



THE REIKI SOURCEBOOK

by **Bronwen and Frans
Steine**

Book Review by Ranne

The Reiki Sourcebook is a fascinating journey into the origins, history, and legacies of Reiki. Extremely well researched The Reiki Sourcebook covers, important events in Reiki (and Japanese) history, Reiki Branches, teachings of Mikao Usui, Japanese & Western Reiki techniques, studies on Reiki, as well as information on Mikao Usui's memorial stone. Complete with a detailed reference system, directory and appendix this book has the potential to become a Reiki practitioner's encyclopedia.

The Sourcebook featuring four parts. The first part - Approaching Reiki, covers the meaning of the word Reiki, Treatments including what to expect from a treatment and contraindications, & Courses which outlines the Reiki precepts and the basics on mantras and symbols.

Part two takes us on a historical voyage through Mikao Usui's life, his teachings, whom he taught Reiki too, and some of the significant turning points in Reiki's history including Hawayo Takata's legacy and impact on Reiki today. The second part offers well researched and in depth information on the different aspects of Eastern and Western Reiki techniques. Included is a guide to the significant transformation that the intimate practices of Reiki have taken, and possible reasons for these alterations. The reading can be expanded on through following up on some of the references offered in the foot notes, books, essays, manuscripts, tapes, interviews, etc are all presented as a guide to the original source of information further validating the authenticity of the script.

Part three shares Western and Japanese Reiki Techniques, complete with diagrams, kanji's and Japanese pronunciations.

The fourth part offers a directory of Reiki branches, schools, associations, newsletters, and online resources throughout the world featuring information relevant to the foundations of particular branches and schools as well as contact details for each one.

I think the most significant thing that can be said about The Reiki Sourcebook is about the writers Bronwen and Frans Stein, founders of the International House of Reiki. The unbiased manner in which the evolution of Reiki today has been presented, honours all aspects that Reiki has taken, whilst maintaining reverence to the original teachings. A credit to the authors' integrity, desire for Reiki to be unravelled, and passion for this most amazing healing modality.