

REIKI

A warning

Reiki is being intensively promoted today. Concerted efforts are being made to present it as an acceptable, harmless and beneficial technique of healing. It is, in fact, deeply rooted in the occult. It originates in and is heavily influenced by Eastern religions. This folder gives basic information about Reiki.

I. WHAT IS REIKI?

Reiki practitioners claim it is a technique of healing and a form of therapy. It is also called **'healing touch'** or **'healing energy'** by some. It was initially promoted in this country in New Age circles, at 'psychic fairs' and advertised in occultic journals. It is being offered to the public as a legitimate, complementary therapeutic technique. It is being promoted in a growing number of countries and an international network has developed.

According to 'Reiki Plain and Simple' by Vincent Amador, Reiki is "a system of enlightenment, a hands on healing art..." It is also described as a **"spiritual healing technique and an energy healing technique. Spiritual healing brings fundamental healing by helping us to become part of the universal consciousness, while energy healing centres around removing the symptoms of mind and body disorder."** ('Reiki History 2002', The story of Mikao Usui)

What Does Reiki Mean?

It is a Japanese word meaning 'energetic spirit' or 'universal or spiritually guided life force'. (The UK Reiki Association: 'The Usui system of Reiki').

Rei is a term for a spirit or spiritual quality. It means **"supernatural knowledge or spiritual consciousness. This is the wisdom that comes from God or the Higher Self."** (The International Centre for Reiki Training: 'What is Reiki?'). God is seen as "higher self" and not a transcendent being. **Ki** is a term used to describe an all-encompassing cosmic energy or life spirit. **Ki** means the same as Chi in Chinese and Prana in Sanskrit. Reiki believers claim that this impersonal dynamic power (ki) can flow through a channel (rei) as a healing force. **Ki** "is used in meditative breathing exercises and by the shamans of all cultures for divination, psychic awareness, manifestation and healing." (The International Centre for Reiki Training: 'What is Reiki?'). Reiki is, therefore, a spiritist 'channelling' technique akin to that used in seances or with ouija boards.

2. THE ORIGIN OF REIKI

It was devised in the early 1900's by a Japanese Buddhist, **Mikao Usui** who was born in 1865. He sought the key to the miraculous healings of Buddha and Jesus. Following a fast on a sacred mountain he said a light suddenly struck him in the 'third eye' and the Reiki symbols were revealed to him. It is said that he was then able to miraculously heal people by laying on of hands. Contradictory claims are made about him. It is suggested he taught at the Christian school at Kyoto and attended Chicago University. Both institutions have no record of this (William Rand: 'Reiki: The Healing Touch'). It is known

that he was born in Japan into a Buddhist family and became a Buddhist monk. He studied sanskrit scriptures and the Japanese form of qigong and practised martial arts. He had some knowledge of medicine and psychology, and was involved in **fortune telling**. He was a member of one of many spiritualist groups that existed at this time. It was "a metaphysical group dedicated to developing **psychic abilities**" and Usui is described as "a sensitive spiritualist" by Reiki Master William Rand in 'Reiki, The Healing Touch'. Many practitioners falsely claim Reiki is an ancient art, steeped in the centuries. It is, in fact, a comparatively new technique, but with similarities to Tibetan Buddhist healing practices called the 'Medicine Buddha', which also involves laying-on of hands. The other similarity is that healing is transmitted through empowerment given by a teacher, as in Reiki attunement. ('What is the History of Reiki?': The International Centre for Reiki Training).

How Did Reiki Develop?

A retired Japanese naval officer, a psychic, Chujiro Hayashi, was taught by Usui and established a 'clinic' in Tokyo. He committed suicide. His work was continued by a Japanese-Hawaiian lady, who he had taken on as an apprentice. She practised for 40 years, and in 1970 began to train other masters. She claimed "With Reiki comes health, happiness, prosperity and long life" (Kajsa Krishni Borang in Thorsons' First Directions book 'Reiki'). She died in 1980 and passed leadership to her granddaughter Phyllis Lei Furumoto and Barbara Weper-Ray. Before she died she initiated 22 masters and gave permission to masters to initiate others.

