



## REIKI ROOTS

The roots of Reiki were born in India, the birth place of Buddha, making their way within Buddhism and Taoism through Tibet, China and on to Japan.

## TAOISM - SHAMANS OF ANCIENT CHINA & JAPAN

Taoism developed out of various religious, shamanic, nature and philosophical traditions in ancient China and has been an influencing factor for many spiritual concepts in Japan and the Shinto religion.

Like Shinto in Japan, Taoism started as an indigenous religion in China and its influences are visible throughout the culture.

The relationship of the indigenous peoples of China and Japan to the cosmos was a shamanic one. They were able to communicate directly with plants, minerals, and animals, to journey deep into the earth, or visit distant galaxies. They were able to invoke, through dance and ritual, supernatural powers, and enter into ecstatic union with them. This concept has been totally integrated into Chinese & Japanese culture for many many years.

Although western medicine took a dominant position in Japan in the nineteenth century, traditional practices were never lost, having long been completely integrated into Chinese & Japanese culture.

By the twentieth century these ancient practices began to make a comeback, it was during this period that Reiki came into being having its roots in this rich culture of ancient Taoist and Shinto practices, it was and is respected and practiced all over Japan.

There are still Taoist priests in Japan today that keep the old ways & secrets, devoting their lives to these practices. Few outsiders have ever studied with these priests, you need first to be invited or recommended by someone who has known you for at least ten years, and then to be interviewed and maybe accepted by them to be a student.

## SHARING THE SECRETS

Although you are forbidden as a priest to pass on this information directly to outsiders, they are encouraging those outsiders who have been allowed to study with them to pass this on to the outside world, in a way that allows it to grow & develop in the world today, as a truly living practice.

Frans Stiene is one such Reiki Master, he studied for 12 yrs with a Taoist priest (and is still training with them today), he has been encouraged to share what he has learnt, bringing it to our world even though his teacher is not allowed to do this.

## SYMBOLS

The Reiki symbols are one of the ways in which Reiki is so different from other healing methods, these symbols come from some of the oldest writings known to man, the Indian Vedas, written in

Sanskrit. In these writings the symbols are related to the elements, as are many of the Reiki chants.

CHO KU REI – EARTH  
SEI HE KI – WATER  
HON SHA ZE SHO NEN – AIR  
RAKU – FIRE

The Master symbols are Sontens voice –  
LOVE AND COMPASSION.

### EXERCISE IN USING REIKI SYMBOLS IN SHAMANISM

This will enhance your connection with the elements. For Reiki healers, when out in nature, next to water, earth, fire, air.

*Chant the appropriate symbol while having intention to connect with each element. (connect for about 10 minutes with each element).  
Nature will speak back to you - expect this.*

### ATTUNEMENTS

When you learn Reiki today an attunement system (Reiju) containing all these symbols is used to pass down Reiki from the Teacher to initiate the student, this makes it quite different from any other healing modality.

### WHY LINEAGE IS SO IMPORTANT

Only a Teacher who has a lineage from this incredibly rich background can do this, its why your lineage is so important. At one time you would have learnt Reiki by spending time with your Teacher, maybe years.

It was Mikao Usui who developed the attunement system we have today. As so many people wanted to learn Reiki, it became impractical to teach in the old way.

The Reiki symbols are very powerful and sacred, they hold many secrets. Reiki Masters learn to work with them to attune students.

As Your connection to the symbols grows so will your abilities as a healer. To connect with these symbols takes many hours of practice, meditation, prayer & chanting, getting to know them like friends.

These Attunement practices can be used to clear, heal or attune to higher frequencies, having the side effect of raising your vibration, and powerful healing.

The symbols have life, sacredness and power.



Mikao Usui Sensei

### THE BIRTH OF REIKI – MIKAO USUI SENSEI

Mikao Usui was born on the 15th August 1865 to a wealthy family in the village of Taniai. Usui's ancestors were Hatamoto Samurai of the Chiba clan, going back 23 generations or more. (In 1551 Toshitane Chiba conquered the city of Usui after which all family members took for their name.)

