



# Reiki

## Some Basic Information

### REIKI - 'Mysterious Atmosphere'

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.



It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

It was developed in 1922 by Japanese Buddhist Mikao Usui and the English Reiki is best considered as a *Japanese loanword*—meaning "spirit" or "mysterious atmosphere. Most Western practitioners of the system claim the word **Rei** means "God's Wisdom" or "Spiritual Power" and **Ki** meaning 'life force' or 'energy' as in Chi or Qi.

The earliest recorded English usage dates to 1975.

In essence then the Reiki Practitioner acts as a conduit for this 'universal energy' in order to promote self-healing, well-being and allow others to 'turn on' their own self-healing abilities.

It could be argued that this is the basis of all spiritual healing techniques.

Mikao Usui did not train Westerners but his system was taught to Chujiro Hayashi and Hawayo Takata who brought it to the west. Therefore all Reiki Practitioners, according to Reiki Regulatory practices need to show a lineage which includes either Hayashi or Takata and one of the twenty two people Takata trained (lineages are checked in the UK by the Reiki Federation). Alan's lineage includes Takata student Iris Ishikuro and as been validated by the Federation).

The key thing about lineage is that it suggests both an honouring of the core tradition as well as celebrating the 'master to student' structure used with the Buddhist (and other mystery school) teaching traditions.

Reiki has become a very popular healing modality with numerous different forms and traditions evolving over the last few decades. They all adopt the 'three level' system of training (or attunements).

- Reiki 1 - attunement for self-healing (Novice)
- Reiki 2 - attunement for healing others (Practitioner)
- Reiki 3 - attunement to teach others (Master)

Other 'traditions' of Reiki which you may like to reflect upon include Sechiem, Crystal, Dolphin, Atlantean, Celtic, Rainbow, Kundalini, Angel, Egyptian, Kauna—and so on. It is for the individual to question the validity and authenticity of each...

*Combating Prejudice through Knowledge*

