

History and Origin of Usui Reiki



Dr. Mikao Usui of Japan

The origin of Reiki (“Ray-Key”) can be traced back to ancient Tibet, thousands of years ago. This technique was re-discovered in the mid-1800’s by Dr. Mikao Usui of Japan.

The tradition of Reiki was an oral one, and was passed on from Master to Master by word of Mouth. There is very little documentation; it is believed that most of the documentation that existed was lost in World War II. This story is the story as we in the West know it based upon the teachings of Mrs. Takata, the first American to have Reiki and become a Reiki Master. It is believed that Mrs. Takata may have changed the story slightly to make it more acceptable in the West. As you read other documents, books, and papers, you may see a version which is a little bit different.

In the year 1822, in the city of Kyoto, Japan, Dr. Mikao Usui (a Christian Minister), was giving a sermon. After the service, two seminary students asked him to explain how Jesus did the miracles of healing, and furthermore, whether or not he could perform those same miracles. Dr. Usui was not able to give the students an answer. He felt that he understood the Bible intellectually, but he did not understand how Jesus healed.

This marked the beginning of Dr. Usui’s lifelong quest to uncover the source of ancient healing techniques. He left Japan, came to America and began his research of how Jesus and his disciples healed the sick and performed miracles. He was not able to find the answers he was seeking and returned to Japan.

It occurred to Dr. Usui that the Buddha had performed the same type of miracles as Jesus. He began asking the different Buddhistic sects if they could perform the miracles that Buddha performed: Could they heal the body? The Buddhists felt that the healing of the Spirit and the healing of the body were not always connected. The Buddhists concentrated on the spirit and left the healing of the body to those trained in the healing arts.

Finally, Dr. Usui asked to be admitted to a Zen monastery so that he could study the Buddhist scripture, the sutras, in search of the key to healing. He was admitted and began studying.

Dr. Usui first studied the Japanese translations of the Buddhist scriptures but did not find the explanation he sought. He was guided through meditation to learn Sanskrit so that he could read the original Buddhist writing and have access to those writings in an untranslated state. After learning the language of the Sanskrit, he began reading the teachings of the Tibetan Buddhist Sect. From those writings, Dr. Usui discovered what he felt to be the keys to healing. He found the symbols, formulas and the description of how Buddha healed.

At the end of his long search, Dr. Usui had acquired the knowledge but still did not have the power to heal. He discussed this with a monk that was a friend of his. They meditated upon the path to take. They were told that Dr. Usui was to go to a designated place upon the holy Mount Kuri Yama, and there he was to fast and meditate for 21 days. At the end of this 21 day retreat, he would have the enlightenment and spiritual clarity.

Dr. Usui climbed Mt. Kuri Yama to the designated spot and found a place that faced East. Since there was no calendar, he gathered twenty one small stones and placed them before him. Every morning he awakened before the sun rose and would throw away one of the twenty one stones to keep count of the days.

Each day he meditated, fasted and prayed. On the twenty-first day, Dr. Usui awakened to a darkened morning. It was like a new moon day, when no light shone in the heavens. He found his meditation spot and picked up his last stone. He asked God for confirmation of his findings and asked to be given the enlightenment of how to use it.

As he threw the stone off the side of the mountain, a light appeared far off in the East. It began getting brighter and brighter and coming closer to him. It frightened him and he wanted to run away. He reminded himself that he had been searching for years and years, and had asked for enlightenment and confirmation. He sat still and thought to himself, "...if this light is for me, then I accept the enlightenment."

The light became very bright and streamed across the heaven and hit him directly in his third eye. For a moment he thought that he had died and ascended into heaven because he had never before been in such a euphoric state. He saw many bubbles in all the colors of the rainbow. Then came a powerful, bright white light, followed by golden Sanskrit letters. This was the secret formula of Universal Life Force and how to contact it. They came to him one by one, commanding him to memorize and preserve them. Finally the bubbles, letters and light were gone. Dr. Usui felt rested, full of life and energy.

He began his journey down the mountain, anxious to share with his friend, the monk what he had learned. He stubbed his toe and began bleeding. He placed his hand on his toe and the pain and bleeding stopped very quickly. He also noticed a heat coming from his palms and realized that the energy he was experiencing was very different.

On the way down the mountain, he stopped at a home that served travelers and ordered some tea and rice. The daughter of the man that owned the home had a bandage around her face and told Dr. Usui that her tooth had been aching for days. Dr. Usui asked her if she would like a treatment. She accepted and he placed his hands on her face. Within a short period of time the swelling and pain started to go away. She was very grateful and the father did not allow Dr. Usui to pay for his meal. Dr. Usui accepted the food in exchange for his services as a healing channel.

Upon his return to Kyoto, Dr. Usui told his friend, the monk, what he had experienced. He asked him for advice on what to do next. The two began meditating, in search of divine guidance.

From his meditation, Dr. Usui was guided to go to the beggar kingdom in Tokyo. Dr. Usui went to the beggar kingdom and began healing the sick and afflicted. He worked here for seven years, seeing amazing and beautiful results. One day, he saw a young beggar that looked familiar; he realized that this man was one of the first beggars that were healed. Dr. Usui asked him what happened. The man told him that he had gone out to create a healed and productive life, but realized that there was a great deal of responsibility with that life and decided that it was easier to live as a beggar, so he returned.

Dr. Usui felt terrible and thought that he had done a terrible thing. He thought, maybe the Churches are right, the physical is not enough. The Spirit has to also be healed. Never again will Reiki be given away. There will always need to be an exchange of energy of some sort.

As he walked back to the monastery, Dr. Usui was greeted in spirit by the teachers who had greeted him on Mt. Kuri Yama. It was at this time that he was given the principles of Reiki. He realized through this exchange that by giving healing away, he was not requiring the healee to take any responsibility for their healing. An exchange of energy is necessary to place value on the healing.

Dr. Usui's teachings have been passed from one Master to another. Reiki was brought to America in the early 1900's for fear that it would be lost during war time. Mrs. Hawayo Takata, of Hawaii, was attuned to the healing energy of Reiki and began spreading Reiki throughout the United States.

Reiki Principles

Just for today, I will not anger.

Just for today I will not worry.

Just for today, I will be grateful for all my blessings.

Just for today, I will work with honesty and integrity.

Just for today, I will be kind to all living beings.