Mikao Usui entered a Buddhist school near Mount Kurama at the age of 4 years, where he received his education and was raised in the Samurai tradition. As an adult he travelled to Europe, America and China in order to further his education.

Usui was an avid book lover and his studies included History, medical science, Christianity, Buddhism, Psychology, Taoism, the Magic of folklore and Faery, Art, Divination, and physiognomy. A background of the Arts, Sciences and spiritual practices are a clue to the development of Reiki.

The purpose of a spiritual education in Japan is to build the person on all levels, this has always been looked upon as equally important as academia. Usui later became head of health & welfare in Tokyo, and was also a successful businessman.

However, In 1914 at 49 yrs of age Usui's personal and business life were failing, as a spiritual man he decided to return to Mount Kurama where he had received his early Buddhist teachings. He enrolled in a 21 day course by the Tenda Buddhist Temple at the base of Mount Kurama.

There are many waterfalls on Mount Karuma, where even today people go to meditate. Part of Usui's training here was to stand under a waterfall whilst meditating, allowing the water to spill over his head, having the intention of activating his crown chakra and receiving enlightenment.

It was during this training that Reiki Energy entered his crown chakra and greatly enhanced his healing abilities. Usui realised that he had been given a true gift being able to heal and also pass this on to others.

He opened his first clinic in Tokyo in April 1922, a year later there was an earthquake causing great devastation. Usui walked the streets of the city every day, helping those who were suffering using his Reiki techniques, he was devoted to helping the people.

More than 140,000 people died and over half the houses and buildings were shaken, or burnt down. An overwhelming number of people were left homeless sick or grieving. Usui gave healing to as many as he could.

His clinic in Tokyo soon became too small and by the following year he had opened a new clinic just outside the city, in Nakano.

His reputation as a healer grew throughout Japan, he began to travel to teach and treat more people. In all he taught more than 2,000 students, and initiated 16 Masters/Teachers.

The Japanese government issued him a Kun San award for doing honourable work to help others.

After Usui's death on 9th March 1926 Mr J. Ushida took over as president of Usui's clinic, which is still running today under the guidance of Mr. Kondo.

Dr Chujiro Hayashi was one of Usui's students, who went on to start his own clinic, it was here that Mrs Hawayo Takata studied Reiki becoming a Master/Teacher. It is Mrs Takata who brought Reiki to the west, most western lineages go back through her to Usui.

William Lee Rand one of the West's most well known Reiki Master/Teachers today, has been teaching for over 30 yrs now and has taught probably thousands of Masters/Teachers to date, many Reiki healers that practice today have lineages tracing back to him. He has studied with six different Reiki Teachers, including 3 Japanese

Shinpidens and is probably responsible for much of the growth in Reiki healing in the west today.

Raising the vibration of everyone he has taught and whoever they teach. The number of people reached is unknown, but will run into hundreds of thousands, which will have had a big impact on humanity and the vibration of the planet as a whole. As Reiki Healers & Teachers we all play our part in this, isn't that a lovely thought?

William Rand encourages Reiki healers to work together to bring about peace on Earth.

I have William Rand as one of my Reiki Teachers, learning Karuna Reiki from him. I received my attunements from him at the stones of Stonehenge in Glastonbury England, a truly beautiful experience. The class was full, 25 people, it felt beautiful as soon as I walked in. You could have just sat in the class and done nothing and received healing, the vibration was so high, it affected everyone straight away.

I felt I knew everyone and was in love with everyone, others you spoke to felt similarly. The peace and tranquility that surrounded him filled the building we were in. I expected to meet a businessman, which of course he is, but what I didn't expect was a true Master, a humble and kind man, I knew then, that was what I wanted to feel, that peace, that love that everyone felt the whole time throughout the course.

I have now been running my own Reiki courses for over 20 yrs which I love, and now include much more of the traditional Japanese shamanic ways, they are a complete passion in my life, I am still learning and discovering new things every day, always a seeker.

I encourage students, to discover their own true gifts through Reiki, working to heal themselves, others and the Earth.

Julie Narewski.

