

JKIDEN REIKI

Reiki, from its birthplace

JKIDEN REIKI KENKYUKAI

直傳靈氣研究会

- *What is Reiki ?*

The original term for this is 心身改善臼井靈氣療法

which reads ***Shin Shin Kaizen Usui Reiki Ryoho*** and translates into “Usui Reiki Treatment Method to Improve Body and Mind”. It is a non-religious healing technique founded and developed by **Mr.Mikao Usui.** (1865-1926) Before the Second World War, it's said that there were more than a million practitioners here in Japan. After the war, in the process of modernization of the country, Reiki seemed to have disappeared. However, it had been spread to the West and since 1990s it has gradually been regaining popularity in Japan.

Dr. Chujiro Hayashi, one of Mr.Usui's prominent students, contributed to bring Reiki to the West. It was spread through his student Ms. Takata who lived in Hawaii at that time. Dr.Hayashi also taught Reiki to numerous students in Japan. One of them was Mrs. Chiyoko Yamaguchi. She learned Reiki directly from Dr.Hayashi in the late 1930s and practiced it throughout her life. In the late 1990s, her son Mr.Tadao Yamaguchi started teaching Reiki based on Dr.Hayashi's Reiki seminars his mother Chiyoko participated about 70 years ago. Tadao Yamaguchi has been making great efforts to pass down this great legacy of healing method to those who wish to learn.

Reiki is an art of energy healing. It works for both physical and psychological sides of health by reactivating the natural healing ability that humans originally possess. A Reiki treatment is carried out by a practitioner (channel) who receives Reiki energy from the Universe. With simply laying hands, the practitioner transmits the energy onto the receiver. Reiki is beneficial not only for those who are in poor health to recover but also for healthy people to maintain good health.

Who can become a Reiki practitioner?

Anyone can. All humans possess the ability to give and receive the energy from the Universe. However, this healing ability is often dormant or forgotten. In order to be blessed with this great healing energy, you need to reactivate the ability to attune yourself to the Universe.



Teacher Courses (Shihan / Shihankaku)

To become a Jikiden Reiki teacher, There are 2 steps:

1. **Shihan-Kaku (Assistant Teacher)** who has permission to teach the first level *Shoden*.

To become a Shihan-Kaku:

