

Brief history of REIKI



Dr Mikao Usui

1865 – 1926; Born in Japan

Founder of the Usui System of Reiki or Usui Shiki Ryoho.

Referred to as Usui Sensei (Sensei meaning one who teaches).

Dr Usui completed his studies at a traditional Japanese Tendai Buddhist Monastery; he also

mastered Samurai swordsmanship and Kiko (Japanese form of Chi Kung).

Usui was interested in different types of medicine, energy movement and religions.

Usui was looking to find a way to heal himself and others, using his hands, that didn't deplete his own energy levels and he devoted many years searching for a system. His open minded approach towards other belief systems and religions is why Reiki is accessible to everyone and has no religious attachments.

Usui became a Tendai Buddhist monk and lived in a monastery near Mount Kurama, where he continued his studies. It was whilst he was living at the monastery, that Usui decided to attend a 21 day training course, to seek enlightenment.

This involved living in a cave on Mount Kurama and fasting, meditating and praying. On the morning of the 21st day, Usui experienced a mystical event 'seeing' ancient Sanskrit symbols, which he acknowledged would help him develop the healing system he was looking for. After this event, Usui set up a clinic in Kyoto, where he began to heal and teach people.

Usui's main teachings were very focused on how to heal yourself, first and foremost, which continues today in the First Degree of Reiki (Reiki One). His belief being that to be able to heal others, you first need to have healed yourself.



Dr Chujiro Hayashi

1878 – 1940

Dr Hayashi had been a naval officer in Japan; he became a Reiki Master when he was 47 years old. Dr Hayashi developed further the Usui healing system, introducing additional hand positions to cover more of the body and altering the attunement process.

He compiled his new teachings into the Hayashi Healing Guide.

By the time of his death, Dr Hayashi had trained about 14 students to become Reiki Masters. One of these people was Mrs Hawayo Takata, a Japanese-American woman, who originally went to Dr Hayashi for Reiki healing. Mrs Takata was the reason that Reiki became known in the West.



Mrs Hawayo Takata

1900 – 1980

Mrs Takata was born on 24th December 1900 in Hawaii. During her life in Hawaii Mrs Takata became ill, at this point she needed to travel to Japan on a family matter and decided that whilst there, she would visit a hospital for treatment.

In 1935 Mrs Takata arrived in Tokyo and was told that her condition was very serious and that an operation would be needed, however before the operation Mrs Takata felt that there were other ways to be treated. She decided against the operation and asked the doctors if there was any other way to treat her condition. The doctor told her about Dr Hayashi's Reiki Clinic in Tokyo and so Mrs Takata arranged to go there for treatment, although she had not heard of Reiki before.

During these treatments which were carried out daily, Mrs Takata was amazed at the warmth that flowed out of the practitioner's hands and found the experience very relaxing. It was at this point that she approached Dr Hayashi and asked him to teach her Reiki and over the next year, he taught her the First and Second Degrees of Reiki (Reiki One and Reiki Two).

Mrs Takata returned to Hawaii and practiced Reiki regularly over the next two years. In 1938, Dr Hayashi visited her in Hawaii and attuned her to Reiki Master. He imparted all his knowledge from Mikao Usui and elected her his successor.

By the time of Mrs Takata's death December 1980, she had attuned 22 Reiki Masters. These Reiki Masters have continued to teach and the Reiki Lineage grows longer every day.

Reiki is the fastest growing complementary therapy being taught in the world today.

Get in touch today

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