

## REIKI PAGES



While on the 'Reiki Styles' page you will find links to innumerable different 'variations' & 'evolutions' of Reiki - both as 'New Age' phenomenon, and as a concept 'adopted in' to various pre-existent ethno-spiritual traditions - the essential focus of this section of the site is on:

A: 'original' Reiki ( - i.e. Reiki in the various guises of: Usui Reiki Ryoho, Usui Te-ate, Usui Do, Usui Reiho, etc) as it has survived and evolved in Japan.

B: 'traditional' Western-style as taught by Takata Sensei under the name: 'Usui Shiki Ryoho' (Usui Style Treatment/Healing Method)

To help identify modifications to existing items, and also new additions to the Reiki Pages:

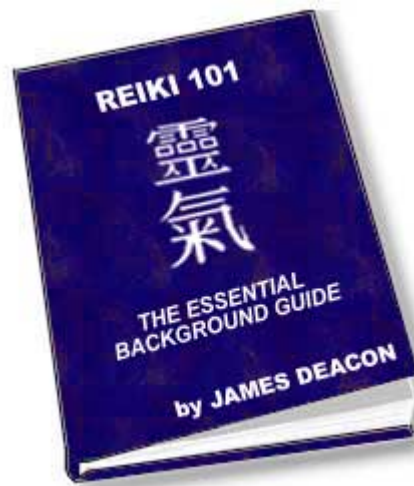
the letter '**U**' in front of a link indicates a recent update

the letter '**N**' in front of a link indicates a new item

In the REIKI PAGES sub-section entitled: [The Reiki Dojo](#) you will find the various Japanese Reiki Self-developmental and therapeutic practices, including: Hasurei Ho, Reiji Ho, etc. - and also the Reiju, & Denju attunement processes - as well as the [Usui Treatment Guide](#) and The [Hayashi Treatment Guide](#).

While the information in this section has, up to now, mainly focussed on matters of interest to people already possessing at least a basic awareness of Reiki and Reiki-related issues, there was little here in the way of an introduction to the 'World of Reiki' beyond the 400 word piece entitled: 'Reiki Therapy in a Nutshell'.

To remedy the matter (or should that be: to 'Reiki' the matter)...To remedy the matter, I have expanded the ['Reiki Therapy in a Nutshell'](#) piece to include a little more information for newcomers. Alternatively, you might like to start with the **FREE** E-Book:



[Click on Cover](#)

which, while incorporating everything in 'Reiki Therapy in a Nutshell', gives a far more broadranging and inclusive introduction to the subject of Reiki. (Not just for 'beginners'...)

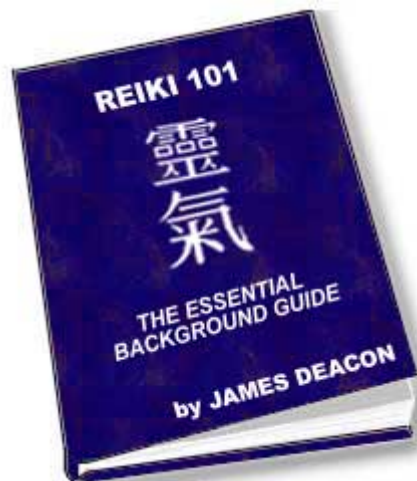
However, we all have to start somewhere, and if you are 'new to all this' please do not let it stop you from clicking on any page you like on the list, and jumping straight in.

Yet always be Mindful that Reiki is about much more (and also much less) than the articles, discussions, histories, cultural influences, symbols, Reiki 'famous-names', and anything else dealt with in the Reiki Pages on this or any other internet site...

**REIKI 101**  
**The Essential Background Guide**

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[Version 1.05]



**Objectives**

After studying this document, you will

**Be aware of the following**

- Alternative terms for the Reiki system
- The Founder of the Reiki System
- Reiki Initiation/Attunement
- The Reiki Symbols
- Independent Reiki masters
- Variety of versions or 'styles' of Reiki
- The Reiki Alliance
- TRTIA
- Japanese Reiki survivals

### **Identify**

- Mikao Usui
- Hawayo Takata
- Chujiro Hayashi
- Usui Reiki Ryoho Gakkai
- The Radiance Technique
- Usui/Tibetan Reiki
- Seichim Reiki
- Tera Mai
- Karuna Reiki

### **Understand**

- Meaning of the term Reiki
- Meaning of the term *gokai*
- Meaning of the term 'Reiki Master'
- Meaning of the term *reiju*

### **Topics covered in Reiki 101 are as follows:**

[What is Reiki?](#)

[Reiki - a generic term](#)

[Reiki - Energetic Radiance](#)

[Reiki - a gentle therapy](#)

[The Reiki Principles](#)

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[Tera Mai \(Reiki/Seichem\)](#)  
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[Reiki goes back to its roots](#)  
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[The Usui Reiki Ryoho Gakkai](#)  
[Reiju](#)  
[The Story of Reiki](#)  
[Different styles of Japanese Reiki](#)  
[Gendai Reiki Ho](#)  
[Vortex Reiki](#)  
[Jikiden Reiki](#)

Also included:

[A brief glossary of important Reiki-related terms](#)

[Internet Resources for further study](#)

[Some interesting Reiki Books](#)

And

[A Reiki 101 Review Quiz](#)

### **What is Reiki ?**

Essentially, "Reiki" (the proper Japanese pronunciation is somewhere between "Ray-Key" and "Lay-Key") is a term used to refer to a system of healing and self-development created by Mikao Usui (respectfully referred to as: Usui-Sensei) in Japan in the early part of the 20th Century.

While commonly referred to simply as "Reiki" or "Reiki Therapy", the system of healing and self-development is more formally called "Usui Reiki Ryoho" - that is: "Usui Reiki Healing Method" or "Usui Reiki Treatment"

Reiki Therapy was introduced to the West under the title: Usui Shiki Ryoho (Usui-style Healing Method [/Treatment])

At different times, various expressions of the system have been known as:

Usui Do (the 'Do' refers to a spiritual or philosophical 'path', or 'way')

Usui Teate ('Teate' - means 'treatment', 'therapy' or 'hand-healing' )

and

Usui Reiho (Spiritual Method) [some people seem to think Reiho is a contraction of 'Reiki Ryoho']

Simply stated, Reiki Therapy can be said to be a synergistic combination of 'spiritual healing' and 'energy healing' techniques, and self-developmental practices.

While the system has been influenced by spiritual and therapeutic discipline, practice and ideals found within Shinto, Buddhism (and possibly Taoism), Reiki itself has no specific religious affiliation.

### **Reiki - a generic term**

Of latter years, however, the word 'Reiki' has, it seems, achieved generic status.

Much as the word: 'Biro' has, in many places, come to mean any ball-point pen, or: 'Hoover' is used to refer to the vacuum cleaner in general - no matter what particular form or style or manufacturer - so, the word: 'Reiki' has (erroneously), at various times, been applied to all manner of forms of 'energetic' healing.

It has been used to refer to the hands-on practices of certain South American Shamans, to forms of western Spiritualist Healing, to high-level Chinese Chi Gung healing practices (and has even been cited by some as the means used by Jesus, Buddha, and many other religious figures to enact healing miracles).

Admittedly, many people - having undergone Reiki training - have taken the essential phenomenon that is at the very core of Reiki Therapy and successfully integrated it into various spiritual, cultural and esoteric belief-systems and practices.

This has resulted in the manifestation of numerous viable and effective new 'styles' of Reiki, or what at least may be referred to as 'Reiki-derived' or 'Reiki-influenced', therapeutic modalities and systems of personal development.

### **Reiki - Energetic Radiance**

However, technically, the term "Reiki" is properly solely used to indicate the therapeutic and self-development system created by Mikao Usui (i.e. 'Usui-Sensei').

More specifically, the name "Reiki" identifies the wonderful therapeutic *energy radiance*, or *phenomenon*, which lies at the heart of this natural healing system.

The "Rei" part of the name is often translated as "Universal\*", and in essence, it refers to something Spiritual or Sacred, and can mean "Soul".

"Ki", is often translated simply as "Life-Force Energy", yet also implies 'Spiritedness' or 'Feelings'.

Thus, depending on ones perspective, Reiki can be understood as: "Universal\* Life-force Energy", "Spiritually-influenced life-force Energy", or even as "Charismatic Healing Radiance".

*\* 'Universal' in this sense, originally being a contraction of: 'the Universal' - an alternative (and intentionally less religious) term for 'the Divine', 'Numinous', 'God'.*

### **Reiki - a gentle therapy**

Reiki is a gentle, yet profound, non-invasive therapy, which can facilitate stress-reduction and relaxation, support effective immune-system function, enhance the body's self-healing mechanisms, and replenish and nurture vitality.

Reiki can be effectively used in combination with other therapies - both allopathic and 'alternative' - and has been shown to effectively stimulate the relaxation response.

Rather than acting solely on a physical level, Reiki is holistic in its effect - eliciting a healing response across the entire spectrum of ones being - physical, mental, emotional and spiritual.

It can prove beneficial in the resolving of physical disorders, nervous conditions and emotional issues, and help nurture a greater sense of balance, well-being, and wholeness in ones life.

The gentle Reiki phenomenon has no negative side effects, and does not require any concentration on the part of the client.

### **The Reiki Principles**

Central to the Reiki system of wellness and self-development, is a set of 5 guiding Principles or Precepts - referred to in Japanese as the *gokai*.

These principles - affirmed morning and night, and kept in ones thoughts throughout ones daily activities - are intended to assist in transforming ones attitude to life, and bring the soul/self into balance, enabling one to respond with compassion in all situations.

There are many slightly different translations of the Reiki *gokai*, yet they all express the same sentiment.

One version reads:

"The secret method of inviting blessings, the spiritual medicine of many illnesses:

Just for today ...

- (1,) Do not rise to anger
- (2,) Do not succumb to worry
- (3,) Express Gratitude for all your blessings
- (4,) Apply yourself diligently
- (5,) Manifest compassion to all beings

Mornings and evenings sit in the prayer position and repeat these words out loud and in your heart, for the improvement of body and soul... "

### **Reiki - Receiving Treatment**

The person receiving Reiki treatment remains fully clothed, and sits in a chair, or reclines on a therapy couch - whichever is most comfortable. The only participation required is a desire to let oneself relax and be open to the positive effects of the Reiki healing energy.

In its simplest form, treatment is given primarily by means of a structured series of touch-based interventions at specific points on the body (- a process sometimes referred to as 'laying on of hands').

The Reiki session usually lasts between 45 minutes and 1 hour, during which time, the recipient may experience heat, or become aware of tingling or pulsing sensations, as the healing Reiki energy radiates from the therapist's hands and begins to effect positive change, and restore balance, throughout the recipient's whole being.

The therapeutic influence of the Reiki treatment continues to manifest for some time after the session ends. For this reason it is desirable (where possible) for the recipient to take things easy for a day or so, in order to gain the full benefits of their Reiki session.

### **How does Reiki work?**

While there are various theories as to how Reiki might work, there is no clear answer to this - all that can be said for certain is that it does.

Dis-ease, dis-harmony, un-wellness is believed to occur due to disruptions/inhibitions in the flow of vital life force within our being.

Many believe that the specific radiant energy-pattern which we call Reiki, emanating from the practitioner's hands, simply assists the body to 'correct' and re-balance the flow of our life force, thus returning us to a state of wellness and generally enhancing the quality of our experience of our life.

### **Reiki Training & Attunement**

For people wishing to learn to work with Reiki directly, training is commonly (though not always) structured in a series of three Levels or Degrees.

The ability to 'do' Reiki is not something that is learned in the normal sense.

Rather it is something which is activated or awakened within the individual through a process of Initiation ( also referred to as an 'Attunement')

This Initiation or Attunement - the central focus of each Level or Degree - involves a special energetic transfer technique whereby the Reiki Teacher ('Master') essentially 're-patterns' or 'recalibrates' the student's etheric field & subtle energy centres.

To use an I.T. analogy, its a bit like having someone who possesses a very specific program, which enables them to interact and work with the Reiki phenomenon, download a copy of that program into your being, thereby enabling you to also interact and work with the Reiki phenomenon .

### **Level 1 Reiki**

At Level 1, the Initiation/Attunement opens the student to the flow of Reiki (some would say: opens them to the *awareness* of the flow of Reiki).

Traditionally, in Usui Shiki Ryoho, the 'outer' focus of Level 1 Reiki is on hands-on therapy at a purely physical level [both for self-treatment and for treating others].

However, the 'inner' focus of Level 1 is about learning to become 'a clear channel' for Reiki.

Level 1 is about learning to 'let go and let the energy flow' - about learning to 'step out of the way' - learning to override the desire of ones conscious mind to interfere in the therapeutic process, and instead, simply let the Reiki phenomenon 'happen'.