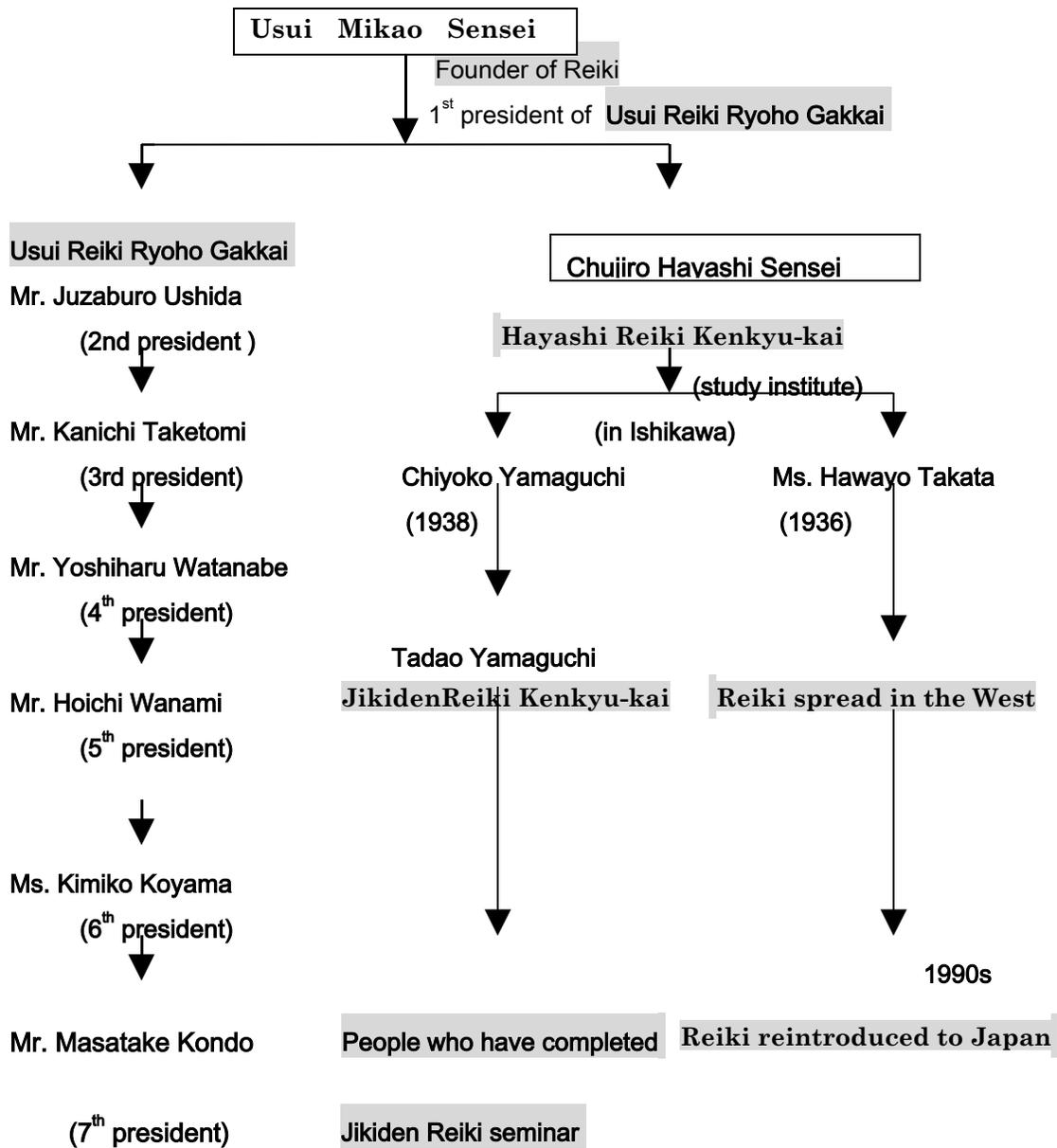
- Practice Jikiden Reiki for at least 6 months after completing the main course (Shoden/Okuden). Repeat Shoden/Okuden at least once. Practice at least 120 hours on at least 40 different people.



2. **Shihan (Teacher)** who has a full permission to teach Shoden and Okuden.

To become a Shihan

- Teach at least 5 Jikiden Reiki (Shoden) classes with a minimum of 2 students each for at least 6 months after Shihan-Kaku training.



Frequently Asked Questions

(answered by Tadao Yamaguchi-founder of Jikiden Reiki)

Q: *I have read books claiming there are no successors of Reiki in Japan*

A: There are, I have been practicing it for over 35 years and my mother practiced for over 65 years.

Q: *What made you decide to start Jikiden Reiki Seminars?*

A: Some Reiki masters who promote Western Reiki in Japan recommended that I do it. They wanted me to disseminate the original ideas of Reiki from Japan, its birthplace,

to as many as possible all over the World. My mother and I decided to replicate Dr. Hayashi's seminars as closely as possible.

Q: *Is it different from Western Reiki?*

A: I believe it was transformed dramatically when it was introduced to the West. I don't mean that Reiki in the West is wrong or ineffective but I have an urge to introduce the original simple Reiki which is very effective in treating physical problems and great ideas behind it.

Q: *I am a Western Reiki teacher. Is it possible for anyone to join your seminars?*

A: Anyone who understand the principles and can comply with the regulations can join the seminar.

Excerpt from the preface of the book
“The Hayashi Reiki Manual” by Mr. Frank Arjava Petter

~ The Prophecy ~

There is a prophecy on the tombstone of Mikao Usui, the founder of Reiki, that the practice of Reiki will spread all over the world, healing the people as well as Planet Earth herself.

