reiki as Told by Mrs. Takata* (Southfield, MI, The Center for Reiki Training, 1979), audiotape and transcript.
- 11 William L. Rand, *Reiki: The Healing Touch, First and Second Degree Manual* (Southfield, MI, Vision Publications, 1991), p. 2.
- 12 John Blofeld, *The Tantric Mysticism of Tibet: A Practical Guide to the Theory, Purpose and Techniques of Tantric Meditation* (New York, NY, Arkana Books, 1970), pp. 36–40.
- 13 Holger Kersten, *Jesus Lived in India*, pp. 86–91.
- 14 John Blofeld, *The Tantric Mysticism of Tibet* pp. 198–199. Much of my understanding of Buddhism comes from this excellent book.
- 15 Holger Kersten, *Jesus Lived in India*, pp. 106–108.
- 16 *Ibid.*, p. 150 ff.
- 17 *Ibid.*, pp. 186–187, 196–197, 203–206.
- 18 Hawayo Takata, *The History of Reiki as Told by Mrs. Takata*, transcript p. 4.
- 19 *Ibid.*, p. 6.
- 20 Virtually every book on Reiki describes Hawayo Takata's life. The main sources used here are: Fran Brown, *Living Reiki: Takata's Teachings*, and Helen J. Haberly, *Reiki: Hawayo Takata's Story*, (Olney, MD, Archedigm Publications, 1990), pp. 11–44. Both books are highly recommended.
- 21 Hawayo Takata, *The History of Reiki as told by Mrs. Takata*, transcript pp. 14–15.