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# THE REIKI MYTH

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This is the story of Reiki as it is very often taught here in the Western world. We know some of it to be myth, but whether it is fact or not does not actually matter, it is a story of inspiration and it is more the lessons from the story we are meant to learn. The only person who really knew the truth of it was Usui Sensei himself, but there is a more historically correct timeline after the story has been told.

Dr Mikao Usui was born August 15th 1865 in a small Japanese village. He lived in the city of Kyoto during his early adulthood, showing himself to be a dedicated student. He was originally a follower of Shintoism and Buddhism but as Japan was a place undergoing major change at the time due to a large increase in the number of foreigners being able to get to the country, he embraced Christianity fully after being taught by the missionaries who arrived on Japan's shores. He became a Christian minister and teacher at a Christian college for boys in Kyoto.

While working at the college, one of his students asked a question which was to lead Dr Usui to rediscovering the lost healing art of Reiki. His student asked " why are there not more healers in the world when Jesus said 'you will do as I have done and even greater things?'" Dr Usui had no answer for the boy but took the question very seriously indeed and promised he would answer the question. Dr Usui then resigned his position with the college and went in search of the answer he sought.

Christianity was thought to be a Western religion so Dr Usui decided to start his search in the United States of America. When he got there, he enrolled at a theological college in Chicago but after a seven year stay, he still did not have his answer and decided to continue his travels. He visited Europe and China in his efforts but still had no answer to his question. He returned home to Japan to continue his quest there.

Once back home, he thought it would be wise to look into Buddha's healing teachings and began visiting Buddhist temples all over the country studying the texts he found. He spoke to many of the monks he met along the way about his query but found that the Buddhist way of healing had moved from healing the body to healing the spirit and that no-one could really help him. Eventually, he came to a Zen temple and found that the abbot there agreed with what he was saying, and that the healing Buddha once taught could not be completely lost to mankind. Dr Usui decided to stay at the temple for a while to study the Sanskrit Sutras (ancient Indian Buddhist texts) to see if he could find what he was in search of. While studying the scriptures he did indeed find the symbols and mantras which are key to the Reiki system of healing but could find no way of making them work. The abbot suggested he go on a retreat to meditate on the answers.

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Dr Usui thought this was a very good idea and so set off up the holy mountain of Mount Kuri Yama to begin his twenty-one day retreat. He meditated every day but still couldn't find the answers he was seeking until the final day, just before dawn. Dr Usui sat down to meditate before beginning his journey back down the mountain.

He prayed for an answer and as he fell into a deep meditation, a bright light started to come towards him. It hit him in the brow (the spot we know as the third eye or brow chakra) and he fell into a state of Higher Consciousness. While in this state he saw millions of little bubbles of pure light in front of him and the symbols from the ancient texts floating before him in pure gold light. He was given information while in this state of Higher Consciousness on each of the symbols, its uses and how to activate its healing energy. Dr Usui had been charged with a very powerful healing energy and had finally found the answers he had been searching for.

Dr Usui headed back down the mountain but in his haste, banged his toe on a rock and caused it to bleed. He put his hands around the injury and was amazed to find the pain and bleeding disappear almost immediately. This was the first miracle.

On reaching the foot of the mountain, Dr Usui felt very hungry after his fast and found somewhere to stop and eat. The owner warned him against eating too much too soon after not eating anything for 21 days but Dr Usui ordered a large breakfast and ate everything on his plate with no ill effects whatsoever. This was the second miracle.

The girl who had served Dr Usui with his breakfast, the granddaughter of the owner, had a bad toothache which had caused her jaw to swell. The girl's grandfather was too poor to take her to a dentist and so Dr Usui, with the girl's permission, held his hands to her face. Within moments the pain and swelling had gone and the girl was incredibly grateful to him for taking away her pain. This was the third miracle.

Dr Usui headed back to the temple he had started out from and found the abbot there in a great deal of pain from arthritis. While he told the abbot about his discovery, he laid his hands on and the abbot felt that the pain had gone. This was the fourth miracle of the day.

After a few weeks, Dr Usui decided that this healing energy should go to where it was most needed and so he began to work in the slums of Kyoto. He found there that the young healed much quicker than their elders as they had less emotional and mental pain to deal with but they kept coming back with the same problems after a while. He realised that although he was healing the bodies of these people, he was not healing the mind or the emotions and decided to go and meditate on the problem.

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He discovered that to heal the mind and emotions too, he had to get the people needing his help to value the healing they were getting or its effects would be temporary. He decided to develop the five Reiki principles and ask for an exchange of some kind that would mean something to the receiver, allowing them to value what they were getting. His idea worked and he started to see people really heal and so decided to teach about Reiki to those who wanted to learn.

In the last few years of his life, he travelled around Japan teaching Reiki and eventually attuned the man that would become his successor as Reiki Grand Master, retired admiral Chujiro Hayashi.