The attitude should be one of almost Zen-like, compassionate, detachment:

"Sitting quietly, 'not doing', not seeking after outcomes, Reiki Flows. If healing happens, it happens, if it doesn't, it doesn't - either way it's no concern of mine."

Developing this attitude early on will greatly enhance the quality of ones journey with Reiki.

### **Level 2 Reiki**

Where Level 1 opens the student to the (*awareness* of the) flow of Reiki the Level 2 Initiation/Attunement deepens the quality of that flow.

Having developed the attitude of 'compassionate detachment from outcomes' at level 1, the Level 2 student is provided with a number of symbolic tools enabling them to 'set' intentions - and broaden the scope of their therapeutic interventions.

With Level 2 training, the student is introduced to three sacred symbols, and is instructed in their use as a means of:

- enhancing the effectiveness of physical level treatment (both hands-on and non-contact - i.e. in the clients aura)
- carrying out treatment at deeper psycho-emotional levels
- and performing 'distant' or 'remote' treatments - i.e. for people not physically present.

### **Level 3 Reiki**

Level 3 is commonly referred to as the 'Master' level, but is more properly the 'Teacher' level, being the level at which the practitioner will manifest the ability to impart Initiation/Attunements to others.

This level's Initiation/Attunement brings yet a greater deepening of connection to the Reiki phenomenon.

The practitioner is introduced to a fourth sacred symbol - the Master symbol, and is instructed in its uses, including its significance in the Initiation/Attunement process.

While many people will choose to progress to Level 2 (- with its deeper energy connection and expanded healing techniques -) and eventually to Level 3 (the 'Master' /Teaching Level), Reiki Level 1 training will provide all the basic awareness required to practice this special therapeutic art - primarily for self-healing, and also for treating others - family, friends, pets - even household plants. For those attuned to it, the phenomenon that is Reiki can, amongst other things, be utilised as a form of body-centred meditation. It can also, especially at the higher levels, prove an invaluable tool for spiritual growth, having a subtle yet profound effect on ones personal development.

### **Reiki's Founder**

Mikao Usui (Usui-Sensei) was born on the 15th of August 1865 in Kyoto, Japan, in what is now the prefecture of Gifu.

He is believed to have been sent to a Tendai Buddhist monastery school in 1869.

At the age of 12 began martial arts training. He would progress to the highest levels of proficiency in his particular art, achieving his 'Instructors Licence' in his 20's

In his late 30's Usui-Sensei married Sadako Suzuki. It is known that they had at least 2 children: a son, Fuji (born 1908) and a daughter, Toshiko (born 1913).

It is said that in March 1922, as a result of undergoing arduous spiritual discipline (shugyo) on Kurama Yama (Mt Kurama) near Kyoto, Usui-Sensei experienced the phenomenon that is Reiki, and gained an intuitive understanding of how to work with Reiki as a medium for healing and self-development.

Originally Usui-Sensei did not have a formal name for his system, simply referring to it as 'the spiritual medicine of many illnesses' (Apparently he did not call it 'Reiki')

In time it came to be known as Usui Do, or Usui Teate, and eventually Usui Reiki Ryoho.

In April 1922 Usui-Sensei opened his first Training Centre in Harajuku, Aoyama, Tokyo.

His 'motto' for the training centre was: "Unity of self through harmony and balance".

His reputation grew rapidly, and people came from far and wide to study with him.

In fact the demand for training became so great that in February 1923, Usui-Sensei had to move his Centre to larger premises in Nakano, outside of Tokyo.

On the 9th of March 1926, in Fukuyama town where he had gone to meet with his creditors, Usui-Sensei died as a result of a stroke (he had apparently had several previous ones).

After Usui-Sensei's death, some of his students formed the "Usui Reiki Ryoho Gakkai" (Usui Reiki Healing Method Learning Society/Association), posthumously honouring Usui-Sensei by naming him as the first *kaicho* (president or chairman) of the society; and in Feb 1927, they erected a memorial stone commemorating his achievements in a graveyard at the Saihoji Temple, Tokyo.

The following month, a family tomb (containing some of Usui-Sensei's remains) was erected on the same plot as the memorial by his son, Fuji Usui.

### **Reiki in the West**

The person responsible for introducing Reiki to the western world was Mrs. Hawayo Takata, a Hawaiian-born American citizen of Japanese parentage.

Having been cured of an illness by Reiki while visiting Japan in 1935, Hawayo Takata (Takata-Sensei) herself underwent Reiki training (both first and second degrees) from retired Naval Officer and Doctor, Chujiro Hayashi (Hayashi Sensei), before returning to Hawaii (in 1937) where she set up her own Reiki practice.

In 1938 Hawayo Takata received her certification from Chujiro Hayashi as a Master of the Usui Reiki system of healing, and with it, the authorisation to teach the art of Reiki to others.

It was in the early 1970's that Hawayo Takata brought Reiki to mainland America.

In a relatively short time, the gentle healing art of Reiki - or Usui Shiki Ryoho (Usui Style Healing



Method) as Takata-Sensei called it - became very popular, with numerous people seeking treatment and also seeking to learn the art for themselves.

While over the years she had trained numerous students, it was not till 1976 that Hawayo Takata conferred the first Reiki master certification on one of her students.

Virginia Samdahl is formally recognised as being the first of 22 people who would eventually receive certification as a master of the Reiki system from Hawayo Takata before her death in 1980.

(However some sources now suggest that one of Takata-Sensei's own sisters: Kay Yamashita, was actually the first person on whom Takata-Sensei conferred Reiki mastership)

#### **Takata-Sensei's 22 master-level Students:**

George Araki

Dorothy Baba (Deceased)

Ursula Baylow (Deceased)

Rick Bockner

Patricia Bowling Ewing

Barbara Brown

Fran Brown

Phyllis Lei Furumoto [Takata-Sensei's granddaughter]

Beth Gray

John Gray

Iris Ishikuro (Deceased)

Harry Kuboi

Ethel Lombardi

Barbara McCulloch

Mary McFadyen

Paul Mitchell

Bethel Phaigh (Deceased)

Shinobu Saito

Virginia Samdahl (Deceased)

Wanja Twan

Barbara Weber Ray

Kay Yamashita. [Takata-Sensei's sister]

#### **The term: Reiki Master**

The term Reiki Master is possibly the source of greatest confusion for new or would-be Reiki students.

Ask a number of different Reiki practitioners the question: "What is a Reiki Master?" and probably the most common answer you will get will be something along the lines of: "someone who has received the master level Reiki attunement."

However, Takata-Sensei said that in order for a person to be considered a 'Reiki Master' it was not enough to have received Master Level attunement and to know how to carry out the attunement process for all three levels:

You have to have taught at least one class and thus have actually attuned at least one student...

In relation to Reiki, the original Japanese term: *sensei* which is translated - very loosely - as: master, does not imply 'one who has mastered the art of Reiki', (nor for that matter, one who has achieved some form of exalted status - though many would have you think so!)

The word: *sensei* is actually a term of respect, which first and foremost means: 'teacher' and refers to someone who is part of a Teacher - Student (Mentor - Student) relationship

Translating: *sensei* as 'master' is simply akin to the way in which a 'school-teacher' is sometimes referred to as a 'school-master'.

And, as is the case with a school-master, ideally a Reiki-master is someone who (as well as having received the relevant attunements) possesses a good understanding of their subject, has a strong desire to help their students develop their own potentials, has respect *for* their students, (as well as eliciting the respect *of* their students) and also has the ability to inspire their students and to draw the best from them.

### **Reiki after Hawayo Takata**

The first meeting of the majority of Reiki masters took place in Hawaii in April 1982.

At the meeting, it emerged that Takata-Sensei had taught each master somewhat differently, including (so it seemed) teaching slightly different versions of a couple of the sacred Reiki symbols to different masters. These revelations were the source of considerable upset amongst the masters. One outcome of this meeting was a decision that the masters who were present at this meeting would all start using the same forms of the symbols.

Gradually, after Hawayo Takata's death, several of the Reiki masters she had certified began to modify elements of - or add new elements to - the way in which they practiced Reiki, and also, the way they taught it to their own students.

These modifications were essentially a matter of personal preference, and the results of experimentation with independently evolved techniques, and practices 'adopted' from other therapeutic disciplines.

Many of the other masters, who continued to teach Reiki exactly as they themselves had learnt it, considered the modifications and new additions to be less than positive developments.

And so, in 1983, at the next meeting of Reiki masters (which now included a number of new masters\*) held at Barbara Brown's home in British Columbia, the decision was made to form an association - the purpose of which would be to preserve the integrity of the Usui Shiki Ryoho, as presented by Takata-Sensei.

This association, for Reiki masters only, would be known as the Reiki Alliance.

*\*Phyllis Lei Furumoto was the first to begin initiating new Reiki masters - she had already initiated four Masters between Feb.1981 and the first Reiki master meeting in April 1982.*

### **The Title of Grand Master**

The Reiki Alliance acknowledged Phyllis Lei Furumoto as Takata-Sensei's successor as 'Grand Master', and 'Spiritual Lineage-Bearer' of Usui Shiki Ryoho.

However, prior to this, the term "Grand Master" had no meaning in relation to Reiki.

Takata-Sensei's Certificate, received from Hayashi-Sensei in February 1938, certainly makes no mention of this term.

While admittedly stating that Takata-Sensei was: "...at this time the only person in the United States authorized to confer similar powers on others..." , it clearly designates her status as being: "...a practitioner and Master of Dr. Usui's Reiki system of healing..."

### **Growth of the Reiki Alliance**

The Reiki Alliance continued to grow steadily but slowly over the years.

Up until 1988 almost all new masters had been initiated by Takata-Sensei's granddaughter and acknowledged successor, Phyllis Lei Furumoto.

However, in 1988, Phyllis decided that to permit a number of other, highly experienced, masters (ones who had a minimum of 3 years [later increased to 5 years] experience in teaching Reiki at first and second degree level) to begin initiating their own students to master level.

Master level training would involve a minimum of 1 year's apprenticeship.

The fee for Reiki Master training and initiation was \$10,000. Aspiring Masters were asked to make two commitments: to honour Reiki as an oral tradition and to make Reiki their sole source of income.

From this point on the Reiki Alliance grew rapidly, becoming a global association with masters in at least 50 different countries across the five continents, with somewhere around two-thirds of all masters residing in Europe.

Currently the role of Grandmaster, or as it is now termed: 'the office of Grandmaster' is held jointly by Phyllis Lei Furumoto and Paul Mitchell.

### **The American Reiki Association, Inc.**

The American Reiki Association, Inc. was founded in 1980 by Barbara Weber Ray and Takata-Sensei.

It is now known as The Radiance Technique International Association, Inc. (TRTIA).

The TRTIA rejects Phyllis Lei Furumoto's claim to be Takata-Sensei's successor.

It is maintained that Usui Reiki had never been passed according to a lineage defined by one's ancestors and family. Rather, the process has always been one of non-familial succession, and that Barbara Ray is Takata's successor.

Several of Takata-Sensei's master-level students joined Barbara Weber Ray's Association - though not as many as sided with the Reiki Alliance.

### **'Independent' Reiki Masters**

The term: 'Independent' Reiki Masters was coined to refer those masters who did not belong to either the Alliance or the Association, but rather preferred to 'go their own way'.

As mentioned, several of the Reiki masters certified by Takata-Sensei had begun to modify elements of - or add new elements to - the way in which they practiced Reiki, and also, the way they taught it to their own students.

These modifications were essentially a matter of personal preference, and the results of experimentation with both independently evolved techniques and practices, and ones 'adopted' from various other therapeutic disciplines and / or from diverse spiritual, cultural or esoteric belief-systems. Iris Ishikuro was the first master to abandon the practice of charging the \$10,000 fee for Reiki master-level training and initiation. (She also 'adopted-in' elements from the 'Johrei Fellowship' Religious group.)

Others soon followed suit, many charging a fee in the region of \$300 fee for Reiki master-level training and initiation.

Many began to reduce the 'waiting time' between the student receiving each of the three levels of training and initiation.

Yet others still, began to add extra symbols, or increase the number of levels or degrees in which they taught Reiki.

In some cases, the degree of modifications, abandonment of imposed requirements, and introduction of independently evolved techniques, and practices 'adopted' from other therapeutic disciplines resulted in the recognition of several clearly identifiable new 'styles' of Reiki.

Over time, some of these new styles actually evolved to the point where they have almost ceased to be recognisable as being forms of Reiki at all.

[see: [www.aetw.org/main1.html](http://www.aetw.org/main1.html) for details of over 40 different current 'styles' of Reiki]

Several of the newly evolving styles also began making claims as to how their style or system was more effective, their initiations or attunements more powerful, their system's 'energy' (/energetic phenomenon) of a better, purer, or 'higher vibrational' quality - and so on.

