

# Why Reiki?

By Heiné de Waal – 19 March 2010

My journey with Reiki started many years ago on the recommendation of a friend. He was convinced that I would connect well with Reiki. When I asked him what Reiki is, he could not tell exactly, but knew my connection with Reiki would be strong. Indeed, his intuition was spot-on and I never looked back on that decision.

Why is Reiki popular with so many people from so many different walks of life?

I think the answer lies in the simplicity of the technique. Although this ancient healing art is today seen as just *another* healing modality, it was not originally developed for this reason. The founder was a Japanese Tendai lay priest named Mikao Usui. Reiki was developed by Usui not to teach the world how to do hands-on healing, but more out of his own interest in finding a technique for spiritual growth and development. The hands-on healing was almost a by-product of the system. Reiki was so effective that people noticed the positive effects of Reiki and requested Usui to teach this technique. Thus Usui developed the system of Reiki and continued with his teachings until his death in 1926. According to research, Usui only taught for about 5 years. What I find amazing is that Reiki is still one of the only energy healing techniques that has not been claimed to a specific "owner" or has been trademarked. There are a few who tried, but did not succeed.

Usui was well educated in many study fields of healing, philosophy and religion; but he could not find the answers on how Jesus and Buddha were able to heal people. In his pursuit for answers, he found Reiki through a process of meditation and internal reflection. Usui's understanding of Esoteric Buddhism was a great foundation, thus became the back-bone of the technique.

Nowadays there are many energy-healing techniques, but with a more Western approach like *Quantum Touch*, *Chios Energy Healing*, *Re-connective Healing*, *Universal Energy Healing*, *Theta Healing* etc. (most of them Trademarked)

Many more will still surface in years to come, but thus far Reiki has been the most simple and uncomplicated modality that has stood the test of time. It seems to be that Reiki was a starting point or foundation for many of these modalities and will continue to empower people. We need the awareness of energy healing - it is vital for our evolution.

I have studied many years in the medical field and later on learned several natural healing modalities. Reiki was my first and my introduction into natural healing. It also became my

favourite. Why? It gives me freedom to work with it in a very creative way. Once you have learned the foundation, you can adapt it to your style and personality. I am in essence an artist and working with the energy is like painting on a canvas. The system of Reiki consists of a few elements which are "tools" to work with, in the way brushes and paints are to the artist. Reiki helps you to work with the energy in such a way that you can express your own creativity in total benefit of both the recipient and practitioner.

The 5 elements of Reiki are: an initiation; the daily principles of Reiki; many breathing/meditation techniques; symbols with mantras to summon energy for specific tasks and the ability to channel energy through the palms. The more experienced the practitioner becomes, the more creative the applications of these tools. This applies for all people practising Reiki.

Reiki has become my way of living. Not a day goes by without the use or the opportunity to make use of it. Reiki has an effect of empowering the self. The more you use Reiki, the better your perception of vibrations become. Reiki helps you to develop as a person, by becoming whole and content. Your intuition develops, empathy for people and all living organisms deepens and your level of awareness expands. Through this you develop as a more spiritual person and start playing your part more effectively in the whole of spiritual evolution. It is an awakening of the soul - a human being becoming more enlightened.

I can't imagine my life without Reiki!