



Radiant Energy

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A History

The origin of Reiki can be traced back to ancient Tibet, thousands of years ago. The technique was reintroduced in the mid 1800s through the experiences of Dr. Mikao Usui of Japan. Historically, the tradition of Reiki was passed on by word of mouth. Regardless of our current methods of communication, there is a great desire to keep the mysteries of Reiki secret.

Dr. Usui was the head of a Christian Boys School in Kyoto, Japan. In 1822, after giving a sermon, Dr. Mikao Usui was approached by two seminary students who asked him to explain how Jesus did the miracles of healing and whether or not he could perform the same miracles. Dr. Usui was not able to give the students an answer.

The confrontation with the students became a turning point for Dr. Usui as he began his lifelong quest to uncover the source of ancient healing techniques. He left Japan, came to America and studied at the University of Chicago where he earned a Doctorate degree in Theology. He searched the scriptures to uncover the secret of how Jesus and his disciples healed the sick and performed miracles, but he did not find the answers he sought during his time in America.

Upon his return to Japan, it occurred to Dr. Usui that the Buddha performed the same miracles as Jesus. He, too, had a great control of energy and channeled the power of God and the Universe. Dr. Usui began asking the different Buddhist sects if they could perform the miracles that Buddha performed of healing the body. The Buddhists felt that healing the Spirit and healing the body was not always directly connected. They concentrated on the Spirit, and not on the body. They left the healing of the body up to those in the healing arts. Finally Dr. Usui went to a Zen monastery. He asked the head monk: Do the Zen know how to heal the body? The monk explained that they concentrated on healing the spirit and there just wasn't enough time to teach the physical healing of the body.

Dr. Usui requested that he be admitted to the Zen monastery so that he could study the Buddhist scriptures in search of the key to physical healing. He was admitted and so began his study. Dr. Usui first studied the **Japanese translations** of the Buddhist scriptures but did not find the explanation he sought. Then he learned **Chinese** so that a wider range of Buddhist writings were available to him, but still without success. He was later guided through his meditations to learn **Sanskrit** so that he could read the original Buddhist writings. After reading the teachings of the **Tibetan Buddhist Sect**, he discovered what he felt to be the keys to healing. Dr. Usui found the symbols, formulas, and description of how Buddha healed.

And so, at the end of his long search, Dr. Usui had found what he sought but not quite. Although he believed he had uncovered the knowledge, he still did not have the power to heal. He discussed this with his old friend, the monk; they meditated upon the path to take. They were told that Dr. Usui should go to a designated place upon the holy Mount Kuri Yama. There he was to fast for twenty one days and meditate to seek the power to heal; during this time he would receive enlightenment and Spiritual clarity. Dr. Usui climbed Kuri Yama to a certain level and found a place that faced east. Since he had no calendar, he gathered twenty-one small stones and placed them before him. Every morning he awakened before the sun rose, and threw away one of the twenty-one stones to keep count of the days.

Each day he meditated and fasted. On the twenty-first day, Dr. Usui awakened to a darkened morning. It was like a new moon day, when no light shone in the heavens before the breaking of dawn. When he awakened he could not even see his hand in front of his face. He found his way to his meditation spot and picked up the last stone. Dr. Usui prayed before throwing the last stone off the side of the mountain. He asked God for confirmation of his findings and asked to be given the enlightenment of how to use it.

As he threw the final stone off the side of the mountain, a light appeared far off in the east. It began getting brighter and coming closer to him. It frightened him and he wanted to run away but he thought to himself, You have searched for years and years, and you have meditated and fasted for twenty one days. You have asked for enlightenment and confirmation, and now you want to run away from it? Dr. Usui quieted his intellect and said, No, if that light is for me, I accept the enlightenment. The light became very bright and streamed across the heavens and hit him directly in his third eye. For a moment he thought he had died and ascended into heaven, because he had never before been in such a euphoric state. He saw many bubbles in all the colors of the rainbow, and then a powerful white light, followed by golden Sanskrit letters - the secret formula of the Universal Life Force and how to contact it. They came to him one by one, commanding him to memorize and preserve them.

Finally the bubbles, the light and the Sanskrit letters disappeared. Dr. Usui felt rested and full of life and energy. He jumped to his feet. He wanted to hurry back and tell the monk his exciting news. In his rush, he stubbed his toe on a rock. He reached down to comfort the pain and to stop the bleeding. He found that the pain and the bleeding quit very rapidly and realized that something was different about the energy in his hands; they had become very hot.