However, the general consensus is that in an absolute sense, all such claims are unfounded.

Just as the various new styles came into being (and further new variations are still being created) as a result of personal preference and personally perceived effectiveness, so too the merits and benefits of any one style over another is purely a subjective one.

While 'style x' may prove to be highly effective for 'person a', 'style y' may prove better suited to 'person b', and so on.

### **Some examples of newer styles of Reiki, and Reiki-derived systems of Wellness and Self-development:**

#### **The Radiance Technique**

Developed by Barbara Weber Ray

In 1983, Barbara Weber Ray published the first-ever book on Reiki in the western world, entitled: *The Reiki Factor*.

Barbara, while originally teaching Reiki as a three-level system, later claimed that from 1978 - 1980, while studying extensively with Takata-Sensei at Takata-Sensei's home in Iowa she was the only Reiki master to be instructed in: "... the entire, intact Seven Degrees of the Usui System of Natural Healing..."

Barbara Ray (she dropped the 'Weber' some time ago) teaches this seven-degree system as *The Radiance Technique*® (TRT®).

It has also been trademarked as: 'The Official Real Reiki'®, 'Authentic Reiki'®, 'The Official Reiki Program'®, 'Radiant Touch'®, & 'Real Reiki'®.

#### **Raku Kei Reiki**

Raku Kei Reiki - known as "The Way of the Fire Dragon" - is the creation of Reiki master Arthur Robertson (deceased) - a student of Iris Ishikuro.

Arthur, who had apparently travelled in Tibet, claimed Tibetan origins for Reiki, stating that the name was actually derived from the term *Raku Kei*.

According to him, the Reiki system was based on Tibetan teachings concerning an ancient system of self-development, rediscovered by Usui-Sensei in certain obscure Tibetan sutras.

Arthur Robertson introduced several new symbols into his Raku Kei system, including a symbol known as the 'Anthakarana', a Tibetan 'Master symbol', and 'the Fire Serpent' symbol [See: [www.aetw.org/symbols.html](http://www.aetw.org/symbols.html)] and a further calligraphic symbol: the 'White Light' (originating with the Johrei fellowship) is believed to have been introduced by Iris Ishikuro.

Raku Kei Reiki also incorporates the use of certain *mudras* (- a Sanscrit term for mystical hand gestures); however, the particular mudras used in Raku Kei Reiki are of Japanese origin rather than Tibetan.

#### **Usui/Tibetan Reiki**

Usui/Tibetan Reiki is essentially a combination of Reiki as taught by Takata-Sensei and elements of Raku Kei Reiki. It makes use of both the standard Usui Reiki symbols and some Raku Kei symbols. To this mix has been added: symbol meditations, Reiki psychic surgery, and the use of 'crystal grids'; as well as the concept of a 'healing attunement', which unlike a normal Reiki initiation/attunement,

does not awaken the permanent Reiki ability within the individual, but rather is believed to enhance the healing process.

Some teachers of Usui/Tibetan Reiki also include a practice of Qi Gung-like moving meditation.

In Usui/Tibetan Reiki, the third degree/level is divided into two parts: Advanced Reiki Training (ART), and Reiki Master/Teacher.

Students also learn a meditation process for meeting one or more Reiki/Spirit guides.

### **Seichim Reiki/SKHM**

The originator of Seichim Reiki - Patrick Zeigler - tells us that in 1980 he had a mystical experience in the Great Pyramid at Giza.

Soon after, he received a spiritual initiation from a Sufi order in Egypt.

In 1984 Patrick studied Reiki, to which he began adding extra symbols and making alterations reflecting his previous experiences in Egypt. Through a 'Consciousness' named Marat - channeled by Patrick's girlfriend at the time, he was informed that the 'energy' he was now working with was something called Seichim.

Seichim Reiki (in the past, often referred to as Renegade Reiki) is a system that seems to mutate/evolve continually, and there are currently several different versions in existence.

Patrick has more recently evolved his system into another new expression known today as SKHM. SKHM involves a meditation-based attunement process during which heart chakra is opened and connected with Earth and Universal energies. The energetic phenomenon experienced during the attunement meditation is said by some to resemble that of The Radiance Technique.

### **Tera Mai (Reiki/Seichem)**

Tera Mai is the creation of Kathleen Milner.

According to Kathleen, she had long felt that the Reiki system as taught by Takata-Sensei was incomplete; so, she sought spiritual guidance (through prayer & meditation) concerning the complete system.

Kathleen states that, initially via one of her students (Marcy Miller), a Spiritual Being [originally thought to be the Indian spiritual master: Satya Sai Baba] gave her a fifth symbol & additions to the initiation process.

Later this Spiritual Being [who apparently turned out not to be Sai Baba] appeared to Kathleen on the inner planes. She maintains that some months later she received several other symbols and additional information concerning initiations, the origins of Reiki, and methods of application of the system.

Kathleen had also learnt a version of the Seichim system developed by Patrick Zeigler, and with the assistance of the above-mentioned Spiritual Being, also made modifications to this system.

Kathleen refers to her version using the slightly different spelling 'Seichem'.

### **Karuna Reiki ®**

Karuna Reiki ® was essentially developed by William Lee Rand and some of his students at the International Center for Reiki Training, primarily based on an early version of Kathleen Milner's Tera Mai system, which was then referred to as 'Sai Baba Reiki'.

However, the major influence of Sai Baba Reiki in the development of Karuna Reiki is generally played down.

The way William Lee Rand tells it, in the late 1980's, people began giving him non-Usui Reiki symbols

(and accompanying attunement processes) which were said to have beneficial effects, and he began experimenting with some of them.

At the end of 1993, he and some of his more psychically/spiritually sensitive students, experimented with what by this time were a great many additional symbols (and attunement processes), to decide which were the most useful.

Eventually they came up with a set of symbols and an attunement process that seemed to have, as they put it: "...the best energy".

Later, William says, he was 'guided' in the further developing of the attunement process and eventually - in 1995 - evolved the Karuna ('compassion') system of Reiki.

He is, however, clear to point out that he did not 'channel' any of the symbols himself - rather that they came from other Reiki masters, including Marcy Miller (see: Tera Mai).

The 'new' symbols in Karuna Reiki® are identical to those used in some other Reiki styles. However William maintains that, due to differences in attunements and the intention behind them, the 'energies' of Karuna Reiki® are unique to the system.

### **The importance of Reiki Lineage**

Because Reiki is an ability conferred via initiation, each practitioner should (theoretically at least) be able to trace their lineage back from teaching master to teaching master - right back to Usui-Sensei.

In Usui Shiki Ryoho and also in some of the more recently evolved Reiki styles, considerable emphasis is placed on awareness of ones lineage and each student is provided with lineage details as a matter of course.

Unfortunately - human nature being what it is - a small number of practitioners seem to view issues of Reiki lineage as really being issues of prestige.

For example, it is not unheard of for a Reiki practitioner who has fewer links (teachers) in the chain between themselves and Usui-Sensei, to adopt an air of (completely unfounded) superiority in regard to those with a longer lineage chain!

Possibly due to such Reiki snobbery, many Reiki practitioners do not consider lineage to be of any importance, and frequently have no idea of their own Reiki lineage at all.

However, there are at least a couple of reasons why lineage-awareness is of importance.

Firstly, lineage-awareness is a matter of Respect.

In acknowledging their lineage a practitioner is acknowledging the teachers in that lineage - their 'Reiki forebears', as it were.

And secondly, with all the various different styles of Reiki in existence (and with further new variations still evolving - as existing styles meet and merge, and adopt-in techniques, practices and conceptual frameworks from other therapeutic modalities and esoteric belief-systems) the more aware a practitioner is of their own specific lineage in the 'Reiki Family', the more they can come to understand the various influencing factors which have shaped the teachings they themselves have received.

### **The original Usui Reiki Symbols**

While in the very early days, no symbols were actually used, Usui-Sensei later introduced FOUR symbols to his system.

Takata-Sensei taught that the Reiki symbols are sacred and as such should be kept secret - not shown to the uninitiated. To this end, her students were required to memorise the symbols and were not permitted to keep written copies of them.

Takata-Sensei believed that the symbols should be treated with respect - even the practice sheets used by students in her Reiki classes had to be disposed of respectfully, rather than simply crumpled up and dumped in a bin.

While the four symbols used in Usui Shiki Ryoho and Usui Reiki Ryoho are still considered by many of us to be Sacred (or at least, of Sacred significance), ever since the symbols were first published in the book "One step forward for Reiki" (1992), by A.J. MacKenzie Clay, the belief in the need to keep them secret is no longer generally considered relevant.

None the less, many people who have just begun (or are considering beginning) their path with Reiki may not wish to actually be shown the symbols [something difficult to avoid these days, it seems] or learn about them outside the context of their Level 2 & 3 Classes.

For this reason, the symbols are not shown in this document. [They can however, be found at: [www.aetw.org/reiki\\_symbols.html](http://www.aetw.org/reiki_symbols.html) ]

As stated, in Usui Shiki Ryoho and Usui Reiki Ryoho, only the four Usui symbols are used. However, as seen, since the early 1980's, several Reiki practitioners have developed their own personalised 'styles' of Reiki - some adding modified versions of the original four symbols, or incorporating symbols from other spiritual/esoteric systems, and also adding new, 'channeled', symbols from numerous diverse sources.

### **Reiki goes back to its roots**

Over the years following Takata-Sensei's death, the number of Reiki practitioners grew exponentially, with Reiki spreading to the U.K., Europe and many other places around the globe.

Hawayo Takata's teacher, Chujiro Hayashi, had committed suicide in 1940, and after that, it seems, all contact with other Reiki practitioners in Japan was lost.

The general consensus amongst Usui Shiki Ryoho Reiki practitioners was that, partly as a result of W.W.II, the practice of Reiki had actually died out in Japan, and that (up to 1976) Takata-Sensei had been the only remaining Reiki Master alive.

However, in 1985, thanks to the efforts of a New York-based journalist named Mieko Mitsui, it was discovered that this was not the case.

While living in New York, Mieko had become an 'Instructor' (Level 3b) in Barbara Ray's Real Reiki, (as it was then being called).

In 1985 she decided to go back to Japan to see what she could discover about Reiki's origins. While there, she started teaching classes in the first two levels of Reiki. [Due to the nature of the training structure utilised in the Barbara Ray's style of Reiki, Mieko - as an 'Instructor' (Level 3b) was, at the time, only permitted to initiate practitioners to the Second Degree level ] She was also responsible for translating Barbara Ray's book: "The Reiki Factor" into Japanese.

In the process, Mieko could be said to have been single-handedly responsible for sparking the revival of public interest in Reiki as a medium for Healing and Spiritual Development in Japan.

It was Mieko Mitsui who first reported to the somewhat stunned 'Western' Reiki community that, contrary to previous belief, the Art of Reiki had never actually died out in Japan at all.

### **Reiki in Japan**

Mieko Mitsui spoke of a privately printed book, "Usui Reiki Gakkai" (said to be an academic text written by a mathematician at Meiji University, Tokyo) which supposedly talks about Reiki and a man named Usui.

Apparently Mieko herself actually received some training from a Japanese lineage Reiki Master: Goro Myazaki, who had been a student of Usui-Sensei's friend & student: Toshiro Eguchi.

She also reported that she had tracked down the home of Usui-Sensei's son's family, but that they refused to speak to her about Mikao Usui.

Mieko Mitsui's initial discoveries have, over the years, inspired other Reiki practitioners to carry out research into both the origins of Reiki, and also into its current surviving forms of expression in Japan. For example, the German-born Reiki master, Frank 'Arjava' Petter has written a number of books on his research into the history of Reiki in Japan.

One-time 'Sannyasin' (i.e. disciple of the Indian Guru Bhagwan Shree Rajneesh - AKA: 'Osho' - 1931-1990 ), Frank, and his Japanese wife Chetna, began teaching western style Reiki in Sapporo, Japan in 1993.

On discovering that Frank and Chetna were offering 'master' level training and attunement, a great many Level 2 Reiki students (most, if not all of whom, one assumes, had been attuned by Mieko Mitsui), sought them out.

It seems to have been primarily via several of these students that the Petters gradually began to uncover snippets of information concerning *Japanese* Reiki, leading them to make contact with the wife of Usui-Sensei's grandson and later, a couple of individuals who, so we are told, had received Reiki training around the time of WWII.

It could be said that Frank and Chetna's research in to Reiki survivals in Japan took over from where Mieko Mitsui's research left off.