There are various schools of Reiki such as the traditional Usui Reiki (based on Mikao Usui), Tibetan Reiki, Raku Reiki, Angelic Reiki, where information on healing was supposedly given by the Archangel Michael, Seichim Reiki, which was developed after a spiritual experience in the Great Pyramid in Egypt and receiving a Sufi (which is a Muslim occult practice) empowerment, and many more. These different schools further emphasise the occult nature of Reiki.

3. THE REIKI SESSION

Reiki practitioners claim to be a channel for a 'life force' to flow through them, supposedly directed through the practitioner's hands to the client's body. They believe that this life force brings healing by activating and accelerating the flow of energy and by restoring balance within the body.

A sinister aspect of Reiki treatment in hospitals is that **patients are not being made aware** of what type of treatment they receive. Reiki teams **"have also found it best not to use the word "Reiki" at first ..., but to talk about healing energy. Later, after trust has been gained, they explain more**

about the technique and that it is called Reiki. ... Volunteers at the Reiki clinic have found it helpful not to use metaphysical terms when talking to patients or to hospital staff about Reiki. **Terms like aura, chakras, energy bodies, etc. tend to cause confusion and mistrust. It works better to explain Reiki in simple everyday terms by simply saying that touching is something that everyone needs and enjoys.**" (William L Rand: 'Reiki in Hospitals' The International Centre for Reiki Training 1999). Significantly, Rand observes that some patients "have reported spiritual experiences" after Reiki.

The Reiki Promise

The Reiki practitioner will offer peace and harmony, self-empowerment, inner transformation, release of repressed emotion, relief of physical tension and mental stress, and removal of emotional and physical blockages. It is presented as being gentle and offering power to the giver and to the receiver.

Reiki practitioners even claim the power to achieve distance healing and also the treatment of animals and plants. Like many other New Age systems, Reiki is particularly concerned with self-healing and self-empowerment. The Reiki Outreach International co-ordinates what they believe to be the sending of energy to world situations.

The Reiki Transaction

A fundamental part of Reiki teaching is that there must always be payment for the 'treatment' provided. Registered Reiki practitioners are obliged to charge for their services and clearly one of the motivations for practising may be financial gain. Initially, Usui was treating patients without payment. However he noted that patients who had been 'healed' returned after some time, having lost their 'healing'. After meditating, he decided that patients became ill again because they did not sufficiently appreciate the Reiki 'healing' and so he began to charge money for his services. (Clare McGrath Merkel: 'Reiki and Tantric Magic')

Adverse Effects

According to its proponents, Reiki is never harmful: "*Because Reiki is guided by the god-consciousness, it can never do harm... One never need worry about whether to give Reiki or not, it always helps.*" (W. Rand: 'Reiki, the Healing Touch'). Those coming for Reiki 'treatment' are often people in great need. They may do this without any knowledge whatsoever of the nature and origin of this force and the implications. Those who subject themselves to Reiki lay themselves open to unknown influences and the possibility of emotional and spiritual contamination. **Even Reiki 'practitioners' recognise the risks of receiving bad, sick or negative energy.**

Reiki practitioners are more explicit about the dangers that can occur if anything goes wrong in the initiation process. Jason Storm in 'Reiki Revolution' warns students not to proceed too quickly with their Master training for the following reason: "*If you do it quickly, you can expect increased and amplified symptoms of clearing, and especially with the Level III clearing, it can be very, very emotionally and karmically unpleasant*". Even more explicit is the website of Angelic RayKey which quotes 'Reiki- frequently asked questions' (1992-98) warning Reiki teachers to be selective with their students: "*If they are carrying karma that must be released, it WILL. When they are not ready to release it, there can be disastrous consequences. It is like raising the kundalini without a guru watching over the person. This can result in madness and death.*"

If this can happen during the training process – what could happen to patients having Reiki treatment? It is claimed that the Reiki 'healing' brings peace, comfort and serenity. Experience reveals that it can also bring disturbance and severe emotional and physical trauma.

What is the source of Reiki energy?