This epitaph to a beloved teacher was written in 1927 by Juzaburo Ushida the second chairperson of Usui Reiki Ryoho Gakkai, Dr. Usui's Reiki organization. Little did he know the explosive effect Reiki would have on Mother Earth and all of her children.

Today Reiki is practiced on all continents by people of all creeds and races, social status and of all religions. This fact is due to the dedicated effort of one man and one man alone, Dr. Chujiro Hayashi.

In the mid-nineteen thirties after he had broken away from the Usui Reiki Ryoho Gakkai Dr. Hayashi teamed up with Hawayo Takata in Hawaii and with her help brought Reiki to the USA. This was the great step. The rest of the story is history....Reiki spread from Hawaii to America and from there to Europe, to Australia, to Asia and Africa.

In the winter of 1999 I learned of an old lady who had been a direct disciple of Chujiro Hayashi. This lady was said to be teaching in Kyoto, my favorite city in Japan. Her name, I heard, was Mrs. Yamaguchi. For seven years I had been looking for the possibility of training with someone who had learned the traditional form of Reiki in Japan.

Before I called the Yamaguchis I was not really full of hope. Would they even talk to me once they discovered that I was a foreigner? However I was determined to find out.

Already on the telephone Tadao Yamaguchi was very open, friendly and polite. He didn't mind at all that I was foreign or that I had been teaching Reiki for seven years. Actually he was thrilled that I wanted to train

with him and his mother.

Several months later, in the summer of 2000, I spent five days in Kyoto with Mrs. Chiyoko Yamaguchi and her son Tadao. I was to learn Reiki One and Reiki Two just as Dr. Hayashi had taught them sixty years before. What an exciting prospect being able to immerse myself in the original Reiki as taught by Dr. Hayashi himself!

I wondered about the attunements, the symbols, the hand positions and so on. But what I was looking forward to most was to see and feel how someone who had practiced Reiki her whole life would BE. I was disappointed with the way many Western Reiki teachers live their lives and how they do not live what they teach.

Meeting One of Dr. Hayashi's Students

Meeting Mrs. Yamaguchi and her family heralded a new era in Reiki for me. As I left the Yamaguchi home in Kyoto after this first initiation I told Mrs. Yamaguchi what an immense pleasure it had been for me to finally meet an honorable Reiki Master. In the Western World we are still in the adolescent stage of Reiki. What we call "tradition" is at the most twenty-five years old. In the presence of Mrs. Yamaguchi I felt the spirit of Reiki being transmitted with extreme clarity. I found Reiki in every smile, in every reassuring word this humble lady uttered, in every little healing hint she gave. In the way she moves, in the way she talks and lives in each moment of her life.

A year later I visited the Yamaguchi's again. During this step in my training our friendship and the mutual trust that was growing in our hearts further matured. Tadao Yamaguchi and I even decided we would write a book together.

In the summer of 2002 my dream came true and I began the Reiki master training under the Yamaguchis. This was the completion of one full cycle in my life ~ (text partly omitted) ~

May your hands and the people they touch benefit from the journey you are about to embark upon.

Feedback from overseas participants

My life has made a profound change since I have met and learnt Jikiden Reiki. Not only my health has improved, but also my attitude to everything in life has made amazing changes in my life. Now I can see challenges in my life as good lessons for me, and that everyone I meet has something to learn me. I feel enormously grateful to Ms. Chiyoko and Mr. Tadao Yamaguchi for starting Jikiden Reiki Kenkyukai so we all can have benefit of this wisdom.

I am now aware of my life mission thanks to Jikiden Reiki, and I feel very humble to be a Shihan, chosen to teach Jikiden Reiki to those who wants to learn this simple and very effective method to the rest of the World.

Gunvor Abrahamsson, Sweden

Jikiden Reiki Shihan, Western Reiki Master, Quan Yin Divine Healing Teacher.

**She organizes seminars with Tadao Yamaguchi in Sweden.*

In 2004 a new journey begins for me in Reiki when I joined the first Shoden and Okuden seminars given by Tadao Yamaguchi in Dusseldorf where Arjava invited him, building this way a stronger bridge between Western Reiki Practitioners and the purest source of Reiki that can be found and whose heart pulses in Kyoto, Japan. Since the first day I received it I cannot stop from having the feeling I'm receiving a reward for the healing work I've been doing in myself and in those who come to me to receive the blessing of Reiki.