It was Chetna's mother: Masano Kobayashi who translated the inscription on the Usui Memorial at the Saihoji Temple (written in old the old form of Japanese kanji-characters) into modern-day Japanese, enabling Frank and his wife, Chetna, to produce the first (known) English version of the Memorial inscription.

Other western Reiki practitioners, including an English Reiki master named Chris Marsh, and a British-born Canadian: Dave King, have apparently made contact with a number of Usui-Sensei's original students - including two Tendai Buddhist nuns - who, at ages in excess of 100, are still alive and well and sharing their memories of the early days of Reiki.

As more information began to emerge concerning the early days of Reiki in Japan - and also concerning its survival and development over the years, it gradually became obvious that there were numerous subtle yet none-the-less significant differences between what was now being referred to simply as *Japanese* Reiki and *Western* Reiki ( i.e. the system Takata-Sensei had learned from Hayashi-Sensei in the late 1930's.)

For example, Mieko Mitsui had stated that *Japanese* Reiki (as is the case with Barbara Ray's Reiki system) had more than the standard three levels found in Usui Shiki Ryoho as taught in the west by Takata-Sensei..

### **Usui Reiki Ryoho Gakkai**

And, not only was the practice Reiki alive and well in Japan, but so, it seemed, was the Usui Reiki Ryoho Gakkai (Usui Reiki Healing Method Learning Society/Association) - the society formed by a number of Usui-Sensei's students soon after his death in 1926.

As mentioned previously, the students had posthumously honoured Usui-Sensei by naming him as the first *kaicho* (president or chairman) of the society. The second president, and one of the founders of the 'Gakkai was one Rear Admiral Juusaburo Gyuda (also known as Ushida).

The current president of the 'Gakkai is a Mr. Masayoshi Kondo.

Between Gyuda (who held the office from 1926 to his death in 1935) and Kondo (1999 to date) there have apparently been four other presidents:

Kanichi Taketomi; Yoshiharu Watanabe; Hoichi Wanami; and Kimiko Koyama.



[Though it has been suggested that the current Gakkai (and some question if in fact it currently exists at all) might actually be a recently 'reestablished' society - in much the same way that, in the West, long-defunct esoteric orders have been re-established by those with no direct connection to the originals]

It seems, at one time there were more than 80 branches of the 'Gakkai, though at present there are only 5, with a combined membership in the region of 500 people.

Members are all apparently given a Reiki manual entitled: *Reiki Ryoho No Shiori* or: 'Guide to Reiki Ryoho'.

Current membership of the Usui Reiki Ryoho Gakkai is, so we are told, intentionally limited, and is by invitation only...

However, it should be pointed out that the Usui Reiki Ryoho Gakkai does not actually teach Usui-Sensei's *original* system of Spiritual Development, but rather has, from its inception, taught what is essentially a significantly different system of energywork, which the Gakkai founders consciously evolved, *based* on Usui-Sensei's original work.

### **Reiju**

It also emerged that the form of Initiation/Attunement process which was a core feature of Usui Shiki Ryoho, was something that had not even been a part of Usui-Sensei's original system.

Rather, Usui Sensei had utilised an open-ended, accumulative process of empowerment/attunement known as *reiju*. The Japanese term *reiju* implies: 'to confer/receive a Spiritual Gift'.

Apparently, students would attend training meetings on a regular basis, and at the end of every meeting, during a meditation session, would receive *reiju* to further deepen and strengthen their connection, and develop the quality of their experience of the phenomenon that is Reiki.

It was also discovered that Usui-Sensei had taught his students several developmental exercises and meditations to help deepen and strengthen their ability to work with Reiki.

And, it transpired, it was not just in regards to Reiki *practice* that there were significant differences between the 'Japanese' and 'Western' lineages of the Art.

### **The 'Story of Reiki'**

As part of the process of making an 'emotional connection' with new or prospective students, Takata-Sensei would commonly recount the '[Story of Reiki](#)'. In fact, this story was one of the primary elements of the Level 1 Reiki class.

This story was essentially an account of what had motivated Usui-Sensei to seek out an effective method of healing, his initial experience of the phenomenon that is Reiki on Mount Kurama, and the response that his gift of healing elicited from those he sought to share it freely with.

Added to this was an account how Takata-Sensei herself had come to be involved with Reiki and her own experiences as a result of sharing the gift with others.

However, it transpired that several central details in the story concerning Usui-Sensei as told by Takata-Sensei were at odds with the version of the story as it was understood amongst the practitioners of Japanese lineage Reiki.

When it was discovered that several specific details of Takata-Sensei's version of the Reiki story could at best not be substantiated, and in some cases could actually be 'proved' to be inaccurate, many Western Reiki practitioners felt some what disheartened, yet others perhaps even felt, in some vague sense, betrayed.

And of course there were a great many who - having previously recounted the 'Reiki story' with reverential attitude - could suddenly not disassociate themselves quickly enough from this 'misrepresentation of the facts'.

However, the important point which had been completely missed by the greater majority of these practitioners was that the 'Story of Reiki' was not meant to be a concrete, factual, 'history'. Rather it was first and foremost a 'teaching-story' - a parable to engage and teach the *Heart*.

And, as is the case with all good Teaching Stories, what was important in the sharing of the 'story of Reiki' was the inner meaning - the moral - the essential truths regarding human nature that it sought to convey.

In almost every culture, it is a common feature of the Teaching Story that 'factual' details are freely modified - especially if it is felt that such modifications may help enhance the hearer's 'emotional connection' with the inner meaning of the tale.

### **Different styles of Japanese Reiki**

Just as, in the West, numerous Reiki masters have made changes to Usui Shiki Ryoho as taught in the Takata-Sensei lineage - so too, it seems, Japanese Reiki Masters have not been adverse to modifying Japanese lineage Reiki as apparently taught by the 'Gakkai'.

### **Some examples of Japanese Reiki styles:**

#### **Gendai Reiki Ho**

As its name suggests, Gendai Reiki Ho ('Contemporary Reiki Method') is a modern system of Reiki. Created by Hiroshi Doi, who tells us that he is a member of the Usui Reiki Ryoho Gakkai, and studied with the former 'Gakkai president, Mrs. Kimiko Koyama, Gendai Reiki blends western Reiki with what Doi claims to be the teachings and methods used by the Usui Reiki Ryoho Gakkai - as well as concepts and practices from other therapeutic modalities.

It should be pointed out that the majority of information currently available concerning the Usui Reiki Ryoho Gakkai comes from Hiroshi Doi.

Hiroshi Doi was one of the first people in Japan to learn Reiki from Mieko Mitsui.

Hiroshi Doi's school, the Gendai Reiki Healing Association, teaches four levels of Reiki: Shoden (Beginners Level), Okuden (Inner Teaching) Shinpiden (Mystery Teaching) and Gokui Kaiden (Highest Level).

#### **Vortex Reiki**

Developed by Toshitaka Mochizuki, another student of Mieko Mitsui. Toshitaka apparently also received tuition from Masters in Japan whose training history is partly Japanese.

Apparently, some of the information presented in Vortex Reiki is attributed to an obscure Japanese book entitled "The Secret of How to Take Care of Your Family Members" by Takichi Tsukida.

[Note: The "Traditional Japanese Reiki" system (created in Canada in 1995 by Dave King) was based on Mochizuki's Vortex Reiki.]

#### **Jikiden Reiki**

Jikiden is the Reiki method taught by the late Chiyoko Yamaguchi (- student of Chujiro Hayashi -) and her son Tadao Yamaguchi, who is Director of the Jikiden Reiki Kenkyu Kai (Jikiden Reiki Association). [Chiyoko Yamaguchi died Aug. 19th 2003]

Jikiden Reiki is presented as comprising the exact system that Chiyoko Yamaguchi was taught by Hayashi-Sensei in 1938, along with additional information gleaned by Tadao Yamaguchi in interviews with some Hayashi-Sensei's other surviving students.

## A brief glossary of important Reiki-related terms

### A

American Reiki Association, Inc. An association founded in 1980 by Barbara Weber Ray and Takata-Sensei. It has since changed its name to The Radiance Technique International Association, Inc. (TRTIA).

Attunement (also: Initiation) The central focus of each Level or Degree - The sacred process performed by a Reiki 'Master' (Teacher) essentially re-patterns or recalibrates the student's etheric field & subtle energy centres, enabling them to interact with the phenomenon that is Reiki.

### B

Breath of the Fire Dragon A special breathing technique used in Raku Kei Reiki. A variation of this practice, used in Tera Mai, is referred to as the 'Violet Breath'

### C

Choku Rei Name of the first of the four Usui Reiki symbols. Commonly called the 'Power' symbol in Usui Shiki Ryoho.

Crystal Grid A particular geometrical layout of crystals that have been charged with Reiki, designed to continually emanate therapeutic or protective influence.

### D

Dai Ko Myo Name of the last of the four Usui Reiki symbol. Commonly called the 'Master' symbol in Usui Shiki Ryoho.

Distant (also: Remote) Treatment Process of performing a Reiki treatment for a client who is not physically present at the time.

Distant Symbol See - Hon Sha Ze Sho Nen

Dumo The 'Tibetan Master Symbol' - as used in Raku Kei Reiki and several other modern styles of Reiki

### F

Fire Serpent A symbol used in Raku Kei Reiki and several other modern styles of Reiki. Said to represent the *kundalini* energy residing in the spine. Also known as Nin Giz Zida

### G

Gendai Reiki Ho 'Modern Reiki Method' - modern form of Japanese Reiki created by Hiroshi Doi - combines some traditional Usui teachings & techniques with teachings & techniques from other energy-healing arts

Gokai The Five Reiki Principles / Precepts

Grand Master A title created by the Reiki Alliance to refer to the head of the organisation.

### H

Hand Positions In the different styles of Reiki numerous different sets of hand placement positions are used in giving Reiki treatment. Some sets involve as many as twenty positions, and some with as few as five.

Hatsurei-Ho Generate/Invoke (Hatsu), Spirit (Rei), Method (Ho) - a set of primarily meditation techniques which Usui Sensei is said to have taught as an aid to self-development

Hawayo Takata The person responsible for bring Reiki to the West in the late 1930's.

Healing Attunements An attunement process which unlike a normal Reiki initiation/attunement, is said not awaken the permanent Reiki ability within the individual, but rather is believed to enhance the healing process.

Hon Sha Ze Sho Nen Name of the third of the four Usui Reiki symbol. Commonly called the 'distant' symbol in Usui Shiki Ryoho.

## I

Independent Reiki Masters A term originally coined to refer those masters who did not belong to either the Reiki Alliance or the American Reiki Association, Inc, but rather preferred to 'go their own way'.

## J

Jikiden Reiki 'Original Teaching' or 'Directly Taught' Reiki - Japanese Reiki as taught by the late Chiyoko Yamaguchi - a student of Chujiro Hayashi

## K

Kanji Chinese characters used for writing Japanese

Karuna Reiki Style of Reiki developed By William Lee Rand and the International Center For Reiki Training, based primarily on Sai Baba Reiki

Kurama Yama Horse-saddle (Kurama) Mountain (Yama) - the Sacred Mountain where Usui-Sensei is said to have first experienced Reiki

## M

Master Symbol See: Dai Ko Myo

Mieko Mitsui Journalist and Reiki Practitioner. The first person to teach Western style Reiki in Japan, Mieko could be said to have been responsible for single-handedly sparking a Japanese 'Reiki Revival'.

Mental-Emotional Symbol See: Sei Heiki

Mikao Usui Creator of the Reiki system of healing and self-development

## N

Nin Giz Zida Another name for Raku Kei Reiki's 'Fire Serpent' symbol

## P

Power Symbol See: Choku Rei

## R

The Radiance Technique A Style of Reiki incorporating seven Levels or Degrees, promoted by Barbara Ray. Ray claims that Takata Sensei taught her this seven Degree system between 1978 and 1980.

The Radiance Technique International Association, Inc. Originally founded in 1980 by Barbara (Weber) Ray and Takata-Sensei as the American Reiki Association, Inc., the Radiance Technique International Association, Inc. (T.R.T.I.A.) considers Barbara Ray to be Takata Sensei's legitimate successor.