Some Reiki practitioners claim that the energy knows where to go and what to do once it gets there, whereas others say the

energy is being directed by a higher intelligence. Significantly, one practitioner, David Herron, publishes an affirmation – "**I invoke the healing Buddha and the master spirits of Reiki**". The International Centre for Reiki Training states: "*Reiki energy comes from the Higher Power...When viewed clairvoyantly, Reiki energy appears to come down from above and to enter the top of the practitioner's head after which it flows through the body and out the hands.*"

Presuppositions

Reiki practitioners believe that every individual has a field of energy surrounding him or her. This is called the Aura. They also believe that every individual has seven chakras in which emotion and healing is rooted. They also believe that routes or pathways connect with and lead to the chakras. Many Reiki practitioners use dowsing to identify their problems. This is done by holding sticks or a pendulum in the manner of shamans and witch doctors.

New States of Consciousness

In common with other occult techniques, Reiki encourages people to enter into **altered states of consciousness**. The official Reiki Handbook (Third edition 1984) speaks of enabling people to move from the physical level through levels of "higher consciousness", "transcendental awareness", and "spiritual awareness" to the "cosmic plane". This is seen as the level of "Universal Consciousness-Light". (Barbara Ray & Yesnie Carrington: 'The Official Reiki Handbook' 3rd edition 1984).

4. INITIATION INTO REIKI

Reiki teachers are first asked to accept five basic innocuous principles that are designed to help empower the student and bring about an awakened mental and spiritual state. These principles are Buddhist in origin. According to 'Reiki Plain and Simple' by Vincent Amador: "*The secret method of inviting blessings, the spiritual medicine of many illnesses: For today only, do not anger, do not worry. Be grateful and do your work with appreciation. Be kind to all living things*". There are other versions of these principles, for example 'do not be angry', 'do not worry', 'be grateful', 'live a life of honour', and 'honour your parents, teachers and elders'.

To channel Reiki energy it is claimed that you must first have had an '**attunement**' by a legitimate Reiki teacher. 'Attunement' is an initiation procedure to supposedly establish a strong connection between the person concerned and the universal life force energy. During this process, Reiki Symbols and 'energy' are placed into the meridians, aura, 'energy body' or Chakras of the recipient. Reiki masters prepare other Reiki teachers by claiming to open up an energy channel in the practitioner, from the top of the head to the hands.

The International Centre for Reiki Training describes what happens ('Reiki, Questions and Answers'; 1999): "*During the attunement, the Reiki Master will touch the student's head, shoulders, and hands... The attunement energies will flow through the Reiki Master and into the student. **These special energies are guided by the Higher Power...** During the attunement, some students feel warmth in the hands, others may see colours or have visions of spiritual beings.*" This process is presented as gentle and non-intrusive but students are often told that what happens to them cannot be reversed and that once the energy transmission is activated it remains for life.

Students are obliged to go through a **process of initiation, which is secretive and occultic**. This follows a series of levels or degrees. The First Degree is primarily concerned with the physical dimension, the Second Degree is primarily concerned with the emotional dimension, and the Third Degree is primarily concerned with the spiritual dimension.

The UK Reiki Association states: "*Each step of the Reiki path has a specific monetary fee: \$ 150 US for a first degree, \$ 500 for second degree and \$ 10,000 for Mastery. The fees call out a student's commitment at each level and lead the student into a deeper understanding of the energy of money.*"

It is interesting to note that Reiki training is offered at Glastonbury and Stonehenge by the American International Centre for Reiki Training. A web site 'Reiki Healing Glastonbury' also offers links to Tarot and Astrology readings.

The Teaching Process

According to the teaching cassette issued by the International Reiki Institute in Scottsdale, the most important aim of the Reiki initiation is to awaken what they call the 'Third Eye'. They say "**this allows the person to see the god within everyone and everything**". They also say this gives the person sight and "*then you can see auras and energy..the energy awakens and activates the crown chakra which is your connection to cosmic information...It is your link with your higher-self...like a door on top of your head which allows you to receive higher information*".

