



Reiki Attunements

The word Reiki is Japanese, and the symbols used to depict the word are Chinese, meaning “Life Energy”. The name however is not an indicator of its cultural origin. There have been discoveries of techniques and symbols from a wide span of diverse cultures, including Tibet and Ancient Egypt, that all have similarities to Reiki as we know it today. Recent discoveries trace the symbols and techniques to ancient cultures in southern India. Reiki, like many other spiritual beliefs and practices may possibly be a system of healing and wellbeing that has its basis in several ancient civilisations.

History of Reiki

There are many stories detailing the history of Reiki. The following represents the history as taught by Hiroshi Doi, the only Western Reiki Master also schooled with the original teachings of Reiki Ryoho in Japan.

Born August 15, 1865, Mikao Usui Sensei studied the arts and sciences throughout China, Europe and America. Dissatisfied with Japanese teachings and rule, he often broadened his awareness in other countries. Additionally, he worked a variety of jobs- public servant, office worker, industrialist, reporter, politician’s secretary, missionary and supervisor. Mikao Usui was searching and gained the reputation as a “person of free will”.

Through his searching and studies, Mikao Usui was looking for the ultimate purpose of life. Every action and experience he had intended to help him find that answer.

It is on this path that Mikao Usui had what is considered his first spiritual awakening. *“Accept your fate and live in peace. Though it is necessary to try as you are, leave the rest in the hands of Providence and obtain the*

peace of mind". Fate was considered destiny you cannot control. Thus, Mikao Usui believed peace of mind came from stopping the vain attempt to control and change that which cannot be controlled or changed.

Mikao Usui recognized that his first spiritual awakening was that of an intellectual awakening but not a true awakening. In other words, we first find awareness with our heads, our consciousness. True awakening comes from our heart. True awakening is felt throughout the body, within the very pores of our soul.

Realizing this, Mikao Usui went into Zen Buddhist practice for three years searching for the way "to reach the state of mind accepting our fate and living in peace." After three years, Mikao Usui failed to reach true awakening. So, he asked his Zen master to teach him how to achieve spiritual awakening and was told, "Die one time".

It was then in March 1921 that Mikao Usui hiked up Mt. Kurama in Japan and started fasting. 21 days later Mikao Usui felt a great strike between his brows, as if struck by lightning, which left him unconscious. Yet when he awoke the next morning he felt perfectly refreshed and held a deep peace within. As if he were one with the Universe, in perfect harmony. Mikao Usui believed Reiki had entered his body, resonating with his own reiki and giving him new life. He began his descent from the mountain.

Upon his descent, he tore a toenail against a rock. Instinctively touching it, his touch healed the nail immediately and the pain went away. This began a year long exploration into his hands-on healing and the development of Reiki. Usui became so popular throughout Japan that he established the Usui Reiki Ryoho Gakkai, April 1921, to heal and teach others.

It is said that through his school and healing, Reiki saved more than several hundred thousand people. Some say he saved over one million. Yet Usui Sensei did not teach Reiki as simply a healing system. It is a spiritual system used to find and maintain happiness, prosperity and peace.

Usui Reiki Ryoho was taught in three levels. Sho-den, *the entrance* Level I, Oku-den, *deep inside* Level II, and Shinpi-den, *the mystery* Level III and master's degree. Each level required extreme discipline and study. Very few people were taught to the Shinpi-den level. At present only three people are known Shinpi-den Masters. They are, Juzaburo Ushida, Kan'ichi Taketomi, and Chujiro Hayashi.

Mr. Chujiro Hayashi (1879- 1940) is said to have received the last secret of Reiki Ryoho as he became a master in 1925 one year before Usui's death. Mr. Hayashi opened a Reiki clinic himself healing and teaching Reiki Ryoho. The clinic had eighteen treatment beds and sixteen Reiki Ryoho healers. Two healers treated each patient.

One such patient was named Hawayo Takata (1900-1980). She was of Japanese descent and born in Hawaii. In 1935 she returned to Japan as she was diagnosed with an incurable disease and had heard of Hayashi's clinic. She hoped there to find some refuge. A widow with two small daughters, Hawaya Takata sought out this Eastern medicine.

Mrs. Takata completely recovered after eight months. She decided she wanted to learn Reiki and continued to stay and study under Mr. Hayashi for one year. Upon returning to Hawaii, Mrs. Takata opened her own Reiki clinic. It is here that Hayashi Sensei taught her Shinpi-den in 1938. Mrs. Takata concentrated on providing treatments of Reiki and did not begin giving attunements until she was almost 80 years old. She trained 22 teachers but did not allow them to take notes. These 22 Reiki Master/Teachers spread Reiki throughout the world and leave us today with over 3 million people who have received Reiki attunements.

One year after Takata Sensei's death, the 22 Masters re-met in Hawaii. One such master is Phyllis Furfuro, Takata's granddaughter. She established The Reiki Alliance to succeed Mrs. Takata. Another master, Barbara Ray, established a very different school of thought; The American International Reiki Association that was later renamed The Radiance Technique. Thus, Takata Sensei's teachings split into two major schools of thought. Today the number of schools is countless.

The different schools of thought can be attributed to the fact that Mrs. Takata taught Reiki to the Master level over one weekend and the students were not given nor could take any notes. It is for this reason; I teach neither school but rather have researched Reiki Ryoho from Japan and developed a Reiki teaching including both thoughts from the West and the East without prejudice.



Dr Mikao Usui



Mrs Hawayo Takata



Dr Chujiro Hayashi

The practice of Reiki is an original method of healing, developed by Mikao Usui in Japan early in the 20th century. Reiki is a natural healing energy that works on every level, not just the physical, and is understood to promote the body's regenerative self- healing ability.