Raku Kei Reiki Known as "The Way of the Fire Dragon" - Raku Kei is the creation of Reiki master Arthur Robertson (deceased)

Reiho 'Spiritual Method' - as in: Usui Reiho: Usui Spiritual Method  
Some people claim that 'Reiho' is a contraction of: 'Reiki Ryoho' (Reiki Healing Method)

Reiji 'Indication of the Spirit' - Spiritual guidance in the placing of your hands to give treatment

Reiju Spiritual (Rei) Gift (Ju) - term for the original form of Reiki Attunement-Empowerment

Reiki	The term commonly used to indicate the therapeutic and self-development system created by Mikao Usui, and more specifically, the wonderful therapeutic <i>energy radiance</i> , or <i>phenomenon</i> , which lies at the heart of this natural healing system.
The Reiki Alliance	An organisation formed in 1983 by a number of Takata-Sensei's original Reiki Masters, with the intended purpose of preserving the integrity of the Usui Shiki Ryoho, as presented by Takata-Sensei.
Reiki Ethics	Guidelines for Reiki teachers and practitioners concerning professional conduct
Reiki Guides	Spirit Beings who are believed by many to attend and assist Reiki practitioners in giving treatments.
Reiki Lineage	The chain of Reiki Teachers between any given practitioner and Usui-Sensei
Reiki Master	more properly 'Reiki Teacher'. Someone who has not only received Master Level attunement and knows how to carry out the attunement process for all three levels, but has also taught at least one class and thus has actually attuned at least one student. Technically refers to someone who is part of a Teacher - Student (Mentor - Student) relationship
Ryoho	'Healing Method; Medical Treatment' - as in:Usui Reiki Ryoho: Usui Reiki Healing Method

## S

Sai Baba Reiki	An early expression of the Tera Mai system, developed by Kathleen Milner
Seichim Reiki	Style originating with Reiki Master Patrick Zeigler, who claims to have had a mystical experience in the Great Pyramid at Giza, and also received a spiritual initiation from a Sufi order in Egypt.
Sei Heiki	The second of the four Usui Reiki symbols: commonly called the 'mental/emotional' symbol in Usui Shiki Ryoho.
Sensei	A term of respect, <i>sensei</i> means: 'teacher' and refers to someone who is part of a Teacher - Student (Mentor - Student) relationship
Shirushi	Japanese term for the four Usui Reiki symbols

## T

Takata-Sensei	See: Hayayo Takata
Tera Mai	System developed from Reiki and Seichim by Kathleen Milner with the assistance of a 'Spiritual Being' (at one time taught to be the Indian spiritual master Satya Sai Baba)
Tibetan Master Symbol	A Symbol used in Raku Kei Reiki and other modern styles. Also known as Dumo, this symbol is seen as the equivalent to the Dai Ko Myo used in more traditional Reiki styles.
Traditional Japanese Reiki	Style of Reiki developed by Dave King. Traditional Japanese Reiki (TJR) is based on Vortex Reiki as developed by Toshitaka Mochizuki, which is itself heavily influenced by The Radiance Technique.
Traditional Reiki	A Term used to denote original Usui Shiki Ryoho practice as taught by Takata Sensei

## U

Usui Do	'Usui Way'. Term used to refer to Usui-sensei's original system of Spiritual Development.
Usui Reiki Ryoho	'Usui Reiki Healing Method.' Term used to refer to Reiki as it evolved in Japan. Said to be closer to Usui-Sensei's original format. Utilises Reiju rather than the symbol-centred attunements familiar in 'western' style Reiki.

Usui Reiki Ryoho Gakkai	(Usui Reiki Healing Method Learning Society). While some say the society was founded by Usui-Sensei himself in 1922, it is generally accepted that the Gakkai was actually founded by Rear Admiral Juusaburo Gyuda (Ushida) and other students around 1926/7.
Usui-Sensei	See: Mikao Usui
Usui Shiki Ryoho	'Usui Style Healing Method'. 'Western' Reiki as taught by Takata-Sensei -a system divided into 3 levels, using attunements involving the four Reiki symbols..
Usui Teate	'Usui Hand Treatment'. Term used by some of Usui-Sensei's surviving students to refer to his Healing Method.
Usui/Tibetan Reiki	Essentially a combination of Reiki as taught by Takata-Sensei and elements of Raku Kei Reiki. It makes use of both the standard Usui Reiki symbols and some Raku Kei symbols.

## V

Violet Breath	A special breathing technique used in Tera Mai. The Violet Breath is a variation of the "Breath of the Fire Dragon" technique found in Raku Kei Reiki.
Vortex Reiki	Modern Japanese style of Reiki, developed by Toshitaka Mochizuki, who had learnt Western style Reiki from Mieko Mitsui

## Resources for Further Study

All Energy-Therapies Web Reiki Pages

[www.aetw.org/reiki.html](http://www.aetw.org/reiki.html)

Reiki Articles, Reiki self-development and treatment techniques, FREE downloads: pdf files, Reiki wallpaper, pictures. Reiki banners, etc

[www.aetw.org/main1.html](http://www.aetw.org/main1.html)

links to over 40 different styles of Reiki

[www.aetw.org/page2.html](http://www.aetw.org/page2.html)

links to Reiki Manuals, newsgroups, newsletters, webrings, organisations, associations and other resources

## Some interesting Reiki Books

The Challenge to Teach Reiki by A. J. Mackenzie Clay. Copyright 1992, New Dimensions, Byron Bay, NSW, Australia.

One Step Forward for Reiki by A. J. Mackenzie Clay. Copyright 1992, New Dimensions, Byron Bay, NSW, Australia.

First book to publicly display the Reiki symbols.

Reiki: The Usui System of Natural Healing by Paul David Mitchell. Copyright 1985, The Reiki Alliance, Coeur d'Alene, Idaho.

Reiki: The Healing Touch by William Lee Rand. Copyright 1991, Vision Publications

Living Reiki: Takata's Teachings by Fran Brown. Copyright 1992, LifeRhythm, PO Box 806, Mendocino CA 95460.

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## Reiki 101 Review Quiz:

### A) Multiple choice

The term Reiki means:

a, ray of light.

- b, Spirit.
- c, healing energy.
- d, Spiritually influenced life force energy.

Karuna Reiki was developed by:

- a, Iris Ishikuro
- b, William Lee Rand.
- c, Kathleen Milner.
- d, Barbara Weber Ray.

The current president of the Usui Reiki Ryoho Gakkai is:

- a, Masayoshi Kondo
- b, Hoichi Wanami
- c, Kimiko Koyama
- d, Yoshiharu Watanabe

The first master to abandon the practice of charging the \$10,000 fee for Reiki master-level training and initiation was:

- a, Barbara Weber Ray.
- b, Iris Ishikuro.
- c, Phyllis Lei Furumoto.
- d, Kay Yamashita.

There are:

- a, four Reiki Principles or Precepts.
- b, no Reiki Principles or Precepts.
- c, seven Reiki Principles or Precepts.
- d, five Reiki Principles or Precepts.

Mikao Usui was born in Kyoto, Japan, in what is now the prefecture of Gifu, on:

- a, the 24th of June 1865.
- b, on the 15th of August 1865.
- c, on the 17th of August 1864.
- d, on the Tokyo bullet-train.

The first of Takata-Sensei's students to receive Reiki master status is generally believed to have been:

- a, Fran Brown.
- b, Iris Ishikuro.
- c, Virginia Samdahl
- d, Barbara Brown.

Raku Kei Reiki is known as:

- a, Renegade Reiki.
- b, The Way of the Fire Dragon
- c, White Light Reiki
- d, Karuna

The first known English translation of the Usui Memorial was done by:

- a, Goro Myazaki
- b, Frank Petter & his wife
- c, Chris Marsh
- d, Juusaburo Gyuda

Reiki has been influenced by spiritual and therapeutic discipline, practice and ideals found within:

- a, Confucianism & Tibetan Buddhism.
- b, Shinto, Japanese Buddhism (and possibly Taoism).

c, Christianity and Islam.

d, Neoplatonism

A memorial stone commemorating Usui-Sensei's achievements is located:

a, on mount Kurama.

b, in Harajuku, Tokyo.

c, in a temple graveyard in Kyoto.

d, in a graveyard at the Saihoji temple, Tokyo.

Reiki is commonly taught in:

a, 5 levels or degrees.

b, 3 levels or degrees.

c, the 3rd Grade.

d, Ancient Aramaic.

### **B) True/False**

The first book to publicly display the Reiki symbols was: One Step Forward for Reiki

Reiki has been shown to effectively stimulate the relaxation response.

The term 'Grand Master' has always indicated the Supreme Head of the world's Reiki practitioners

Reiki originated in Tibet

Vortex Reiki was developed by Toshitaka Mochizuki

There are FOUR symbols used in the Usui Shiki Ryoho system

Usui-Sensei died in Fukuyama on the 9th of March 1926

Karuna means 'compassion'

Reiki can be effectively used in combination with other therapies - both allopathic and 'alternative'

Takata-Sensei was born in Iowa

Paul Mitchell is a leading member of the TRTIA

Chujiro Hayashi committed suicide in 1941

The Reiki Alliance is open to all level of Reiki practitioners

Reiki requires deep concentration on the part of the client.

Takata-Sensei received her certification as a Master of the Usui Reiki system of healing in 1938

Takata-Sensei initiated a total of 14 Reiki masters in her lifetime

Reiki is holistic in its effect

### **C) Matching**

1, (match the correct description with each of the following Reiki-related terms)

1, Usui Te-Ate means: a, Usui Reiki Healing Method

2, Usui Shiki Ryoho means: b, Usui Way

3, Usui Do means: c, Usui Spiritual Method

4, Usui Reiki Ryoho means: d, Usui Style Healing Method

5, Usui Reiho means: e, Usui Treatment/Hand-Healing

2,

1, Raku Kei Reiki was created by: a, Mieko Mitsui

2, The Reiki Alliance is headed by: b, Hiroshi Doi



- 3, TRTIA is headed by: c, Arthur Robertson
- 4, Gendai Reiki was founded by: d, Phyllis Lee Furumoto & Paul Mitchell
- 5, 'Western' style Reiki was re-introduced to Japan by: e, Barbara Ray

#### A (sharp) look at Reiki symbols

Like many "non-traditional" Reiki practitioners, I have received teaching about the Reiki symbols during my level 2. I have read so-called Reiki guru Diane Stein's book, and I have researched the symbols more online. It isn't until I travelled to Japan that I realized the appalling, unforgivable absurdities spouted by Western practitioners concerning Reiki in general and the Reiki symbols in particular. In their ignorance and/or search for sensationalism they have been spreading falsehoods. It is upon realizing that one of the symbols was written in Japanese characters that I decided to delve into their origins and find out the truth about them.

First, let us get one thing straight. Reiki has *nothing* to do with Tibet and never has. Anyone who tells you otherwise is either misinformed or a crook trying to use the mystical aura of Tibet to sell the idea to you. The Reiki system was born in Japan, invented by Dr. Usui. Certainly, Dr. Usui referred to older things to put his methodology together. The hands-on method had already been used by Hindus, Jesus Christ, Aborigines and others. The energy involved, the Ki, was and still is the root of the entire body of Chinese medicine, where it is known as chi. He himself was a Tendai Buddhist and the symbolic concepts he introduced as healing tools were sacred Buddhist notions. But Usui did invent Reiki, and to pretend it has older its origin amounts to claiming St Peter's in Rome was built by the Romans.

I keep the following research updated to get as close as possible to the truth (the latest correction was in March 04). It is based my research on a basic knowledge of Japanese writing, books about sacred Eastern writing, websites that were more seriously documented than others, and even a talk with a Tibetan Lama with whom I discussed the Hrih mentioned below. I now wish I had enquired about hands-on healing methods in Tibet. Educated corrections will be appreciated if found necessary.

First, let us start with a general discussion on the use of symbols in Reiki, then we'll have a look at each symbol individually.

Things to know about symbols: myth vs. reality

#### *Usefulness of the symbols*

Much yoopla is made of the Reiki symbols. Everyone wants to learn them; they are so exotic and exciting to use. It adds a little spice to the mix. That is all very well, but let us be strictly down-to-earth.

Symbols are merely a kind of trigger. They do not carry power in themselves. Some people believe that a much-used symbol is very powerful because using it is like tapping into a reservoir of all the power invested in them. I'm not saying this isn't

true, but even if it is, it hardly applies to the case we are interested in. Reiki is too new and it seems no two practitioners, at least in the West, are able to remember the symbols in the same way.

So, then, symbols are nothing more than triggers, and they are useful because they help train the mind in such a way as to instantly trigger a certain function in a reflex, and therefore unconscious (or subconscious?) way. This way, instead of having to focus on doing this or that, the tracing of the symbol can get it going instantly while you can concentrate on something else. Pavlov's experiment is too well-known for any elaboration to be necessary.

This kind of trigger does not have to be a symbol. It can be a sound, a gesture, a formula, an image, etc. Just because Dr. Usui, in the tradition of sacred writing characteristic to his Asian origins, chose calligraphied symbols, doesn't mean you have to slavishly use them. Naturally, if you don't use them, you're not practicing Reiki since they are an integral part of it, but who says you have to? I'm not crazy about this need to insist that "I DO practice Reiki, just my personal version of it". Far better to be honest with oneself and stand for one's methods without needing to align them with established currents.