After healing his toe, Dr. Usui continued his pilgrimage down the mountain. Soon he began to feel hungry, so he stopped at a home that served travelers and ordered cold rice and cold tea. In a few minutes, a Japanese girl with a bandage wrapped around her jaw brought Dr. Usui his meal. She told Dr. Usui that her tooth had been aching for days. Encouraged by his own phenomenal pain relief Dr. Usui asked, May I give you a healing? She accepted his offer gladly. He put his hands around her jaw and within moments the pain and swelling started going down. She was very happy and went to tell her father.

Dr. Usui ate his meal and went to pay the papa san. He reached into his pocket to get some coins out, but the papa san said, Thank you, sir monk, but I cannot accept the money. You have rendered unto my daughter a service for which I do not have the money to pay. Please accept the food in exchange for the healing services that you have rendered. Dr. Usui accepted the food in exchange for his services and continued his journey home.

Upon returning to Kyoto, he went to tell his friend, the monk, what happened. He asked for advice on what to do now that he had received the keys and the energy of healing. He wanted to learn more about its use and how to develop it and as such he was directed by the monk to meditate on it.

From his meditation, Dr. Usui was guided to go to the beggar kingdom in Tokyo. This kingdom was controlled by a beggar king. Dr. Usui went to see the beggar king and asked if he might live there to heal the sick and the afflicted. The beggar king admitted him, but did not believe Dr. Usui would succeed in healing the beggars.

For the next seven years, Dr. Usui worked on healing the sick in the beggar kingdom. He worked from daylight to dark, healing the young and old alike and saw many beautiful results take place. He began to understand how Reiki flowed through him into others, and how the body became well.

One afternoon, Dr. Usui took a walk to the edge of the beggar kingdom. He saw a young beggar who looked familiar. Finally, Dr. Usui asked if the beggar knew him, and the beggar said, Of course, Dr. Usui. Do you not remember me? I am one of the first beggars you healed.

Dr. Usui said, I healed you and you are still a beggar? The beggar looked back at him and said, Oh, Dr. Usui, yes, and I did just what you told me. I went out to the temple to receive a new name, went to society and began dealing with my karma, doing just what you told me to do. I even got a job and soon married, but it was too much responsibility. So, I decided that I would rather be a beggar. That way I wouldn't even have to be responsible for myself.

Dr. Usui was greatly upset, and thought, What a terrible thing I have done. Perhaps the churches were right - the physical is not enough - the spiritual has to also be healed. Never again will Reiki be given away - always will there have to be an exchange of energy. He decided to immediately leave the beggar kingdom. As he walked back to the monastery, Dr. Usui was greeted, in Spirit, by the teachers who had greeted him on Kuri Yama. At this time he was given the Five Spiritual Principals of Reiki:



Just for today:

I will not worry
I will not be angry
I will do my work honestly
I will give thanks for my many blessings
I will be kind to my neighbor and all living things

These five principals created significant changes in Dr. Usui's subsequent healings. He realized that he had been giving healing away without requiring the healee to take any responsibility whatsoever. Also, there had not been an exchange of energy for the services rendered. The new teaching provided spiritual concepts to be integrated with the physical aspect of the Reiki energy.

Dr. Usui got a torch and lit it, and went walking in Kyoto. He was stopped and asked why he was carrying a lit torch in the middle of the day with the sun shining so brightly. He replied that he was searching for people with a heart full of love and with enlightened hearts, but who are sad and sorrowful and do not know the true light. He invited people to come and hear about Reiki. In this way he started teaching Reiki throughout Japan and gathered a following of sixteen

teachers. During these travels he met Dr. Chujiro Hayashi, a Naval Commander in the Naval Reserve. He came from a well educated and well to do family. He met Dr. Usui in the marketplace holding a lit torch announcing his lecture at a nearby temple. Dr. Hayashi was very impressed with the sincerity and conviction of Dr. Usui. When asked by Usui to accompany him in his travels, Dr. Hayashi agreed. And they traveled around teaching and healing. Dr. Usui made his transition in 1893, after asking Dr. Chujiro Hayashi to see that the Reiki teachings were preserved.

Dr. Hayashi continued in Dr. Usui's tradition, traveling, teaching and dedicating his life to Reiki. He opened a clinic in Tokyo near the Imperial Palace. It consisted of eight beds in a large room, two practitioners per patient. One would treat the head and the other would be on the right treating the stomach area, then both would treat the patients back. The practitioners all worked here doing healings. They would also go to the homes of sick people for house calls.