The National Occupational Standards are set by the Reiki Council and require practitioners to have a Reiki lineage that can be traced directly back to Mikao Usui and to have been attuned/initiated in person.

The Reiki Council's current working definition was agreed in June 2009 and

is as follows:

Reiki

There are many different styles of Reiki with many different viewpoints. Here is the working definition of Reiki developed by the Reiki Council through consensus at the time of publication (June 2009).

“Reiki” (ray-key) is Japanese for ‘universal life energy’, a term used to describe a system of natural healing. This healing tradition was founded by Dr Mikao Usui in the early 20th century and evolved as a result of his research, experience and dedication.

We live in a world of energy that nourishes and maintains all living things. When this energy flows uninterrupted there is balance and harmony within and around us and we experience a sense of wellbeing.

There are many variations of Reiki, but in essence Reiki works at bringing us into balance and is believed therefore to reinforce the body’s natural ability to heal itself at all levels, whether physical, mental, emotional or spiritual. It is a tradition that is open to any belief system.

Reiki is a healing process that anyone can benefit from in the normal course of their life. Research using animals and even bacteria suggests it has the ability to reverse stress-induced conditions. It should not, however, be regarded as a cure for conditions. As a natural form of healing Reiki can support and enhance other forms of treatment.

The method of receiving a Reiki treatment from a practitioner is simple. The recipient remains clothed and lies on a couch or sits on a chair and relaxes. The practitioner gently places their hands non-intrusively, on or near the body. There is no massage or manipulation and the whole person is treated rather than specific symptoms. It is also possible to receive Reiki at a distance.

Reiki practitioners are not trained in diagnosis and will not offer any diagnosis or prognosis

If people are concerned about their symptoms, they should see a doctor. Clients may or may not feel sensations during a Reiki treatment. Benefits reported by clients/patients include deep relaxation promoting a calm, peaceful sense of wellbeing on all levels.

Reiki is taught by Reiki Master/Teachers, who have trained in the tradition passed on in person from Master to student. Students go through a

process of initiation/attunement to the Reiki energy. They are then able to treat themselves and others, not only from a healing perspective, but also as an aid to personal development and spiritual growth.

Taken from www.reikicouncil.org

The Benefits of Reiki

- It is a form of energy work which works on the physical, emotional, and spiritual levels by balancing the natural life force energy within the body
- Reiki can be used as a form of health maintenance and disease prevention
- It can be applied as a self-help technique and can induce deep relaxation and meditation
- Reiki is useful when recovering from an illness, used as a supplementary therapy
- Reiki can aid spiritual and personal development. When we are relaxed, we can often detach a little from everyday existence which enables us to take an objective and less emotional look at our lives which can sometimes provide clarity to help us make positive and healthy decisions about aspects of our lives.
- Reiki can help minimise our response to stress and aid relaxation and find inner peace and clarity.
- Reiki is quick and simple to learn. You do not have to have a healing “gift” to use Reiki and you do not have to “believe in Reiki for it to work, merely to have an open mind.
- Reiki can be used on children and animals as it is safe and non-invasive
- Reiki can provide a spiritual connection although it is not considered to be a religion
- Many people believe that being able to offer Reiki treatments to others help to foster a sense of giving and unconditional love.
- Reiki can provide you with new found perspectives which help you to make healthy choices but also change unhealthy emotional patterns.

The Reiki Symbol

靈氣

What to Expect When Receiving a Reiki Treatment



Your practitioner will welcome you, put you at ease and take some basic information for their records.

You can receive Reiki treatment sitting in a chair, lying on a couch, or from a distance.

Ask your practitioner how long a treatment is going to last before you start. A standard treatment tends to last between 30 and 60 minutes, depending on his or her style of Reiki.

According to their Reiki style, your practitioner may place their hands on your body (avoiding touching sexual areas) or work with their hands near, but not touching, the body. A practitioner always checks that you are comfortable with being touched if their style is predominantly hands-on, so if you are not, please say and they will switch to hands-off.

Your treatment is given fully clothed, except for your shoes (if lying on a couch). As in any complementary treatment, make sure you are comfortable by wearing loose-fitting clothes than you can relax in.

In order to help with your relaxation, Reiki practitioners may have dim lighting and calming music. Some Reiki practitioners prefer to give Reiki in silence. If you have a preference, please state it.

Your Reiki practitioner may follow a predetermined sequence of hand movements (which may vary according to style) or work without a predetermined sequence or, according to style, offer specific Reiki techniques to fit with your individual needs.

If you turn your attention to what you feel in your body, you may notice sensations of e.g. heat, or cold, or tingling or pulsing – all indications of Reiki at work. Some people feel no sensations; however, this is not unusual. The experienced Reiki practitioner senses the flow of Reiki and can confirm that your body is actively receiving Reiki.

Reiki may also be given to animals.

Learning Reiki:

Reiki is taught as follows:

Level 1 – Taught over two days the student learns how to give Reiki

treatments as well as self-treating techniques

Level 2 – again taught over 2 days, students learn techniques for distance healing as well as being shown how to incorporate traditional symbols within treatments – students have to provide 75 case studies but once they have achieved this they are able to work on the public as a Reiki Practitioner.

Level 3 – originally taught as Reiki Master Teacher more recently it has been sub-divided as follows:

Reiki Master Practitioner – where the student receives the final attunements to the Reiki energy and practitioners usually report an empowered ability to work with the Reiki energy

And

Reiki Master Teacher – where students are shown how to teach Reiki to others.