#### *Tracing them accurately*

That's what you least need to worry about. Most of the symbols that are being handed down in the Western world, some of which were published by Diane Stein for the first time, are themselves total distortions of the original symbols. Strictly speaking, they have as much to do with Reiki as a dollar-store dreamcatcher has to do with Plain Indians. The only value of a symbol resides in its efficiency as a trigger. Whether you use these, the originals, symbols you further modify yourself, symbols you make up or symbols you bring in from other traditions, you will not lose efficiency. If you forget how to draw a symbol in the middle of a working, you can still fly on intent, which is all you actually need anyway. Energy flows where your intent is. Everything else is just there to help until the day you can control your energy as naturally as you can move an arm.

#### *Tracing them in order*

Everything I read about Reiki, written down by Western practitioners, insisted on the fact that you **MUST** draw the symbols with the correct order of strokes. This is apparently because the Japanese attach a great importance to stroke order, and it betrays a very superficial understanding of this concern by the westerners who imported Reiki. Let me tell you something about Japanese writing, that none of these healers have figured out. In Japan it is very important to write characters with the correct order and direction of strokes, for the simple reason that if you write them fast and your brush or pen does not leave the paper between strokes, the extra "linking" strokes thus created can make the character totally illegible if they are not disciplined into a unique, consistent pattern. In other words, the stroke order is only important for legibility purposes, which is not something we need to worry about. If using an order of your own helps you memorize them, then by all means use your own order. However what *is* important, I think, is that you stick to a single order once you've settled on it, or else your trigger will be fuzzy.

### *Single symbol vs sets*

The Reiki symbols are each used for a specific function. That does not mean each of them has a holy and end-all connection to this function. It is simply that breaking down Reiki needs into different symbols makes each trigger sharper and more powerful. This is true of all symbols, and it is why it's a good idea to use a set of symbols rather than a single one. As an illustration, here are a few functions I can think of when it comes to a treatment:

- . Starting the ki flow
- . Boosting the power
- . Giving healing
- . Removing pain
- . Giving emotional healing
- . "Opening a gate", or triggering distance healing
- . Aggressive cleansing for stubborn or clinging "ick"
- . Attunements

This is a somewhat extreme breaking down; most of the above can be paired in less specific groups. But if I use the same symbol for say boosting the power and opening the gate, how am I supposed to focus properly and be instantly triggered in the exact function I want? Imagine if the control-C command had the double function to both copy and cut and you had to manually specify which every time. Distracting!

### The Reiki symbols

Traditionally we are taught 4 symbols. Because they were transmitted orally for a long time, and this mostly within an audience that had no understanding of the original forms (which were either words in Japanese script, or single characters in Siddham script), they got transformed almost beyond recognition. Along the way, mysterious new forms appeared. The latter may have been designed by the founder of Reiki himself, or they could have been introduced by later students in efforts to give a visually evocative shape for each function. What is certain is (and I don't care what is said by Reiki practitioners who transmit info through the grapevine without thinking of questioning it): they are not Tibetan. The symbols have Japanese names and two of them are very obviously written in Japanese Kanji -- the Chinese script. Tibetan spirituality using Chinese characters? I don't think so. That does not make the symbols any less good -- it is just ridiculous to give them a background they don't have, because then they become dependent on that background. The hunger of some people for glamour and mystery has polluted more than one serious discipline.

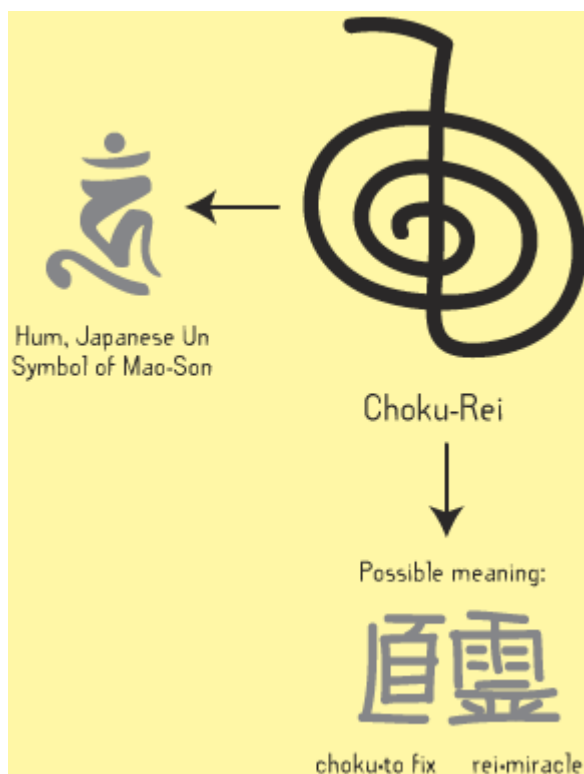
Past the first barrier of superficial knowledge you reach an inner skin of semi-serious, but still mislead information: I refer here to those who maintain that the *shirushi* were derived from symbols used by Kurama-Kokyo Buddhist sect to refer to their deities. This article previously reflected this belief but now stands corrected: see [this site](#) to find out why the symbols have nothing to do with the Kurama-Kokyo.

The likely scenario is this: as a Buddhist, Usui sensei had knowledge of many sacred symbols, or *shuji* before he retired to Kurama Yama. Shuji is the Japanese name of the "seed characters" written in the Siddham for of the Sanskrit script, which are

used as attributes for deities. Usui's visionary experience on the mountain filled him with a new, deeper understanding for their significance. From here he went to found Reiki, which he intended as a spiritual-philosophical system "for the improvement of body and soul". Self-healing was but a small part of this, but to improve its efficiency he found it fit to introduce four "keys" for focusing the intent: these he chose among his system, and they have been handed down as "the four symbols of Reiki" ever since.

For every symbol I will give the "traditional" form, the "non-traditional" form, the known variations and one of the possible meanings of the Japanese names that I pieced together (you may be dismayed to hear that back in Japan, they are not referred to by the Japanese name we use, but by number, and the Kanji that might have been at their origin fell into oblivion, so that is something we may never find out). Many practitioners, traditional and modern, feel the symbols must not be disclosed to the uninitiated. While I agree they should not be disrespected and used frivolously, which would indeed weaken them, I am against pointless secrecy, so no, I have no qualms publishing a study of them.

I have removed all references to Raku from this article, as it was introduced by Arthur Robertson and Iris Ishikiru in the 80s, as part of the Raku Kei system which he claimed to have discovered in Tibet (thank you Rei for the info).



### *Choku-rei*

The Power Symbol, referred to in Japan as "Symbol 1"

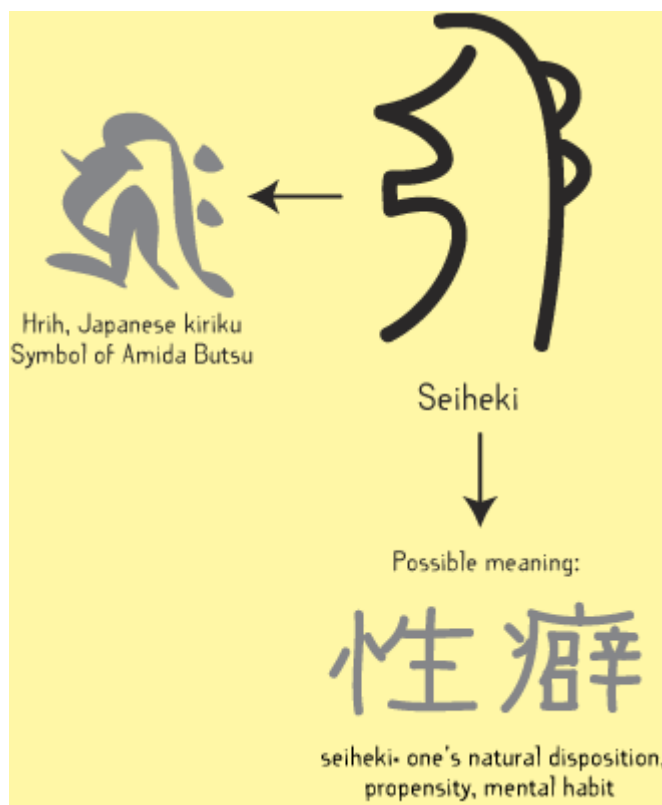
Possible origin:

Choku-rei's origins are obscure. However, a meaning of the words "choku rei" is "to fix miraculously" (choku=to fix, rei=miracle), which I believe to be the original

intention, so it may have been written in Japanese as shown in this diagram. James Deacon <a href="http://www.geocities.com/fascin8or/reiki\_symbolsP.html"> mentions the theory that it might be a stylized version of the actual 'choku' kanji\*. No matter where the shape comes from, it is very evocative and helpful for the use of the symbol.

Use:

Choku-Rei is used to increase the power and flow of the Ki, or build up power within the healer or on the treated spot while giving a healing. It helps the ki gather in the healer's center where it is stored as if in a battery, ready to use.



### *Seiheki*

The Emotional Healing Symbol, referred to in Japan as "Symbol 2"

Origins:

Seiheki is still recognizable as the Hrih, the Siddham seed character of Amida Butsu, also known as Amida Nyorai, the Buddha said "of Infinite Light and Life", known for being always there for anyone who calls onto him with a sincere heart. In a Tibetan ceremony, we used the Hrih to "give birth" to the mantra Om Mani Padme Hung. The Japanese name has nothing to do with the original one, and if it is a Japanese Buddhist word I don't know. The word "seiheki" however means "one's natural disposition, propensity, mental habit" and so I have included the characters for this word, in case there is indeed a connection.

Use:

As befits the Buddha whom this symbol represents, it is one used for emotional healing. It is also known as the "Love" symbol. The original concept is naturally the invocation of Amida Nyorai, and this is likely why the word has spread that it means "God and man coming together".



### *Hon Sha Ze Shô Nen*

The Distance Symbol, referred to in Japan as "Symbol 3"

Origins:

Hon Sha Ze Shô Nen has kept its original form in Japanese script almost intact. Its name is actually meant to be a mantra that helps one connect with the symbol's energy, and means "Right consciousness is the root for everything", or better yet, "Correct thought is the essence of being". Some say it means "the higher being in me reaches out to the higher being in you", but that's an expression of its function rather than a translation. I am giving the full sentence as it would be written; the symbol is a simplified version of it, some of the characters being superimposed and a few lines dropped. There is more than one version of the simplified symbol, and I'm giving those I have encountered.

Uses:

Although "The higher being in me reaches out to the higher being in you" and "No

past, no present, no future" are erroneous translations of Hon Sha Ze Shô Nen, they accurately describe what it is used for. This is the symbol to cancel distance in space and time, used for distance healing.



### *Dai Kô Myo* The Master Symbol

#### Origin:

Dai Kô Myo is the most evident symbol and I was horrified to see that Diane Stein presented erroneous "original" versions without ever bothering to check her sources. The Kanji in Dai Kô Myo respectively mean "big", "light", and "shining", and put together like this convey the meaning of "Great illuminating light".

The non-traditional version, which is the one I was taught, is a mystery -- I have no idea where it came from. However it presents the advantage of being quite evocative. When I look at it I get the image of two cupped hands pulling pain away from someone and towards oneself. This time the spiral goes from the center out, and so does the second spiral stroke, a good evocation of this motion.

#### Uses:

Dai Kô Myo is the healing symbol, the one that takes away pain or disease. It combines the power of the previous three symbols on a more subtle level, and it is used by Reiki Masters for attunements.

As a conclusion

I hope I have, although not brought out the final truth about the symbols, at least raised enough questions for practitioners to think twice about what they are told. Reiki does not need to come from Tibet to be "true", and the healing method you use does not have to be Reiki to be efficient. However, if you try to convince yourself of either when it's simply not true, you are discrediting all the above and yourself included. This is why I insist so much on looking for the basic truth in the matter.

*Partial bibliography:*

. [All Energy-Therapies Web - Reiki Pages](#) -- the best-documented and most detailed resource I've found so far.

. [Reiki, Johrei, Macrobiotics: Powertools](#)

. <http://www.reiki.org/reikinews/roots/rootsreiki.html>

. Halpern, Jack: [The Kodansha Kanji Learner's Dictionary](#)

. [Stein, Diane: Essential Reiki](#)

. Stevens, John: [Sacred Calligraphy of the East](#)

*\* I wish to quote here additional info kindly provided by James during our discussion of the symbol: "As I mention on the site, some people seem to be of the opinion that the actual symbol is of Shinto origin, and means something like 'In the presence of the spirits (kami)'.*

*it has also been said that the choku rei is meant to represent a coiled snake with it's head raised, and because of this some have sought to "jump cultures" and link it to the Kundalini Serpent of Indian tradition.*

*However, I've just been discussing the symbol with someone who is quite well-versed in Shinto/Buddhist Studies. He tends to agree that it could well be a representation of a coiled snake*

*He told me that according to some theories, associated with honji suijaku ( honji suijaku is a doctrine which seeks to equate the Kami Spirit-Beings of Shinto with Buddhist Deities, enabled the followers of Shinto and Buddhism to legitimately venerate the each other's Divine Beings as alternative manifestations of their own.) - any how, according to some honji suijaku theories, the real forms of kami are actually snakes..."[back](#)*

## Reiki Symbols

Some regard Reiki symbols as sacred and secret. They are simply symbols. The sacred lives in their energy.

