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The Japanese Art Of Reiki



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Synopsis

Since the first whiff of information came from Japan that there might still be traditional Japanese Reiki practitioners in Japan, we became intrigued with the system of Reiki's Japanese past. We travelled to Japan (with our two year old in tow) to see if we could find out anything else about it. In Japan we met with teachers who taught a mixture of both traditional styles of Reiki and its more modern versions. We realized that what we had initially been taught as the system of Reiki had its roots in Japan - specifically in the Japanese culture, philosophy and cosmology. The aim of The Japanese Art of Reiki is to offer those interested in the system of Reiki, and those already practicing it, greater depth and understanding of Reiki's roots from a Japanese perspective. We found that after writing The Reiki Sourcebook we were inundated with enquiries about the Japanese aspects of the system from Reiki practitioners craving more out of their practices. To support these individuals and anyone interested in the Japanese aspects of the system this highly practical book has been written. This book will aid you in becoming more grounded and confident in your practice. It will support you in creating a regular practice that will take you into the depths of the system's origins. This is not a compendium like The Reiki Sourcebook, but a guide for people who want to heal themselves and connect to life spiritually using simple and effective Japanese Reiki practices.

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Customer Reviews

"At any given moment, people all over the world are reassessing their lives." --quoted from the Introduction. Yes, this is where I was when I began my quest to learn about Reiki, massage therapy, and other wellness avenues. I wanted to know more about natural healing and exercise. I was

curious as to what exactly Reiki was--what it involved, and I wanted to know if it actually worked for people. I was looking for a reliable source. So, I purchased The Japanese Art of Reiki in the hopes that it would answer some basic questions. The book, which primarily focuses on self-examination, self-discipline, and self-practice, proved to be an excellent choice in that regard. Though it is a small book, it is full of thought-provoking ideas, probing questions, suggestions, and practices, which offer a genuine, doable introductory approach for the person seeking more about this intriguing art of mind/body oneness. Photos illustrate the moves and positions for different applications / meditations.There are many great sections in this book; however, the one that resonated with me the most is the one about "The Five Precepts": For Today Only...Do not anger...Do not worry...Be humble...Be honest in your work...Be compassionate to yourself and others (Pages 67-76). If you can actively follow that sage advice each day, you can handle whatever comes your way. I find myself repeating these while I am driving to work in the morning...a quick form of meditation.I also enjoyed inspiring "Tale of Sato," the story of a depressed lady who discovered healing, a renewed life, through Reiki. This story allowed me to see what can occur during a session.For those who want to know more about Reiki, for those who are reassessing their lives, this is a helpful "starter" book.THREE MAJOR PARTS OF THE BOOK:Part 1: The Power of Self-HealingPart 2: Discovering ReikiPart 3: Practicing Reiki

This is a fairly short book but it does get into the social structure and changes leading to Usui bring forth Reiki. There are some introductory/original Reiki practices here that are among the primary reasons to check out this book.If you are new to this kind of research I would start with these others books first/instead:-Ã Â Light on the Origins of Reiki: A Handbook for Practicing the Original Reiki of Usui and Hayashi-Ã Â Reiki, The True Story: An Exploration of Usui Reiki

There is a lot of wonderful information in this book. The history and origins of Reiki are very important and well-covered here - and it’s a recent history - very accessible. I am fairly old school and I believe it’s important to know the foundations of a practice and to also know how it has been transformed and why. I also tend to use what works for me - but only after I have learned, fairly thoroughly; only then can I embellish or personalize.The authors would probably praise my intent. And that is where I come to my rating. The book is almost difficult to read at times - the opinions are very strict and it isn’t necessary that they be expressed in such an unyielding tone. The tone is incongruous with the content. I would read some other volumes first if you are starting out or simply work with a good teacher. But then come back to this one.Kindle readers - the story of Sato cannot

be zoomed in on - you will need a magnifying glass.

I have been a Reiki practitioner for over a decade. Am an Usui Tibetan Reiki Master as well as a Karuna Reiki Master. For the past year or so, I felt as though something was missing- and that there was more to Reiki than what I had learned. I had been introduced to the 'hands on' aspect of traditional Reiki techniques over a year ago, but still had this nagging 'knowingness' that there was more to discover. A friend of mine recommended this book, and after reading it, I believe it contains the answers I was looking for. The disillusionment I had been experiencing with Western styles, and the 'emptiness' of the techniques now have a solid foundation and explanation. This book opens up the possibility for a personal journey and transformation that you will not find through the techniques taught in the West, and I highly recommend it.

Before reading this book and "Animal Reiki: Using Energy to Heal the Animals in Your Life" I thought Reiki only worked on people who believed in it and I have to see or feel something before I can believe. My one session with a Reiki practitioner was disappointing because I felt nothing. After reading this book I now think maybe more healing actually occurred than I was aware of at the time.

This my favorite Reiki book. I originally learned Reiki in Japan. This book does a great job at bringing Reiki back to its original roots.

There is a lot of mumbo jumbo out there regarding Reiki. This book is clear, concise and may be a strong addition to your collection as a resource guide. The authors have provided the reading public with a jewel. I love this book!

I am so grateful for this find. I'm still reading the book, taking notes and practicing the exercises. Thanks so much for making this wonderful book available for us.

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