


Reiki: A Working Definition

Our research indicates that there are at least fifty different kinds of healing now being practiced that use the word Reiki as part of their name, with more being developed all the time. This has caused confusion for some, and others have wondered just what qualifies a healing system to be Reiki. On the other hand, many think that the only kind of healing that the word Reiki should refer to is the Usui healing system. However, it must be kept in mind that the word Reiki had been part of the Japanese language for hundreds or even thousands of years before Dr. Usui used it to describe his healing system. In fact, in Japan, the word Reiki is not commonly associated with Dr. Usui's healing system at all, but is simply a generic word that refers to the occult, to healing, or to things relating to spirit. Perhaps this is why he did not refer to his healing system as Reiki, but referred to it as Usui Reiki Ryoho to make sure people understood that his was a unique kind of Reiki.

With this in mind, how can one tell what qualifies as a Reiki healing system; and since we state that we honor all Reiki lineages and schools, what is our working definition? When thinking about Usui Reiki and its unique qualities, it is possible to note a number

of features that one can use in defining Reiki healing. Below is a list of four that we use as our working definition. We consider any healing system that has these four qualities to be a Reiki healing method:

1. The Attunement. The ability to give Reiki treatments is acquired by receiving an attunement, rather than one developing the ability over time through the use of meditation or other exercises.
2. The Lineage. All Reiki healing methods are part of a lineage leading back to the founder of the healing system, meaning that the method has been passed on from teacher to student over and over.
3. Spiritually Guided. Reiki does not require that the practitioner guide the energy with the mind as it is automatically guided by the intelligence of the Higher Power.
4. Harmless. Since Reiki is a simple technique applied with light pressure or without touching, and since the energy is guided by the Higher Power, it can do no harm. 

The best and most beautiful things in the world cannot be seen or even touched, they must be felt with the heart. —Helen Keller

URRI Conference A Success by William Lee Rand

This year's Usui Reiki Ryoho International (URRI) conference was held in Toronto, Canada September 27-29. The conference was a memorable event and featured well-known authorities on Japanese Reiki. These included Hiroshi Doi, Hyakuten Inamoto, Dave King, and Laurie Anne King. Rick Rivard and Tom Rigler sponsored the conference, which provided a wealth of useful information about Japanese Reiki including talks on traditional Reiki, understanding the truth about Usui sensei and Reiki Ryoho, and demonstration and practice of Japanese Reiki techniques. Hiroshi Doi also explained his Gendai Reikiho and gave demonstrations of some of the techniques, which we also practiced. Of particular importance was Gendai Reiju and power Gendai Reiju which we received from him and which we were also assisted in practicing. Reiju is a procedure practiced by the Usui Reiki Ryoho Gakkai in Japan and is similar to the attunement process we practice in

the West. The version we learned was adapted from the Gakkai method by Hiroshi Doi. This was a particularly powerful experience. Hyakuten Inamoto talked about the Kurama temple where Reiki was born, and also explained the basic tenets of Buddhism. He gave a brief explanation of Komyo Reiki, a style he has developed. Dave King and Laurie Anne King spoke about the research they have done concerning the development of what they call the Usui Dojo between 1920 and 1926.

During the week after the conference, Hiroshi Doi taught his Gendai Reikiho master class, Hyakuten Inamoto taught his Komyo Reiki master class, and Dave King and Laurie Anne King taught their Usui-Do Shodan class. For those who took the conference and the workshops, this was a very intense and extended learning experience. The next URRI conference will be held September 2003 in Denmark. 