Each symbol holds an energy, represents a truth, and can be used to invoke its meaning; thus, its effect.

It is important to know that Usui Sensei did not begin attuning others to Reiki with symbols. He initially taught the individual five principles and unique energies each symbol represented. Thus, if one understands the energy, the symbols themselves were not needed to invoke their power.



The following are illustrations of **Usui Reiki Symbols**. These symbols are used in Reiki treatments as well as [attunements](#). On the next page, you will find [Karuna Reiki Symbols](#). Each offers a message. Meditate, play, explore.

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### **Usui Reiki Symbols**

[Cho Ku Rei](#)

[Sei Hei Ki](#)

[Hon Sha Ze Sho Nen](#)

[Usui Master Symbol Dai Ko Myo](#)

[Tibetan Dai Ko Myo](#) also called Dumo



Cho Ku Rei

The first of the Usui symbols is commonly known as The Power Symbol. Pronounced in Japanese as Cho-Koo- Ray, it is learned in Reiki levels 1 & 2. It means *Put all the power of the Universe here* and is most often drawn by the practitioner's dominant hand on each of his/her palms before sending treatment. Additionally, it is often drawn on the recipient's Crown Chakra before a session thoroughly begins. It can be placed wherever the practitioner feels whether on him/herself or the recipient.

Drawing it, imagining it or chanting it three times can invoke Cho Ku Rei.

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Sei Hei Ki

This the second symbol used in Usui Reiki. It is taught in Reiki level 2 is most commonly known as The Emotional Symbol. It is pronounced Say- Hay- Kee. It means *God and humanity become one*. It is most often used when there is an emotional release or build up in the recipient.

Invoke Sei Hei Ki the same way as [Cho Ku Rei](#).

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Hon Sha Ze Sho Nen

This is Usui Reiki Distant Healing Symbol. It is taught in level 2 and means *May the Buddha in me connect to the Buddha in you to promote harmony and peace*. Pronounced Hon- Sha- Zee- Show- Nen, it travels unhindered through time and space. It is most often used in distant healings and attunements and is perhaps the jewel of understanding Reiki.

Invoke Hon Sha Ze Sho Nen the same way as [Sei Hei Ki](#).

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Usui Master Symbol Dai Ko Myo

The Usui Master symbol, Dai Ko Myo is taught and given in the Master Level. This is the last symbol Usui used in attunements. Like [it's Tibetan sister](#), it heals the spiritual state of the recipient and connects the individual with his/her greatest potential. It means *Great Being of the Universe Shine on Me*.

Invoke Dai Ko Myo the same as [Hon Sho Ze Sho Nen](#).

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Tibetan Dai Ko Myo or Dumo

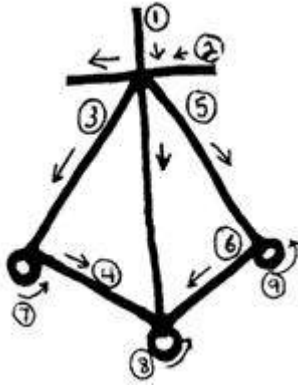
This beautiful and powerful symbol was not originally taught in Usui Reiki Ryoho. However, the symbol gained so much popularity, it became systematic to include it in attunements. Pronounced Dye- Ko- Myo or Doomo, it *Connects the body and the mind in order to grow spiritually*. Dumo is used whenever the practitioner feels and often in every session.

Invoke Dumo by either drawing, imagining or chanting its name three times.

## Karuna Reiki Symbols

Previously, we illustrated [Usui Reiki symbols](#) and their meanings. Below find the symbols used in [Karuna Reiki](#).

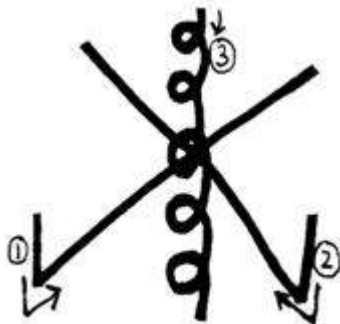




Harth

Harth is the main symbol in Karuna Ki Reiki. Like Halu, *it means love, truth, beauty, harmony and balance* and represents infinite compassion. Harth restores our love of life as it is used to heal issues of the heart.

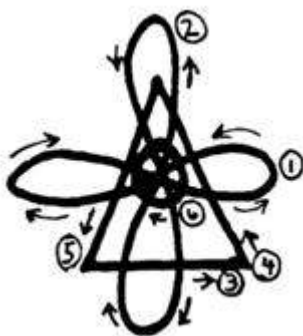
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Rama

Rama, interchangeable with "Ram" or "God" *means abiding joy*. Rama connects us to Gaia, Earth energy, and clears our lower six chakras. Rama is used to clear negative energy, create determination and revive a person's chi.

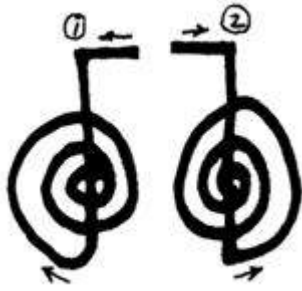
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Gnosa

Pronounced, "Know Sa", the word comes from Gnosis *meaning mystical and spiritual knowledge acquired through feeling and prophecies from God*. Gnosa helps release our higher self to communicate more clearly in every day life. As it increases awareness it uplifts consciousness creating a direct connection with God. Like Harth, Gnosa is a primary symbol in Karuna Ki reiki.

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Kriya

Pronounced "Kree Yah", it means *perfect balance and action*. The Law of Kriya is that of physical manifestation. Thought to help to heal the human race. Kriya balances energy, raises awareness and transforms thought into action.

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lava

Pronounced "Ee-Ah-Vah", it *balances the four elements*. When drawing the four small loops, say "Earth" with the first, "Water" with the second, "Wind or Air" with the third, and "Fire" with the fourth. lava dispels illusion, conditionings and untruths. lava aids in acting in the moment from a place of truth rather than re-acting to circumstances. It also helps heal the Earth.

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Shanty

Pronounced, "Shawn-Tee", it means peace. Shanti helps heal the past and make way for the present. We use Shanty to send peace to the past, free our attachments and heal. It releases fear, anger, hurt while soothing the aura.

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Dumo

Pronounced, "do moe", it represents the swirling heat of the Kundalini. Also known as Tibetan Master Symbol or Tibetan Dai Ko Mio, it is the heat felt over the spine as the Kundalini awakens. This heat is the unification of the body and the mind. Dumo ignites this fire in the root chakra, pulls negative energy and disease from the body and releases it. Dumo heals on the deepest of levels.

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Usui Dai Ko Myo

The Usui Master Symbol means "*Great Being of the Universe Shine on Me*". It can also mean "great shining light". It is a Zen expression for one's own true nature or Buddha-nature. Used at the highest level of healing, it expounds the thought that our spiritual body is a template for our physical body. Thus, when we are ill, the dis-ease formed originally in our spiritual bodies. Dai Ko Myo cleanses these bodies and heals our spirit. In Karuna Ki, Usui Dai Ko Myo is used to represent the total connection to compassion of the divine source.

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Tibetan Fire Serpent

This sleeping serpent awakens during an attunement. It opens the central channel of Kundalini fire. Depending on how it is used, it can either ground energy into the lower chakras or push energy upwards into the higher chakras without allowing it to release through the Crown chakra. The Fire Serpent connects and opens all chakras allowing balance and harmony.

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Om

Pronounced "Ah uu mm", it is a Sanskrit symbol, *the sacred sound of the Universe*. It represents All of creation working together as one unit. Think "As above So below", "All opposites are identical in nature only different in degree". We are one and the understanding of such a concept- the integrity of All life leads us greater understanding, better choices, happier life. Om cleans, stabilizes and seals the aura. It brings in light, purifies, protects and connects us with God. It represents creation, preservation and destruction. Om opens the crown chakra and if drawn above the head opens a pathway to God and higher consciousness.

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Raku

Raku is used in attunements, not in individual healings. It helps lift negative energy while taking the initiate into awareness. Raku activates the Hara Line, bringing Reiki energy in through the chi channels, and last settling in the Hara. It is used at the end of attunements in both Usui reiki and Karuna Ki reiki attunements. Last, it is used to separate the Master from the initiate after the attunement is complete.

## Reiki Hand Positions

A number of different hand positions are in use today as Reiki has developed.

From the evidence I have managed to gather this is what is known at this time:

Usui taught only treating the head, as shown below.

A common reason for this was the belief that most ailments arise from the brain.



Treating around the head and finally placing most energy into the crown. (source Eguchi manuals).

From further research it is becoming clear that no set hand positions, other than those shown below, were in use around Usui's time. General instructions were, start at the head and if necessary work down the body.

Hayashi's manual giving details for treating different ailments seems to have been used by many healers in that time.

Mrs. Takata also taught that the head always be treated, the hand positions for the head we know and are similar to what we still use today.

## Usui's Original Hand Positions.

\*\*\*Healee is seated, not laying down\*\*\*

\*\*\*Healee is seated, not laying down\*\*\*

Healing shall be started from head position.

The following 5 positions shall be healed, 30 minutes total, then, other required positions are healed.

Other positions on the body would be those showing an imbalance.

(1) Zento-bu: Forehead top (the line where your hair starts to grow)

(2) Sokuto-bu: both sides of your head at the same time

(3) Koutou-bu: back of your head and forehead (Nentatsu)

(4) Enzui-bu: each side of the neck.

(5) Toucho-bu: top of your head (crown).

I can recommend that you try this method and see what it feels like. I think we can safely say that following the head Byosen would be practiced for treating any imbalances on the body.

---

According to [Traditional Japanese Reiki](#) as taught by Dave King, a student of Chujiro Hayashi named Tatsumi was taught additional hand positions.

These consisted of Seven positions treating the Head and Torso only. An eighth position is for 'level two' using the Harmony symbol.

These positions correspond to Eastern traditional teachings (such as Chinese Medicine) where the "body" is the head and torso, the limbs are considered "external".

It is thus only necessary to offer energy (Qi) to the head and thorax in order to 'treat' the entire bodymind.

The positions correspond to main Accupressure points on the Meridians and consist of the Three Head positions, Clavicle's, Lower rib cage and Upper back (shoulders) and Lower Back

The recipient remains on his/her back all the time.

Full details are available with photo's at [Traditional Japanese Reiki](#) website.

This system should be tried by all Reiki Practitioners it is a very powerful system of healing.

According to two of Hayashi's students still alive - 'they learned no formal hand positions' just the Five above. This seems to be the case in the Usui/Eguchi lineage as well.

---

The Reiki system as taught by Hawayo Takata uses 12 hand positions and she called it the 'Foundation Treatment'.

It is interesting to note that the 12 positions cover the same as Tatsumi's ie. Body and Head only.

The arms and legs could be treated if required.

The 12 positions consisted of: Head 4 including Throat, Body - front 4, Body - rear 4. She also recommended treating the feet.

An excellent website for finding this information is <http://reiki-press.hypermart.net/2-13.html> here you will see class notes from a Takata lesson and notes from a class by Ethel Lombardi a student of Takata's. In both these pages you will also see treatments for ailments as described in the [Usui](#) and [Hayashi](#) manuals.

It is further suggested that Mrs. Takata taught several variations of the hand positions and also of the symbols !! ?

For instance she said you may start either with the head or abdomen, also that you may feel guided to start elsewhere.

Like all things these hand positions have changed over the years and can nowadays include the whole body, head, torso, arms and legs.

Mrs. Takata said - "The treatment is called the Foundation and it requires an hour or more, all depending on the complications and seriousness of the case".

She also said that you should finish each treatment with the 'Nerve Stroke' see [Techniques](#) pages Blood Exchange.

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## Self Treatments

The healing of self using the hand positions regularly taught today were in common use around Usui's time. The only difference being that no regular hand positions seem to have been used.

The self healing as taught by Mrs. Takata is well recorded elsewhere and I will not repeat here.

By [David Herron](#)

A Reiki treatment consists of the practitioner placing his or her hands on the clients body having only the intent for the energy to flow. There is no complicated rituals to perform. Only the simple exchange of energy between two or more people. Only

the simple intent to share healing. Only the desire to ease the burdens of another and the willingness to receive.