Rogeria Cruz, Portugal

Universtiy professor, Linguist, Jikiden Reiki Shihan, Western Reiki Master, Family therapist

**She organizes seminars in Portugal.*

I was really impressed to be able to experience the original Reiki Ryoho before it expanded from Japan to the World. I felt that Reiki Ryoho was originally very simple but very powerful. **(Reiki master, Germany)**

I am a healing counselor in the States. This was my first experience of learning Reiki and I feel I was really lucky to have had the chance to learn the original Reiki in its birthplace Japan. During my first attunement I felt that an angel flew down to me. In the second attunement a bright light wrapped around me and I felt energy coming into me. In the third and forth I felt that heaven and earth came together and Reiki penetrated fully into my body. In the fifth attunement I was unified with the angel. This 4 days will change my future life enormously. **(Healer, the U.S)**

Reiki Ryoho was originally supposed to work well as treatment to remove physical pains. In the seminar I was able to comprehend how it also helps people by changing their perspectives enabling them to become completely healthy, thus preventing a recurrence of illness. I felt I was exposed to the very essence of Shin-Shin-Kaizen Usui Reiki Ryoho

(Usui Reiki treatment method for the improvement of body and mind). I am really happy to have come to Japan. **(Doctor, Latvia)**

Japan is my favorite country so I have come here many times and I think I was very lucky to encounter Jikiden Reiki here. I am very grateful to all the people who have contributed to make the seminars passed down from Hayashi Sensei available. Learning the concept of Byosen will be of the greatest benefit for my future Reiki treatment.s. Since I learned Jikiden Reiki my clients have given me very positive feedback saying that the Reiki I give them has become much stronger than before.

(Reiki practitioner, England)

I joined the seminar because my friend recommended it to me. I have had a chronic physical problems in my thoracic vertebrae and I often have pain in my shoulders and neck, which causes terrible headaches when am stressed. I was a little nervous about coming to Japan for the first time and felt very tired on the

first day when I was sitting listening to the lecture at the seminar. After that I was worried about the second day as the seminar hours are longer than the first day. However, when I woke up in the morning, I was feeling much better than usual. I believe it owes to the other seminar participants who gave me extra Reiki treatment in the previous evening. To my surprise, my thoracic vertebrae had gone back into place. By the third day I felt really well and was able to practice Reiki onto other people. I had another treatment on the final day and came back home in good spirits. Now I am very hopeful for my future. I would like to introduce Reiki to as many friends as possible.

(Company employee, Hong Kong)



To our seminars, we have had a lot of people around the world. People have come from more than 20 different countries. It is amazing to have the people from various countries in one seminar and share the view on the same topic, Reiki. The participants of the seminars have given great feedback to us.

Since 2004, we started to hold seminar overseas. We have visited Germany, England, Hong Kong, France, the U.S, Canada, Korea, Portugal, Sweden and Scotland. Now more and more Shihans and Shihankakus(teachers/ teacher assistants) are in the places and there are more chances for people to have access to Jikiden Reiki in their areas.

Objectives of the Jikiden Reiki Institute

- To publish books illustrating its effectiveness and documenting people's experiences of Jikiden Reiki.
 - To enable people to use Reiki as a complementary to conventional medical care.
 - To inform doctors, nurses and other medical professionals in the effectiveness of Jikiden Reiki, thereby initiating the use of Reiki in conjunction with western medicine in the conventional medical field.
 - To introduce the use of Jikiden Reiki as the method of medical care in the household. This should help to stop dependence on everyday allopathic remedies and conventional drugs. The ultimate objective here is twofold. Firstly people will become healthier as their bodies start to remember how to heal themselves without external chemical substances. Secondly, there will be significant reduction in the amount of medical waste, a positive effect on the environment on a global scale.
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