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The Roots of Reiki Part 1

What is Reiki?

In a quiet monastery near Kyoto in Japan, Suzuki san, a 109-year old Tendai nun places her hand on the shoulder of someone who needs healing. Outside the tame deer forage for food and the autumn leaves change from lime green to burnt orange to red. She is a student of Mikao Usui (who died in 1926) and she still practises his early teachings: the roots of Reiki.

The system of Reiki is a spiritual method developed in the early 1900s in Japan by a martial arts practitioner called Mikao Usui. It crossed to the West at the time of the Second World War and has evolved into one of the most popular self-help methods available. In Japan today there are even traditional practitioners, such as Suzuki san, alive and quietly teaching.

The system of Reiki uses energy to promote healing in the body, mind and spirit. The traditional teachings are based on the Japanese energy system – the *hara*: the body's point of balance in the lower abdomen. By learning techniques to strengthen this area, a Reiki practitioner creates a strong inner core. A practitioner also learns to deliberately move energy through the body. This initiates a clearing of stagnant energy allowing energy to flow free. The stronger your personal energy, or Ki, the more effective your natural healing abilities become.



One of the most wonderful aspects of working with Reiki is that it is safe. It cannot harm and has no dogma attached to it. Reiki translated literally as 'spiritual energy' is the energy of everything and everything has its own natural flow. Practising Reiki helps remind us of our natural connection and gives us the faith to let go and to reap the benefits of being in the natural flow of life.

The system is unique as it makes good health and balance possible for both the self and others. Therefore both treatments and courses are available for those interested in the system.

Next issue – What do you learn in a Reiki course?

Bronwen and Frans Stiene | Founders of the International House of Reiki | 1800 000 992 | www.reiki.net.au