



January 2022

Volume 22, No. 1

The Original Reiki Handbook of Dr. Mikao Usui

Dr. Mikao Usui and Frank Arjava Petter- Originally published January 1999

Book Review: By Mega R. Mease, RMT

My first reading of the Reiki Handbook was in 1991, the year it was first published. While celebrated and considered groundbreaking by many, it was also troubling to others. Most likely, these opinions were based on the training and conflicting information passed down by each Reiki-Master Teacher to their students. Some disagreements may have been fueled by well-meaning people who bypassed the forward and introduction in their excitement to get to the techniques, hand positions, and photo appendix. We'll never know.

Twenty-two years later, revisiting The Original Reiki Handbook has been both an eye and heart-opening adventure. The Handbook has much to offer when read fully and mindfully without judgment. It provides an opportunity to review where we have been and see who we are now in this fast, ever-changing world. I encourage those reading this to assess your present mindset, emotional attachment, specific training, and connection to Reiki.

Some vital information in the Handbook was presented in small print, leaving it often overlooked and unread, with the reader uninformed. The result opens the door to missing legal and moral protocol regarding Reiki in modern times. Over time this may create confusion, misrepresentation of Reiki, its usage, and genuine value in the present day.

Therefore this review contains the following Important Note from page two of the Handbook.

- *The information in this book has been carefully researched and passed on according to our best knowledge and conscience.*
- *The author and publishers assume no liability whatsoever for damages of any kind that occur directly from the application or use of the statement in this book.*
- *This information is meant as further education for interested parties.*
- *The methods of healing and information listed in this book are no substitute for consulting a physician or naturopath.*
- *They are meant to support the healing process as an additional treatment.*

- *The laws of the USA permit the practice of medicine only by registered physicians and healing practitioners who have been trained in accordance with the law.”*

While an author's credibility is important in any industry, it is absolutely essential regarding Reiki. Author Frank Arjava Petter is solid, and he is credited with bringing Reiki back to its origins in Japan. Along with his wife, they traced various streams of Reiki back to the original Usui System of Natural Healing. He also unearthed several healing techniques from the origins of this system. His purpose in publishing this book was to guide the reader back to Reiki's roots and raise understanding of the Reiki power. Unlike some self-published books, this book is expertly researched.

The Forward was written by William Lee Rand, founder and president of The International Center for Reiki Training. He provides his insightful thoughts regarding a powerful process destined to bring about peace, create a greater feeling of security, and offer a vision for a future that encourages us to make positive changes. This process is also occurring in the world of Reiki.

The introduction is full of pertinent information that ties the knowledge and guidance together. It doesn't suggest turning back the clock, doing as Dr. Usui taught his students. Instead, it educates the reader in the teachings of Usui Sensei. It describes Reiki as a life course in Japan, with students sometimes studying for decades to reach only the Second Level. The in-depth and length of training made it possible for his students to learn and practice intuitive Usui Reiki, supporting freeing themselves of the rules.

In comparison, Reiki has developed in ways relatable to our culture and legal systems in the USA. It's become acceptable to teach a complete course from First Degree to Master Teacher in a weekend training. There are no universal specific regulations to date. This means that each Reiki Master Teacher is free to teach what they know and feel is right. There was and remains a vast difference in the world of Reiki Healing and training. What's missing from this informative, cutting-edge handbook is a list of the various types of Reiki available today. This is necessary knowledge to make mindful choices regarding receiving Reiki sessions or training. It's unknown exactly how many different types of Reiki exist. However, all legitimate Reiki will lead back to the original Usui Reiki.

The CORE Reiki types of Reiki are:

- Jikiden Reiki (Eastern Method)
- Usui Reiki (Western Method)
- Karuna® Reiki & Holy Fire® Reiki
- Sekhem or Seichem Reiki

The first four chapters were written in an attempt to present the work of Dr. Usui in the most complete way possible. They include The Buddhist Background of Reiki, The Three Pillars of Reiki, The Breath, and Dr. Usui's Techniques of Healing. Some of them are well known in the West, and others, not at all.

The Original Reiki Handbook confirms that Reiki in Japan was not originally an oral training as thought and taught by many Master-Teachers in the USA. Written material is, in fact, an essential piece of Reiki practice and training. I agree with William Rand that there is great

value in gaining knowledge about the philosophy and learning practical exercises that Usui sensei taught. The more we connect with the true essence of Reiki, the better our world will be. The author suggests gradually integrating the techniques and information into the reader's Reiki practice. Dr. Usui's healing techniques included touching, massaging, and stroking diseased parts of the body. These were the gateway to the intuitive Reiki that he taught. In today's world of legalities, regulations, and moral restrictions, it makes one wonder if this suggestion might be a double-edged sword left in the hands of someone who has not received in-depth training or perhaps received an attunement without training.

Forty-three pages are dedicated to text and photographs of basic treatment for the following:

- Specific body parts, functional disorders of the nerves
- Disorders of the respiratory and digestive organs
- Disorders of the circulatory (cardiovascular) system
- Disorders of the Metabolism and the blood
- Functional disorders of the urogenital tract
- Operation wounds and functional disorder of the skin
- Childhood diseases
- Women's health
- Contagious diseases

The directions and photos show a practitioner giving a Reiki session to others. They are straightforward and easy to follow. A few even include healthy tips concerning such topics as teas and meditation. However, some of the positions show hands placed on private parts of the recipient's body. This is not an acceptable practice and needs to be addressed, especially with those new to Reiki healing. Additionally, Reiki practitioners must have the appropriate education and credentials to diagnose and "treat" physical disorders.

It's exciting that anyone attuned to Reiki can use many of these treatments to heal themselves. After all, Ms. Takata, who brought Reiki to the United States, said, "Heal yourself, then your friends and family."

In conclusion, The Original Reiki Handbook of Dr.Usui offers the opportunity to learn and connect with the roots of the gentle healing art of Reiki. This book is a beautiful window to look through and discover the depth of what Reiki is and can do. It is the responsibility of each individual to read thoroughly, understand, and legally and morally utilize the information in the present day. Enjoy!

I shall end this review with the words of author Frank Arjava Petter.

"We are certain that the final word on the topic of Reiki and the history of Reiki has yet to be spoken."

Bio:

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The International Journal of Healing and Caring

International Journal of Healing and Caring 2022, 22(1) 75-79

C/O National Alliance of Energy Healing
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