The First Degree

The First Degree training includes the history of Reiki, the basic hand positions and 'attunements', which open the initiate's ability to channel 'energy'. During the First Degree process, students are shown the **hand positions** for treating people. Symbols are secretly drawn over them, particularly the claimed psychic energy 'chakra' points. Students have to close their eyes and the symbols are not revealed to them at this stage. In the First Degree the teacher claims to open up the student's crown chakra – the energy centre at the top of the head - and the chakras in the palms of the hands. They suppose that thus an energy channel is created between the crown chakra and the chakras in the palms.

The Second Degree

The Second Degree course includes additional attunements, absentee healing and the learning of esoteric symbols. Students are told not to disclose these to the public. Students are taught **three symbols**. These are memorised and then used by either being drawn with the hands or visualised, at the same time mentally saying the name of the symbol. The first is the *power symbol* which is used when it is felt that an increased amount of Reiki energy is needed. The second – the *emotion symbol* is used when mental and emotional balance is needed. The third – the *distance symbol* is used for absent healing. This is used for healing events of the past because it is claimed that the practitioner can channel energy both through space and time.

The Third Degree

The Third Degree leads to appointment as a Reiki 'Master' and for this course there are special visualisations and levitations and those participating are introduced to and **make contact with their own Reiki 'spirit guide'**. Thus Reiki is **undeniably a form of spiritism**.

In the Third Degree, the practitioners are taught the **fourth symbol** – the master symbol. This is drawn on the top of the practitioner's head and in the palm of their hands and then the symbol is 'blown' or implanted into the energy channel. The sinister claim is made that **once this has been done, it can never be reversed** since these symbols are permanently implanted.

The Secret Symbols

Reiki teachers believe that the symbols they use are holy and should be kept secret. Reiki Master William Rand writes: "**There is power in secrecy...**" It is likely that these symbols are of Buddhist origin. Practitioners claim to send Reiki energy by means of the symbols. They invite the symbol into the awareness of their students or they contemplate the 'sound' of the symbol's name, thus charging it with Reiki energy.

Master Naharao, an Indian guru, and Bill Waites in the 'Reiki Practical Guide' say, "*the sacred symbols are universal...and confidential. In the opinion of many Reiki teachers the most closely guarded secret is the knowledge of the symbols and anyone who reveals their essence would be considered a*

traitor and ostracised by the community of Reiki instructors". The symbols are graphic shapes drawn on paper and the student has to copy and learn these because the papers are destroyed after each lesson. It is never sufficiently explained why such secrecy is needed. One possible explanation is that Reiki training is done for the financial gain of the Teacher. For example, Mrs Takata charged US \$ 10,000 for the Master training.

The **first Reiki symbol** 'Cho Ku Rei' is commonly called the 'power' symbol. A possible meaning is 'God is here' or 'put the power here'.

The **second Reiki symbol** is the 'Sei Hei Ki' or mental-emotional symbol. It is stated to be the one mind, the "**Buddha Mind**" and a harmony symbol. It is claimed that in the oneness of the first and second symbols that body, mind and spirit are healed and cleansed.

The **third Reiki symbol**, the 'Hon Sha Ze Sho Nen' is a combination of Japanese symbol language meaning 'to act in the realisation of absolute being-ness'. It originates from a Buddhist Chant that means "Right consciousness is the root of everything" or "A righteous man may correct all thoughts".

The last symbol, the 'Dai Ko Mio' symbol, also known as the **Usui Master Symbol** is the symbol for the "**great shining light**", (Vinny Amador: 'Reiki and Spirituality'). William Rand writes about this symbol: "*It is said to be 'a Zen expression for one's own true nature or Buddha-nature of which one becomes cognizant in the experience of enlightenment or satori...*" According to Rand, the master symbol is therefore "**a powerful symbol from Zen Buddhism.**"

Two additional symbols are used. The **Fire Serpent** symbol 'Nin Giz Zida' – a Tibetan symbol - is used to supposedly open the chakras. The Fire Serpent represents the 'sleeping serpent' coiling at the base of the spine. It opens the channel allowing the flow of the Kundalini fire. The **Raku** symbol is used supposedly to ground the receiver of the Reiki energy and practitioners claim that this can dissipate negative psychic energy when related to the Third Eye.

