

# DEFINING REIKI

A system of  
healing & spiritual  
development

OR

The therapeutic  
'phenomenon' at  
the heart of the  
system

*“It is not associated with any visible material being. It’s an unseen spiritual power that radiates vibration and lifts one into harmony. This power is incomprehensible to man, yet every single being is receiving it’s blessings” – Takata-Sensei*

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The term Reiki is used to describe both the system and the energy at the heart of the system. This handout will focus on the energy itself, as well as the etymology of the word itself.

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In many modern Japanese/English dictionaries, the term ‘Reiki’ is given in common usage as ‘aura’. It can also be used to refer to the experience we feel at a sacred site and more recently, thanks to the rise in popularity of the healign system itself, it is beginning to appear in reference to the healing system itself. A linguist will explain that it is so much more than that:

‘Rei’ encapsulates/refers to:

The divine - The numinous - The mysterious - The supernatural - Spiritual nature - The Soul  
A supernatural being or spirit - Luminosity of the spirit - Charisma - Charismatic power  
Inconceivable spiritual ability - A Shaman, or person with spiritual or supernatural powers  
A rainmaker or diviner - Something pure or unpolluted - Bright - Clear - Goodness

‘Ki’ encapsulates/refers to:

Heart - Mind - Influence - Spirit - Feelings - Will - Intent - Invisible life-force - Vital energy  
The generative forces of Heaven and Earth - The material force of the Universe - Air - Breath  
Steam - The effect/result of energy being expended

**Considering this many potential meanings, it can be hard to explain to someone exactly what Reiki is and what it can do for them.**

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There is a commonly held view that when it comes to defining Reiki, a practitioner shouldn't 'think too much about it'. In one way, this is true because Reiki is experiential but on the other hand, we shape our reality with our thoughts so it may be wise to consider that 'with our thoughts, we shape our Reiki'.

When asked, Takata Sensei gave the lengthier statement quoted above, but she also frequently gave the answer "Rei means 'Universal', and Ki means 'Energy'. This has become the most common explanation given to new Reiki students or to potential recipients of Reiki.

It isn't the energy behind the system that should be our focus though.

If we imagine the analogy of driving a vehicle, your here and now focus should be on your:

Driving ability,

The road,

What you encounter on the journey,

The intended destination.

Your focus should *not* be on the fuel powering your vehicle.

If we flip this back to Reiki:

For 'driving ability' ready 'Reiki ability',

The road is the client,

The client's dis-ease and therapeutic needs are what you encounter on the journey,

The intended destination is the client's relaxation and return to equilibrium.

The fuel of Reiki should never be the focus.

It is often then best to leave the talking about the Reiki energy until someone has experienced it for themselves. Then a conversation tailored to their ability to understand can happen.

It is the same when you are a student of Reiki, once you are attuned you have a plentiful supply but explaining it before you've experienced it is difficult.

**In conclusion, there is no one definition for what is understood to be Reiki. There are many things it is, and many things it definitely is not. What is most important, is that you focus on 'giving' the Reiki and realise that understanding it comes over time, practice and exploration - and that we likely will never truly understand it (not yet at least!)**