

History of Reiki

Reiki is believed to have begun in Tibet several thousand years ago. Seers in the Orient studied energies and developed a system of sounds and symbols for universal healing energies. Various healing systems, which crossed many different cultures, emerged from this single root system. Unfortunately, the original source itself was forgotten.

Dr. Mikao Usui, a Japanese Christian educator in Kyoto, Japan, rediscovered the root system in the mid- to late 1800s. He began an extensive twenty-one-year study of the healing phenomena of history's greatest spiritual leaders. He also studied ancient sutras (Buddhist teachings written in Sanskrit). He discovered ancient sounds and symbols that are linked directly to the human body and nervous system which activate the universal life energy for healing.

Usui then underwent a metaphysical experience and became empowered to use these sounds and symbols to heal. He called this form of healing Reiki and taught it throughout Japan until his death around 1893.

The tradition was passed through several grandmasters of Reiki such as Dr. Chujiro Hyashi, Hawayo Takata, and Phyllis Lei Furumoto.

There are many forms of Reiki being practiced now. The two principal ones are: "the Usui System of Natural Healing" and "the Radiance Technique."

The Usui System of Natural Healing balances and strengthens the body's energy, promoting its ability to heal itself.

Reiki is useful in treating serious illnesses as well as others. Examples are: sports injuries, cuts, burns, internal diseases, emotional disorders, and stress-related illnesses.

Reiki was introduced to the Western world in the mid-1970s. Since then its use has spread dramatically worldwide.