Reiki Rituals

Mrs Takata advised three rituals (Reiji-Ho), which are to be carried out before each treatment. The first is the folding of the arms in front of the chest and asking the Reiki power to flow through you. The instruction is "*repeat the wish three times in your mind, that the Reiki may flow, then send the mental-healing symbol and seal it all with the power symbol*".

The second stage is "*pray for the recovery and/or help of the patient on all levels*". No indication is given of who is being prayed to.

The third stage is "*hold your folded hands in front of your third eye and ask the Reiki power to guide your hands to where the energy is needed*".

Mikao Usui arranged for his sessions to have three parts **Gassho** (meditation with two hands coming together in preparation), **Reiji-Ho** and **Chiryō** (meaning treatment).

5. THE SPIRITIST DIMENSION

As the founder of Reiki, Mikao Usui, was deeply involved in Spiritism and Buddhism, it is not surprising that Reiki relies on Spiritism and Buddhism for its 'healing method'. The 'Usui and Seichem Reiki Training Manual' states "*the Reiki Attunement is a sacred spiritual initiation that connects the initiate with higher levels of consciousness and permanently connects the initiate to the Reiki source*". The spiritist nature of Reiki is made clear in the Manual: "**the attunement is also attended by 'Reiki Guides' and other 'Spiritual Beings' who help implement the process**". These are also called 'Ascended Masters', '**Spirits**' or simply 'Guides' (Vincent Amador: 'Reiki Plain and Simple').

According to the Reiki 'First Degree Manual' by Reiki Master, Stephen James Culshaw, those who are taught are "**attended and guided by astral Reiki guides**". The Reiki Guide is a spirit being. It should be noted that many Reiki practitioners

are also involved in a range of other psychic activities. It is also admitted that the process of attunement is "controlled by forces beyond the Reiki Master".

Reiki Master Diane Stein in her book 'Essential Reiki' says of the **Reiki 'spirit guides'**, "These are a group of discarnate (bodiless) healers that take part in every Reiki Healing. The 'Reiki one' practitioner is probably not aware of them but with Reiki they begin to make themselves known. In Reiki three training, they are running the whole show".

Occult Spirituality

Reiki practitioners admit the spiritual dimension of their beliefs and practices. Eleanor McKenzie in 'Healing Reiki' says "Through practising Reiki we can once more strengthen ourselves fully and begin to experience fully all aspects of our humanity and the Earth as we were meant to". She specifically states "Reiki is a spiritual path". In referring to the **Reiki symbols** which have considerable spiritual significance, she freely admits "**They introduce the esoteric and occult**".

Reiki and New Age Religion

Reiki is very closely associated with the New Age Movement. It is profoundly influenced by pagan and spiritist beliefs. Barbara Weper-Ray founder and First President of the American International Reiki Association confirmed the New Age dimension of Reiki in her book 'The Reiki Factor'. She said "not by chance has **this technique re-emerged at the dawning of the Aquarian Age – an age that will be characterised by science and spirit**".

Practitioners of Reiki claim not to have any association with any religious faith. They specifically claim that Reiki stands apart from any belief system. The truth is that Reiki followers have very precise beliefs, are deeply occultic and their work and beliefs have very close bonds with Eastern religions. In the book 'Reiki and The Healing Buddha' we read "**the Reiki symbols are sacred symbols because of their interactions with the higher realms of Buddhas or gods**". Most practitioners of Reiki embrace belief in **reincarnation**. In 'Reiki - a practical guide' Master Naharo, and Bill Waites, refer to Reiki in terms of "**its main aim being to build bridges to former lives**". The treatment focuses on the third-eye, the throat and heart chakras, energy centres which are 'in charge' of reincarnation. Reiki teachers are vague about the spiritual powers which they claim to be releasing, often speaking of 'Reiki rays', or 'divine intelligence or life force'.

Reiki And Prayer

Reiki training appears to side-step the issue of the object of prayer and intention. However, students are specifically asked to "Put your hands in the prayer position". Some Reiki training notes specifically say "Centre your self and call in your guides and angels".