The Reiki energy is smart for it knows where to go and what to do. The Reiki practitioner does not direct the energy nor is it necessary to study arcane theories of the universe in order to use it. It is simply intent which causes the Reiki energy to flow and intent which directs it. The best thing for the practitioner to do is nothing, but to get out of the way and allow the energy to do its work.

There is a treatment protocol traditionally taught to Reiki practitioners which involves a series of hand positions. These positions are well spaced along the clients body and together they provide good coverage of the clients entire body. While the energy does go where it is most needed, it is frequently observed that it stays near where the practitioner has placed his or her hands. By covering all parts of the body evenly the patient will, by default, get the best treatment possible. These hand positions are a good place for a practitioner to begin practicing Reiki. With experience he or she should feel free to experiment based on the needs of the moment. The pictures which follow come from the book [\*Essential Reiki\*](#) (the book gives permission to reproduce the pictures for teaching materials). In addition to the positions shown for the front of the body, there is a matching set of positions for the back. Behind the neck, behind the heart, behind the kidneys, and on the sacrum (tailbone).

Any set of hand positions are only a guideline (though I suppose some Reiki Masters insist on using *only* the hand positions they teach). Most Reiki practitioners use intuition or other methods to say which positions are to be used in each healing, varying from the traditional positions as the situation warrants. One common method is the sweep in which the practitioner sweeps his or her hands through the clients energy field looking for *hot spots*. These indicate places needing healing energy.

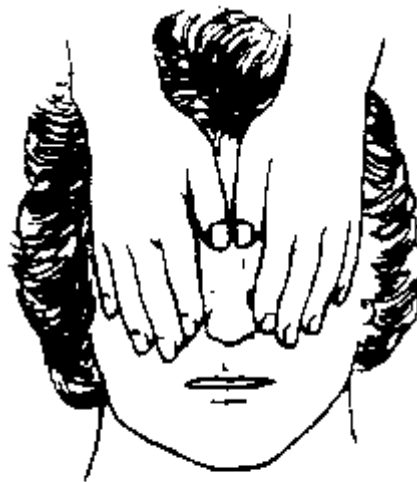
One note about body privacy. Many times the practitioner must place their hands very near (or on) body parts most consider to be private (genitalia). As a system of treating the entire body one certainly would not want to leave such body parts out of treatment. At the same time there is matters of privacy to protect. Would you expect a doctor to not treat those areas simply out of a sense of privacy or embarrassment? No!

Each practitioner has their own way to handle this. They might ask permission before placing their hands in sensitive areas. Their hands can be placed on top of the clients hands, with the energy being beamed through the clients hands. The practitioner may also hold their hands above the area in question so there is no touching and beam the energy from a slight distance. The hands in many places very near the sensitive areas trusting that the energy will flow into the areas not directly treated. The remote healing techniques of Reiki level II can be used also.

Practitioner comfort is quite important while practicing Reiki. A full treatment can easily last for an hour and if the patient is lying on the floor how can the practitioner remain comfortable hunched over for that long? Better is for the patient to be seated in a chair that gives the practitioner easy access to their whole body. Massage tables are very good for Reiki since they can be adjusted, are comfortable, and

allows the patient to relax more fully. Some companies make tables meant specifically for Reiki which allow a rollaround chair to go underneath the table.

There is an interesting correlation with *Reflexology*. The theory in Reflexology is that when our bodies first form all parts of the body in one place, and as the body grows an energetic connection is formed such that the soles of the feet, the ears, and the palms of the hands, all contain a map of the rest of the body. In reflexology the matching places in the feet, ears or hands are massaged to stimulate different parts of the body. As one becomes more in tune with and aware of the energy pay attention to the energy around the clients feet. I haven't seen it fail yet that the feet have extra energy at the places matching the major issues in the clients body.



1.

Place your hands over the clients eyes. Be careful to not squeeze the nose.



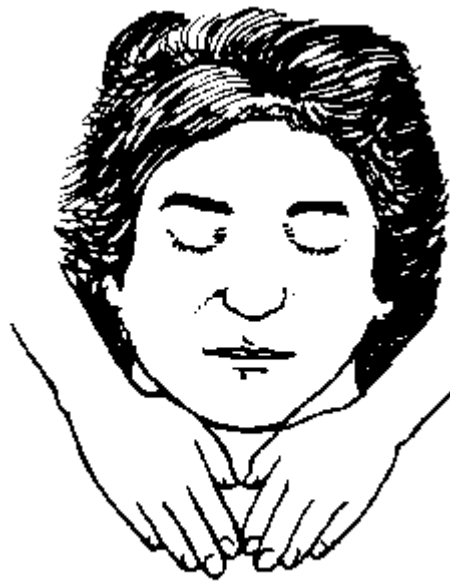
2.

Hands placed around temples.



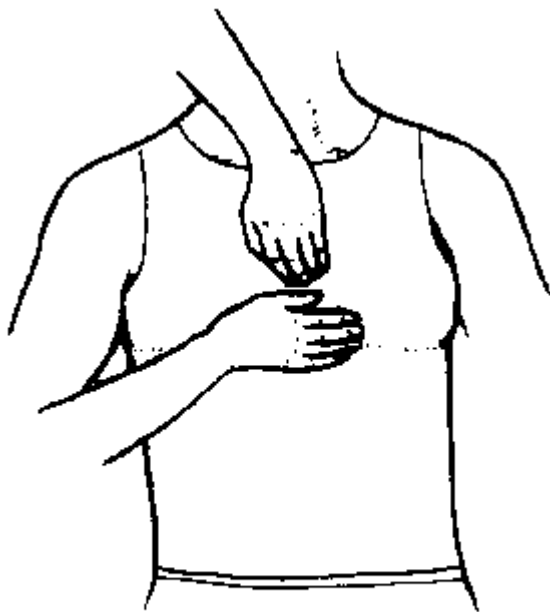
3.

Here the hands are cradling the head, with the fingers curled around the occipital ridge (?sp?). Get into this position by gently rocking the head into one hand, slide the other hand under the head, rock the head into that hand, move the other hand under the head, and then rock the head so it's centered on both hands. This is easier demonstrated than described.



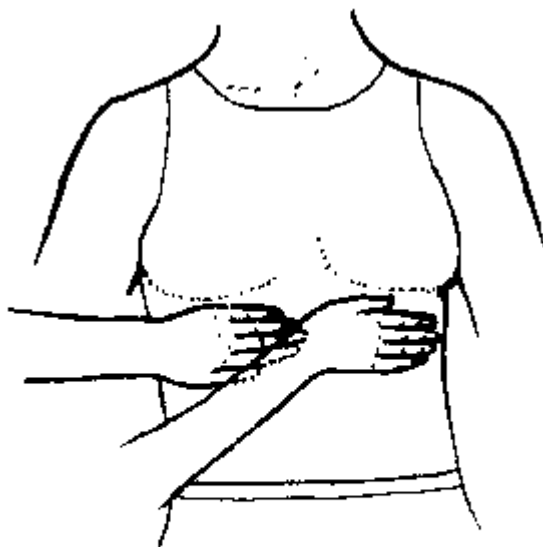
4.

Here the hands are held over the throat and thymus. You might find clients uncomfortable with the hands over the top of the throat, as it might remind them of choking, and you might find it better to place the hands under the throat rather than above it.

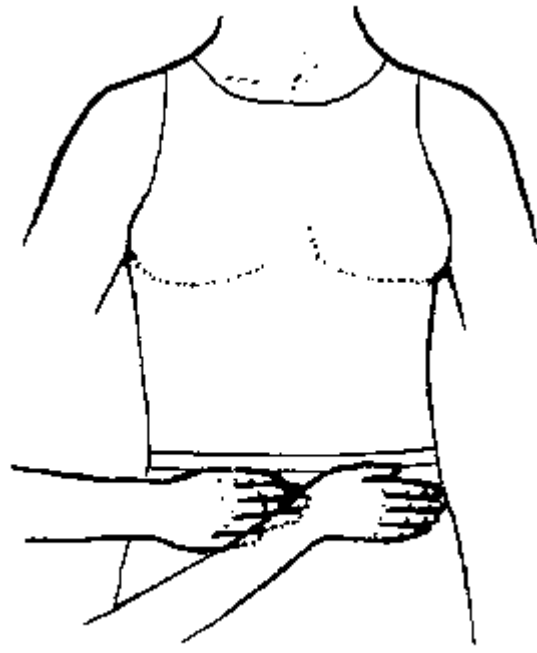


5.

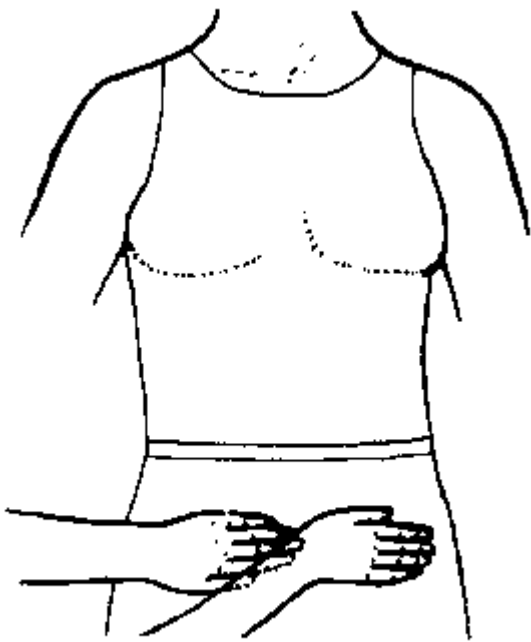
This is over the heart and heart chakra. The heart chakra is located between the breasts. Obviously you should choose your hand positions well here. Note that while Reiki derives from Qi Gong and therefore the "chakras" should be foreign to Reiki, the "chakras" are clearly part of the human energy system and the Tibetans and Hindu's called them one thing, while the Chinese called them another.



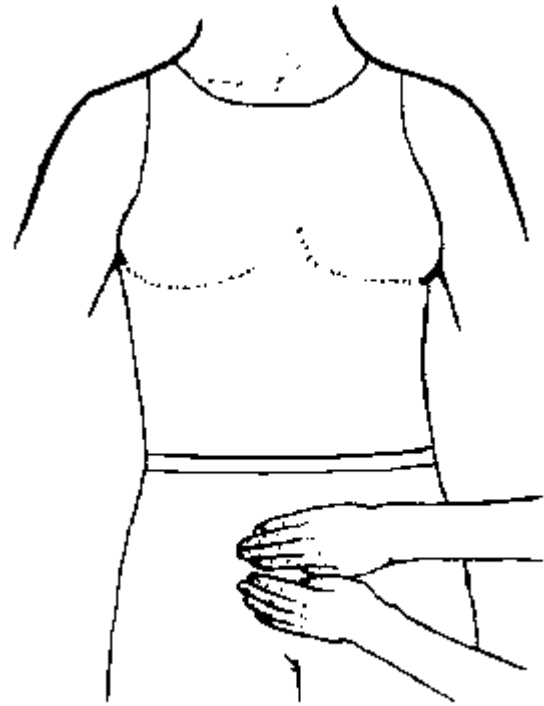
6.



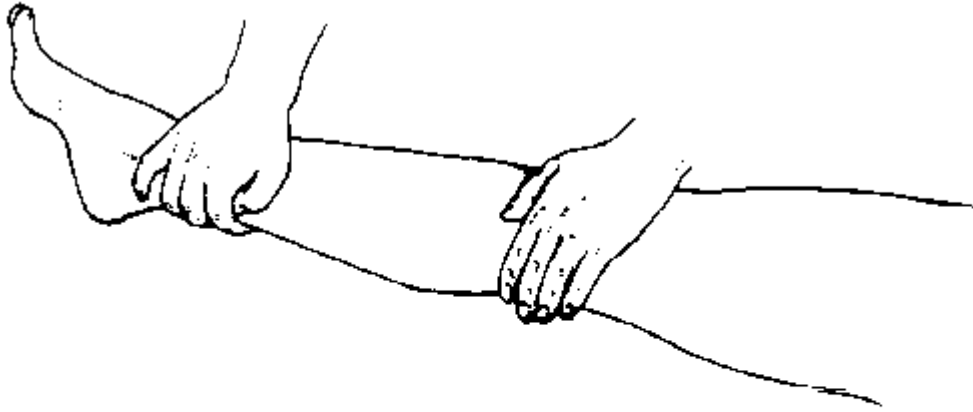
7.



8.



9.



10.

Do this for both legs. You might want to do two positions for each leg. One as shown, the other with one hand on knee and the other on the hip bone. This way the entire energy and nerve system circuitry of the legs have energy run through them.



11.

Here the hands are placed flush with the bottom of the feet.