

What is Reiki?

In 1922, a Japanese lay Buddhist practitioner of the Jodo-Shu or Pure Land sect named **Mikao Usui** set out to discover Satori or 'enlightenment' and Anshin Ritsumei or 'absolute inner peace.' His search led him down many avenues, but each one left him unfulfilled. Eventually, he decided to go on a spiritual quest by meditating and fasting on the sacred mountain of Kurama near Kyoto and either achieve enlightenment, or die trying! In 1922, after enduring 21 days of fasting and intense meditation, Usui Sensei attained a state of consciousness that he characterized as experiencing "**One Great Reiki**" over his head.



The spiritual experience Usui Sensei encountered on the mountain unlocked a memory of the true nature of all things. This memory can be said to be an awareness of the "Ocean of Oneness" that permeates every manifestation of cosmic or God consciousness from energy to matter, from atoms to galaxies, to life itself. Along with Usui Sensei's sudden 'enlightenment' of the true nature of all things, was the realization that this understanding also awakened and enhanced his natural ability to heal himself and others. What followed was the creation of a system that Usui Sensei called "**Usui Reiki Ryoho.**" This system was designed to lead individuals to attain the enlightened state of consciousness that he himself experienced, as well as reactivating the innate healing ability that everyone possesses.

As Reiki is, by nature, an individual experience, it cannot be definitively explained or defined, however it can be described. Simply put, **Reiki** can be described a non-religious, individual spiritual practice of stillness and quietude, like yoga or meditation

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Reiki practice promotes balance throughout the system, setting in motion a self-healing process on many levels. This non-invasive practice helps to ease discomfort both in mind and body, allowing people to function better without the need to manipulate muscle tissue, physical structure, or with the use of any outside agent, supplement, or pharmaceutical. When people feel better, they function better. When they function better, they are able to make better life and lifestyle choices, which in turn allows them to feel better, creating a cycle of health and wellness.

Reiki is an adjunctive, complementary (not alternative) practice that is generally applied through non-manipulative touch, however non-touch (above the body) can also be effective if needed or desired by the recipient.

For both the practitioner and the recipient, a Reiki session is more of an offering and does not involve any 'doing' or intervention. A Reiki session is 'offered' by the practitioner and is accepted or rejected by the recipient. Reiki is a recipient responsive, not practitioner directed, innately holistic (whole person) practice that initiates a balanced state in which self-healing on many levels can begin. Reiki treatment is effective regardless of the training, experience, health, mental, or emotional state of the practitioner. Although as with any other modality, receiving a session from a well-trained, well-experienced practitioner is highly recommended. Since belief is not a requirement for Reiki to be effective, any religious or belief system based ideology cannot be conferred on to it.

Reiki Ryoho is relatively easy to learn and very simple to use. Anyone can be initiated into Reiki Ryoho and become a Reiki practitioner to heal themselves and others. We begin by rediscovering our innate healing ability. This is done by means of a ritualized ceremony called 'Reiju' or 'attunement.' Reiju is an attunement or initiation process. A Reiki Shihan (teacher) will 'awaken' the initiate to the innate Reiki energy they already possess through hands-on touch. We start by healing ourselves first. We can then share this healing ability with others, developing in us a sense of love and compassion. Gradually, with continued practice, Reiki can guide us to higher levels of mental clarity, physical wholeness, and a harmonious integration of our own being that leads us to experience our true disposition, which is unconditional joy, inner peace, wisdom and compassion for all life.

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What is Reiki Ryoho (Reiki healing art)?

There is a difference between the terms 'Reiki' and 'Reiki Ryoho.' **Reiki Ryoho** is the term that Mikao Usui used to describe the hands-on healing art he created after his enlightenment on the mountain. This method is meant to improve first the mind and then the body (not the body, then the mind); and to guide the practitioner on the personal path to enlightenment, or 'Satori.' In western countries, when people use the term 'Reiki,' they are usually actually referring to the practice of 'Reiki Ryoho' or the hands-on healing practice of Reiki. 'Reiki' refers to the energy of the universe, which cannot be defined or confined, while 'Reiki Ryoho' is the hands on healing method. This is why Reiki can be said to be a two-fold practice: both a path to self-realization and an energetic healing art.



Reiki = Energy of the Universe

Ryo = Healing

Ho = Art/Method

REIKI OFFERINGS: *(held online only in a live, interactive format)*

Reiki Support Meeting: Join us for our **FREE** online **Reiki Support meeting** the **2nd Saturday of every month, 1:00-1:30 pm-ish (PST). OPEN TO ALL! NO PREVIOUS REIKI EXPERIENCE NECESSARY.**

Visit traditionaljapanesereiki.com/support for more info, link, and passcode.

(Reiki Support meetings are supported by your suggested \$10 pp gratitude offering.)

Traditional Japanese Reiki Certified Practitioner Courses:

Shoden (First Level) - Focus is primarily on self-healing, the family and friends, health and happiness, as well as treating others, and on learning how to practice 'Non-attachment.' Class is taught over two days and four Reiju are given.

Chuden (Second Level) - Focus is on helping others through distant healing and helps the student become more aware of the concept of 'Non-duality', and of their connection to and impact upon the world around them. Instruction is given on Japanese techniques, three of the four symbols, and distance healing. Class is taught in one day and four Reiju are given.

Okuden (Third Level) - Focus is on the spiritual practice of Reiki Ryoho, and developing 'Right Mind' through the practice of mindfulness both in our Reiki practice and in our day-to-day lives. One last symbol is given. Training is intended for Teacher/Shihan candidates, or for practitioners who wish to deepen their understanding of Reiki Ryoho and develop their inner growth. Class is taught in one day and two Reiju are given.

Shinpiden (Teacher/Shihan) - For those who are interested in teaching Traditional Japanese Reiki. Shinpiden candidates must be certified in all Reiki levels and complete an apprenticeship program, re-sitting in on a minimum of 2 classes for each Reiki level, along with other requirements. No Reiju is given.

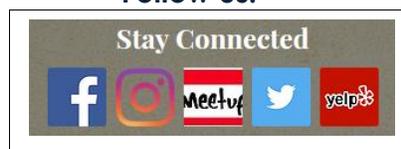
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Follow us:



PO Box 1160

Colfax, CA 95713

530-691-1234

info@traditionaljapanesereiki.com

www.traditionaljapanesereiki.com

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