Reiki And The God of New Age

Reiki dismisses the concept of a personal God who is a loving Father with whom individual people can have a relationship, and who brings healing. God is perceived as being an impersonal force present in all living beings (pantheism). If God is referred to it is always with the impersonal "it". Mikao Usui himself said "I believe there exists One Supreme Being – the Absolute Infinite – a **Dynamic Force that governs the world and universe**. It is an unseen spiritual power that vibrates and all other powers fade into insignificance beside it". He then decided "I shall call it 'Reiki'".

6. REIKI & CHRISTIAN BELIEF

Involvement with any aspect of the occult is totally incompatible with the Christian faith. Reiki stands in marked contrast with the healing of Jesus and it is certainly does not accept His authority as Lord. Those who become involved in

Reiki deny the many Biblical warnings against endeavouring to make contact with spirits. It is clearly stated "Who ever does these things is an abomination to the Lord" (Deuteronomy 18.10-12). Whereas Reiki clearly runs the risk of leading people into spiritual bondage, Jesus saw His ministry as one of deliverance to those in spiritual bondage. His power is still evident in Christian ministry today, but it must be recognised that Reiki has emerged due to the neglect of this ministry by the wider Church.

When Reiki practitioners place their hands on or above those who come to them, this is not to be confused with the Christian practice of the laying on of hands, which unlike Reiki, is totally related to the acknowledgement of the presence of the personal Living God and the power of His Spirit.

Significantly, Reiki teaching makes no reference to the reality of sin or to its consequences. The need for salvation is, therefore, not recognised.

Jarl Omholt-Jensen who was actively involved in Reiki, before he became a Christian states that "**there is an occult power and entity behind these techniques**" He writes "such healing offered ... occupies the area of witchcraft". He claims "Each of these activities can be made inoperative when prayed against and bound in the Name of Jesus Christ."

Self-Healing?

Christians believe that God alone is the source of all life, love and healing, but Reiki challenges this. Reiki Masters, Ann McMurty & Stirling Marie Sexton state in their 'Reiki session guidelines' "It is the clients who always heal themselves". Reiki teachers claim that "in the final analysis, **nothing can free you from the conditioning that causes your suffering except you**." (Vinny Amador: 'Reiki and Spirituality').

7. CONCLUSION

Reiki practitioners are doubtless sincere. Those who go to them are seeking help. Many experience some physical change and there are real effects of Reiki treatment. The source of the 'Reiki' power, however, has to be recognised as occultic and there are very serious doubts about the long-term consequences of any involvement.

A Surprising Truth

Those within the Health Service, the Hospice Movement and even some churches who believed that Reiki was a simple massage or healing touch therapy, are often shocked to discover that **Reiki 'Masters' are in fact spiritist mediums**. Most would refuse to allow patients to be subjected to the potentially damaging influences of channelling and psychic 'healing'. Those concerned with healing are invariably surprised when they discover the secrecy which is an inherent part of the Reiki process and they are understandably suspicious of a process embracing symbols which must not be disclosed. Similarly, they are concerned that Reiki practitioners are reluctant to disclose secret phrases, often in sanskrit, which are repeated in mantra form to invoke the presence of a particular spirit force.

Personal Experiences of Reiki

- "As a doctor I have personally witnessed the way in which Reiki has traumatised many individuals. They have all been unaware of the nature of the spiritual power to which they have opened themselves. I would strongly caution people not to dabble with Reiki in any way". (L.S. General Practitioner)
- "Reiki healing was initially unusual, interesting, even attractive, and it worked. Then it became absolutely terrifying. I lost all my self confidence. But the power of Jesus Christ rescued me and now I'm fine. So don't touch it, ever". (T.N. – Cheshire)

- *“I became involved with Reiki because it sounded interesting and harmless. Its occult beliefs and practices were initially hidden from me. I was very deeply disturbed by my experience of Reiki and without hesitation I would warn anyone against becoming involved in it. Those interested should find out the real truth about Reiki before making themselves vulnerable to it. I am glad that in my encounter with God in Christ, my Healer and Saviour, I discovered the most important truth in the world – that the way of Jesus is light. He is the one who brings real inner peace and harmony. I now recognise that the way of the occult is darkness”.*
(B. E. - Manchester)