



## AN OVERVIEW OF REIKI

By Lourdes Lebron

Reiki translates into universal life force. Rei stands for universal, knowledge of the universe and wisdom. Ki stands for energy and life force.

### A BRIEF REIKI HISTORY

Dr. Mikao Usui (1865 - 1926) was a learned scholar who was interested in learning about natural healing methods. He studied many different types of healing and ancient texts. After several years he ended up in a Buddhist Monastery. While there he took a 21 day fasting retreat on a mountaintop. On the last day of his retreat he saw a mass of light coming towards him. It hit him and knocked him unconscious. While unconscious he learned what the Reiki symbols meant and how to use this healing system.

On his way back to the town he healed people with this new system. He stayed in the slums and healed many beggars and crippled. The paradox he encountered was that the people he healed didn't appreciate what he had done and had gone back to their old ways of living instead of trying to start afresh. Many people attribute this experience to the exchange principle currently in place today. The exchange principle is based on the concept of an exchange of energy. To give thanks for the Reiki treatment an exchange of energy is made. People can choose to thank the practitioner with money or some other form of compensation. People also attribute the exchange principle to Mrs. Takata (the person who brought Reiki to the US).

Mrs. Takata learned Reiki through Dr. Hayashi (successor to Dr. Usui). He taught her Reiki after she kept at him for many months. Knowing that he needed at least one woman to learn Reiki he initiated her and his wife. This was not the usual since Reiki was only taught to the Japanese and although she was of Japanese decent, she was an American (born and raised in Hawaii). He initiated her (she was the last person he initiated {13}) and she started teaching it in Hawaii. She, like Dr. Usui, realized that the Japanese idea of respect would not be as easy to instill in the Western mind (US) as it would in Japan. By charging a



large amount of money, people would respect this healing method. She initiated 22 people and all of them have spread Reiki throughout the world.

Dr. Usui came up with some simple Precepts/Principles (while meditating) to help clients and practitioners alike along on the Reiki healing path. In order to heal the physical body, the mental and psychic body had to be healed as well.

The Reiki Precept/Principles are:

- \* Just for today, I will let go of anger
- \* Just for today, I will let go of worry
- \* Just for today, I will count my many blessings.
- \* Just for today, I will do my work honestly.
- \* Just for today, I will be kind to every living creature.

## MODERN REIKI PRACTICES

Today, Reiki is considered an energy system that makes use of the energy around us. It helps release stress and relaxes the body by sending energy to particular body locations. It goes to work on the chakras, meridians, and flows of the energetic body. It can flow consciously or unconsciously from the person giving it. Reiki is an intelligent system and will always go to wherever it is needed most.

There are 3 levels of Reiki Practitioners. The first level (Reiki 1) helps you get to know your soul or true self. The second level (Reiki 2) opens your heart more to experience life. The third level (Reiki 3/Master) increases your sensitivity to your spiritual existence.



The first level lets you give Reiki through your hands and eyes. You may also scan and beam Reiki. The Reiki will flow through you consciously and unconsciously especially in crowded locations.

The second level has the symbols being placed in your chakras. You will receive the distance, healing, and power symbols. This will attune you to different vibrations of Reiki. You will also be able to send Reiki through time and space.

The Third level is the Master Level. With this level comes the master symbol. It adds an extra push to the power symbol and you will also be able to teach with this symbol.

There are no age limitations to Reiki. Both a child and an elderly person can practice it. All that is needed is the will to support others on their spiritual journey.