This was just prior to World War II and it was clear that Japan would enter the war. Being a Reserve Officer, Dr. Hayashi knew he would be recalled to duty and would therefore become responsible for killing many people. He felt this would be impossible based on his spiritual convictions and decided to end his life. Before passing on, he trained two Japanese women. One of these teachers stayed in Japan. The other, Mrs. Hawayo Takata, of Hawaii, was made a Reiki Master in 1938, prior to Dr. Hayashi's death.

A brief story of Mrs. Takata: Mrs. Hawayo Takata was born in Hawaii, on Kauai, on Christmas Eve 1900 of Japanese descent. In the 1930's she went to Japan to inform her family of the death of her sister. While there she became very sick and was in the hospital. The doctors were going to operate, and as she was being prepared she kept hearing a voice saying "Operation not necessary." Eventually she jumped off the table asking "Is there another way?" The doctor had a sister who had been cured of dysentery at Dr. Hayashi's clinic and suggested Mrs. Takata talk with her. The sister brought Mrs. Takata to the clinic and her treatments there began. After Mrs. Takata became well she wanted to learn this healing method for herself. However Dr. Hayashi was not willing to teach her because she was a foreigner. Through the good graces of her doctor, Mrs. Takata was able to persuade Dr. Hayashi to train her in Reiki. This training took a year and brought her to what we would now call Reiki Level II. After this year she returned to Hawaii.

In Hawaii she learned the lesson of having the recipient perceive value in receiving treatments. She treated a neighbor but did not charge, and this neighbor did not value the treatments and did not become well. She treated another relative and this time charged, and this relative did stay well. Thus the tradition of charging for Reiki treatment was reinforced. In November 1936, Dr. Hayashi came to Hawaii for a speaking tour to promote Reiki. During this time he trained Mrs. Takata to teach Reiki, thus making her what we now call a Reiki Master. Before leaving Hawaii he asked her to come to see him when he summoned her.

As dangers of World War II neared Japan, Dr. Hayashi appeared to Mrs. Takata in a dream asking her to come to Japan. Upon arrive in Kyoto, she found her teacher taking his naval uniform out of storage. With the coming war he knew it was a matter of time before the Navy would call him out of retirement and he would be asked to perform actions he was not capable of doing due to his spiritual development. At this time he passed the leadership of Reiki to Mrs. Takata. He gathered all the Reiki Masters, announced that Mrs. Takata would become the leader of Reiki, and then revealed he would kill his physical body by bursting three of his blood vessels. And as he continued speaking to this group on Tuesday, May 10, 1940, the blood vessels burst and he died. Mrs. Takata returned to Hawaii and continued using and teaching Reiki. Eventually she moved to California, using and teaching Reiki. She did not teach other masters until 1975, and before her own death in 1980 she trained 22 Reiki Masters. Mrs. Takata's initiated the following 22 people as Masters: George Araki, Dorothy Baba, Ursula Baylow, Rick Bockner, Patricia Bowling, Barbara Brown, Fran Brown, Phyllis Furumoto, Beth Gray, John Gray, Iris Ishikuro, Harry Kuboi, Ethel Lombardi, Barbara McCullough, Mary McFadyen, Paul Mitchell, Bethel Phaigh, Shinobu Saito, Virginia Samdahl, Wanja Twan, Barbara Weber Ray, and Kay Yamashita.

There are many Reiki Masters in the world today. These individuals dedicate and commit their lives to living, being and perpetuating this universal life force of Reiki. The honor of assisting in the harmony and balance of the universe and providing others with a means of balancing their body, mind and spirit is what Reiki Masters are ordained to do.

The history you have just read is a simple story with many hidden messages. All fairy tales have messages. Some messages come in whispers, and others shout off the page. You will find that it is not the story-teller who regulates the volume of the message. It is in fact the reader who chooses to hear what they are ready to hear. Even now, as I reread this story years after it was introduced to me, I am surprised by its profundity. If ever you are confused along your path, come back to this story with faith that it will whisper what you have momentarily forgotten.

For more info, see:

<http://www.healingdigest.com/history-of-reiki.html>

<http://www.reiki.org/FAQ/HistoryOfReiki.html>

<http://www.trtita.org/histpers.html> ; http://www.reiki-reiki.com/radiance_technique ;

<http://www.reikisecrets.com/faq.htm>