

The Essence of Reiki

◇ What is Reiki?

According to the latest scientific studies, the universe and all that exists in it are made of vibrations also known as waves. This concludes that we are surrounded by vibrations; in fact, we human beings are made of these waves as well. Reiki is one of those vibrations that fills the universe.

Amongst many kinds of vibrations, the existence of a high-level wave that can heal illnesses and bring peace of mind has been recognized since ancient times. This wave is known as Reiki. Reiki is a gift from the universe. It is the wave of Love, Harmony, and Healing. Reiki resonates with heightened human awareness, and it leads us to health and happiness.

Reiki-ho is a technique to utilize Reiki to make our lives peaceful, fruitful, and valuable. Reiki-ho starts with hand-healing techniques. Its goal is to enhance our own waves so that we would not resonate with negative vibrations such as illness, worries, anger, and anxiety.

◇ The Origin of Usui Reiki Ryo-ho

Originally, Reiki-ho was called Reiki Ryo-ho and was founded by Mikao Usui, born in 1865 (the first year of the Keio period). He left his hometown in Gifu prefecture in his youth. He experienced a variety of occupations. Through his experiences, he pondered what the purpose of life was.

After a long quest, he came to the conclusion that the purpose of life is to attain the state of Anshin Ritsumei. To attain Anshin Ritsumei is to understand that a human being is given life by the universe to fulfill a mission. The universe that gives life to us would never wish illnesses or misfortunes on us. Trust the universe. No matter what happens in life, the human being who has attained the state of Anshin Ritsumei can remain unperturbed while fulfilling his or her mission in spiritual peace.

With this understanding, Usui Sensei strived to attain the state of Anshin Ritsumei. He had practiced Zen at a Buddhist temple in Kyoto for three years. However, he was not able to achieve the spiritual state he longed for. Resolving to die in his quest, he started to fast on Mount Kurama. Finally, he felt the vibrations within his body resonate with the universal vibrations, and he was able to become one with the universe. He achieved the state that he had been striving to attain.

Usui Sensei knew intuitively that the powerful waves resonating with the universe was called Reiki since old times. He realized that Reiki is the waves of guidance from the universe, and only the way to health and happiness is to live in resonance with Reiki. On his way home, he encountered many healing experiences, and he understood that the universe gave him the ability of healing.

Just as he experienced in Mount Kurama, healing took place effectively when he resonated with Reiki. Usui Sensei realized that he received a divine revelation of the

universe to share his experiences with many people. He was determined to teach that Teate Ryo-ho (hand healing) is the starting point for anybody to practice and lead us to Anshin Ritsumei, the purpose of life.

Hoping to convey his ability to many people, Usui Sensei named his practice Usui Reiki Ryo-ho, and he established Usui Reiki Ryo-ho Gakkai in Tokyo in April, 1922. He taught Reiki Ryo-ho to a large number of people. Usui Reiki Ryoho Gakkai has still maintained Usui Sensei's tradition. Usui Sensei's practice which is passed on to the Gakkai is referred to as Dentou Reiki in Japan.

◇ **The Spread of Western-style Reiki**

While Dentou Reiki is practiced in Japan, there is a lineage called Western-style Reiki. There were 2000 students under Usui Sensei. Amongst the students, 21 were instructors called Shihan. Chujiro Hayashi, a naval captain and the last Shihan certified by Usui Sensei, conveyed Usui Reiki Ryo-ho to Hawaii.

After Usui Sensei's death, Hayashi-sensei became independent of Usui Reiki Ryo-ho Gakkai and established Hayashi Reiki Kenkyu-kai. Hawayo Takata visited Japan from Hawaii to receive medical treatment for an incurable disease. After her complete recovery, she studied Reiki from Hayashi-sensei and became a Reiki Master of Hayashi Reiki Kenkyu-kai. She gave Reiki treatments in Hawaii, and trained 22 Reiki Masters in her last years.

After Takata-sensei's death, the Reiki Masters who Takata-sensei had trained separated into two groups and began to spread Reiki in their own ways. By easy-to-learn systems and high effectiveness, Reiki quickly spread throughout the world. At present, there are more than 5million Reiki practitioners worldwide.

◇ **The Differences between Dentou Reiki and Western-style Reiki**

While it spread in Hawaii and throughout the world, Usui Reiki Ryo-ho had gradually changed. In the late 1980s, Western-style Reiki with their various points of view and techniques, was re-introduced in Japan.

Both Dentou Reiki and Western-style Reiki have prominent characteristics. In Traditional Reiki, first the negative energy that is the cause of illness is found and eliminated. Then, the level of awareness is raised, so that one would not resonate with negative energy. Finally, the aim is to raise the resonance with the waves of Reiki and lead a peaceful and fulfilling life.

Western-style Reiki is characterized by taking part with conventional medical treatment as an effective complementary technique. Western-style Reiki has obtained good results in the treatment of the mind and body.

In Japan, some Reiki networks have been recognized as non-profit organizations and have gradually tied up with medical institutions. However, complete acceptance of Reiki will take more time.

◇ **What is Gendai Reiki Ho**

Gendai Reiki Ho aims at healing the mind and body and encouraging spiritual growth, which is the essence of Reiki-ho. Gendai Reiki Ho (a popular name is Gendai Reiki) has gradually spread in Japan and abroad. Gendai Reiki Ho is the simple system of Reiki method to practice every day and get the full benefit of Reiki.

Gendai Reiki Ho is not a new system of Reiki, but it is a new practice discipline of Usui Reiki Ryo-ho intended for people of today. In fact, in western countries, Gendai Reiki Ho is called the modern Reiki style of Usui Reiki Ryo-ho.

The basis of Gendai Reiki Ho is Western-style Reiki's rationality and effectiveness accepted and spread worldwide, and also Usui Sensei's high spirituality and passion for the happiness of people.

◇ **Aiming at the Essence of Reiki**

Reiki fills our surrounding with pure light. However, in order to receive it, it is necessary for one to enhance one's awareness and lead a life that is constantly in resonance with Reiki. Gendai Reiki Ho aims at achieving this goal in everyday life.

Gendai Reiki Ho focuses on healing and conscious practice of self-purification and self-growth technique to enhance resonance with Reiki. Its goal is to achieve automatic and unconscious resonance with Reiki. When the everyday life is totally in resonance with Reiki, truly a healthy and peaceful life can be realized.

The universe is continuously sending the energy of harmony, but we, as human beings, ignore the intent of the universe and behave each in our own way. The only way to attain Anshin Ritsumei is to live by following the law of the universe. Reiki healing enables the practitioner to resonate with Reiki, trust Reiki and completely entrust in the universe. Reiki healing is a practice to live in resonance with the universe.