

# True History of Reiki

Everyone has a different journey with Reiki just as much as everyone has a unique lifestyle. Hence, I feel it is important to share with everyone the holistic story of Reiki and how it is an original spiritual practice delivered to us by Lord Shiva, and then was re-discovered by a Japanese Buddhist and martial artist, Mikao Usui.

The term we know as Reiki in the Western world was a practice known in India since the time of Gautama Siddhartha (Buddha).

For the purpose of this document I'll refer to the practice as Reiki, as Usui called it – but please keep in mind its ancient origins.

When Reiki came to the Western world it was watered down into a practice to heal the physical body. When Yoga came to the Western world it was watered down into a practice of twisting the body into different postures. In India the practice of Yog (without the 'a') is a clearly defined path of what one needs to do to move forward on the path to self-realisation.

The true practice of Reiki also has clear instructions on how to achieve *personal perfection*. In fact, the two originate from the same source - Lord Shiva. This information is not verifiable through the usual means as the fact has been lost throughout many hundreds of earth centuries.

Throughout my 22 years of being a Reiki Master Teacher I have become sensitive to feeling the energies and can feel the the same thread of Universal Energy weaved through all spiritual practices – originating from India.

In Diane Stein's book: *Essential Reiki: A Complete Guide to an Ancient Healing Art* (1995) she speaks with a psychic Laurel Steinhice who channelled that Lord Shiva, female at the time, gave the gift of Reiki as a birthright for all people.

The original form of Reiki from Shiva travelled from its original source in the ancient civilisation of the mainland of Mu to what is now known as India and Tibet. The knowledge of the healing system, through earth upheaval and cultural disintegration, was forgotten. True Reiki Masters today can feel that ancient knowledge in the energetic system they work with.

The system of Reiki seemingly reveals itself again through the great Gautama Siddhartha's journey to enlightenment. He discovered that when one is attached to worldly things they continue in the cycle of karma and reincarnation.

The habitual patterns of mind and emotion keeps one experiencing negativity in life, and hinders one from feeling deep happiness and satisfaction.

Counselling and psychology theories in today's society also state this same fact. In Cognitive Therapy, for instance, practitioners help people realise that thoughts, feelings and behaviours are all connected and that in order to move forward and overcome difficulties they should identify and change unhelpful and inaccurate thinking, emotional responses and problematic behaviours.

Buddhism picks up where counselling stops and teaches people that in order to heal the body they must continue to work with the mind and emotions, and that healing must first be spiritual.

In Hindu philosophy the world is Maya, an illusion and creation of the mind to experience a limited physical life.

We can pick up the Reiki Method again through Mikao Usui's journey as he travelled the world for 10 years seeking how Jesus performed healings. According to the history in Diane's book Mikao Usui, a well-known Japanese martial artist and Buddhist, was asked by his students to be shown the way that Jesus performed healings. Usui found the origins of Jesus and the Buddha's method of healing in the esoteric teachings in India.

An interesting fact that a German writer and researcher Holger Kersten (1991) believes that young Jesus, while fleeing Herod, was taken by three wisemen to Egypt and then India where he was taught by a Buddhist Mahayana in the Vajrayana training.

It is stated that Jesus was a reincarnated Bodhisattva and Tulka (one who has attained enlightenment in a previous life and who chooses to return and retains previous-life memories) and the wisemen were members of the Buddhist order who awaited his birth; similar to how they await the birth of the Dalai Lama each lifetime. When Jesus returned to Jerusalem as an adult he was a powerful healer.

### **About the Practice Reiki**

Throughout many cultures the energies that flow through our bodies have been known with different names. It is referred to as Ki in Japan, Prana in India, Chi in China, Ruach in Hebrew and Mana by the Polynesian Hunas. It is the source of life itself.

The energy flows through the physical body in pathways called meridians and nadis, and they converge at points called chakras. When the energy has a balanced flow it creates good health (Rand, 1991).

Positive thoughts and feelings increase the flow of energy, while negative thoughts and feeling disrupt the flow. This makes sense as even in Positive Psychology it has been proven that when a person increases their positivity ratio higher than their negativity it has many health and well-being benefits including greater mental clarity, expanded thought process and improved relationships. See the book by Barbara Frederickson called *Positivity*.

There are three levels in Reiki. These levels are simply a way to categorise a student's progress. Mikao Usui worked with students on an individual basis. Reiki Level 1 is an introduction into the Reiki Method which cover the basics such as hand positions, chakras, the location of major body organs and the psychology. Reiki Level 1 should put focus on the students' awareness of themselves and how to heal themselves on many levels, with different techniques.

Reiki Level 2 goes deeper into the practice with the addition of the Reiki symbols and Kotodama. This are similar to, if not identical, to the sounds of chanting which immediately increases the energy vibration of the human system including the physical, emotional and spiritual bodies. In Reiki Level 2 the student is also introduced to the technique of how to send healing long distance, clear the energies in a home and change negative thinking patterns.

In Reiki Level 3 the student should be proficient and understanding of the first two levels as they will now learn how to perform a Reiki attunement, also referred to as an empowerment procedure, initiation or Reiju (Japanese term). At each level students are given at least one Reiki initiation. Usui performed initiations according to the students' spiritual requirements.