

What is Reiki

Throughout the history of mankind methods have always existed which were based on the transfer of a universal, all pervading life energy. The same energy which brings forth all life in the universe and nourishes it. Thousands of years ago the Tibetans already possessed a deep understanding of the nature of spirit, energy and matter, using this knowledge to heal their bodies, harmonize this knowledge later again in India and find modified forms of it in the Japanese, Chinese, Egyptian, Greek and Roman cultures, just to mention a few.

The knowledge was guarded and preserved by the mystery schools of most ancient cultures and as available in its entirety only to very few people, usually priests or spiritual leaders who then passed it on to their disciples by word of mouth.

Modern scholars after come across handed-down forms of this inner knowledge but generally misinterpret it because it is usually shrouded in cryptic language and symbols. The knowledge of Reiki would have remained lost forever had Dr Mikao Usui rediscovered the key which led to the recovery of a thousand year old tradition of healing in 2,500 year of Sanskrit at the end of the 19th century.

The word Reiki means universal life energy. It is defined as being that power which acts and lives in all created matter. The word consists of two parts. The syllable rei describes the universal, boundless aspect of this energy while ki in itself part of rei, being the vital life force energy which flows through all living beings.

Many races, cultures and religions have always been aware of the existence of an energy which corresponds to the meaning of ki. Thus ki is named: Chi by the Chinese.

It is conceivable that all are one and the same basic energy, although the extent to which they are applied and the theories concerning them differ greatly. The basic conditions required for making use of this energy are also very different. Some of the systems names require that long drawn-out exercises be carried out beforehand and frequently much privation must be endured before the desired energy can be drawn upon and made use of.

The closer we approach the basic form of this universal energy of life, the more comprehensive and effective it will become and the easier it will be to use. As a piece of hermetic wisdom says:

“The seal of truth is simplicity”

The Usui system of Reiki is not only the most simple and natural healing method we know of, but it is also the most effective way of transferring this universal life energy. Once a person has been opened up to become a “channel” for Reiki, concentrated life energy will flow through his hands of its own accord and he will retain this ability for the rest of his life.

What exactly is this universal life energy? Let us first hear what both wise men of old and the scientists of today have to say on the subject.

It is owing to modern day physics that most people on earth today are aware of the tremendous “vitality” which pervades all existence. It wasn’t so long ago after all that a stone was thought of a being “dead” matter. Today we now know that such “simple” things consist of an intricate and intelligent interrelationship of innumerable forces. How small is such a stone compared to the enormous expanse of our universe? How simple is its construction compared to the human body, which consists of about 100 billion cells. These cells in turn possess about 100,000 different genes, consisting of long, spiral-formed DNA chains. Every single one of these microscopically small cells contains within itself no less than the total genetic construction plans for our bodies.

If we were to roll out all these spiralled chains and join them up, their length would amount to more than 120 billion kilometres, about 800 times the distance between the earth and the sun. And yet all these chains of DNA molecules fit into the size of a walnut.

“Reiki is wisdom and truth”
Hawayo Takata