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ARC INK is for the information of USUI System of Reiki Channels

# ARC INK Magazine



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**The Future For Reiki - Pathway To Wellness**

The Venue for the **ARC 2015 International Reiki Conference** the 17<sup>th</sup> & 18<sup>th</sup> **OCTOBER 2015** is the **RADISSON BLU PLAZA HOTEL SYDNEY - 7 O'Connell Street SYDNEY NSW 2000**

## The Australian Reiki Connection Inc.

Presents the

# 2015 ARC INTERNATIONAL REIKI CONFERENCE THE FUTURE FOR REIKI - PATHWAY TO WELLNESS SYDNEY SATURDAY 17th and SUNDAY 18th OCTOBER 2015

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Will YOU be part of the FUTURE for REIKI?**

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William Lee Rand, Founder of The International Center for Reiki Training, Master Teacher of Usui and Karuna Reiki® will visit Australia in September/October 2014 for workshops .....

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\*\*Complete details of classes/workshops at: <http://www.reiki.org/ReikiClasses/AustralianReikiClasses.html>



## MISSION STATEMENT

Australian Reiki Connection Inc. is an Association working with and promoting the spirit of Reiki through teaching, healing, fellowship and research, both within the Reiki community and the wider community

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## ARC INK the Magazine of the

### Australian Reiki Connection Inc.

#### The Association of Australian Reiki Professionals

This magazine is published six times a year for the information of **USUI System of Reiki Channels** and persons interested in Reiki Healing, Reiki Teaching and Complementary Therapies

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ARC welcomes your comments - 1300 130 975

## 'Editorial Comment'

by John M Coleman - President ARC Inc.



Welcome readers, to this the second edition of the **ARC INK Magazine** for 2014. Since its introduction into Australia in the 1980's, Reiki has grown in popularity and is now one of the most widely used complementary therapies. One of the reasons for this is its **simplicity**, another being the **great benefits** a Reiki treatment has on the recipient and of course on the practitioner. Reiki programs are being introduced into a growing number of mainstream healthcare facilities and yet a great deal of controversy still surrounds Reiki. To quote Dr. David Joske\*\* - Head of Haematology at Sir Charles Gairdner Hospital in Perth, - "**Reiki is one of our most**

**controversial complementary therapies, yet it is one of the most widely used**". \*\*Dr David Joske Head of Haematology at Sir Charles Gairdner Hospital (SCGH) and chairman of the community-based healthcare organisation SolarisCare which has administered over 35,000 complementary therapy treatments (one of the most widely accessed is Reiki) to cancer patients and their carers.

**So what is the future for Reiki?** It was this question that gave rise to the idea of bringing together a team of Internationally renowned Reiki teachers and advocates of Reiki to the one forum and discuss this important topic. ARC is pleased that these renowned people have agreed to come to Australia in October 2015 to attend our Reiki Conference "**The Future for Reiki - Pathway to Wellness**". Due to their busy schedules and the demand for them to appear at various conferences ARC took the wise decision of planning well ahead to ensure that we could find a date which is suitable to all of them.

So do put the dates in your calendar/diary the **17th and 18th October 2015**.

Love light, lots of laughter and Wellness, John - President of ARC Inc.

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# Simplify your Reiki practice

By Frank Arjava Petter

Usui Sensei had only four years to develop his teaching before his early death. He began teaching in 1922 and passed away in 1926. At first he himself was the only teacher and the only one able to teach others how to reconnect to the cosmic source. After the devastating earthquake that destroyed most cities in the Tokyo Bay in 1923, he was faced with seemingly unconquerable suffering. It was then that he decided to show some of his senior students how to initiate others into Reiki. He chose eight students (at that time it was all men) and with them he roamed the area for many months. According to Koyama Sensei, a previous president of the Usui Reiki Ryoho Gakkai, they gave several hundred thousand treatments, and therefore Reiki spread throughout Japan very rapidly. During this time he experimented with his newly-found method and realized quickly that healing begins with the mind. Once the mind is healed the body will follow suit all by itself. This should be our example; this is where our journey begins.

But instead of following his insights, we began at the other end of the spectrum. Reiki has developed in many different ways over the years. Many of us have created new techniques, new schools, and new philosophies. I myself have added to the versatility, and today I would like to dedicate the time we have together to simplify the teaching again, and to put it into the original light.

## Simple is Best!

My teacher Chiyoko Yamaguchi said again and again when asked about practical matters: “you think too much. Reiki is the most simple thing in the world.” When asked how to begin a treatment for example, she just laid her hands upon someone and said “**ON**”. Then she took them away and said “**OFF**”. According to her there was no need for any ritual whatsoever. The same rang true for protecting oneself: “Reiki is a one way street” she used to say “there is no backflow and no possibility of a negative charge disturbing the practitioner”.

After having completed the book “Reiki, best practices” with Walter Lübeck, someone brought me a copy for an autograph. Before I could think, I had written: “The best technique is the one that you don’t use anymore”. Thinking of it now, I remember a saying I came across in India 30 years ago that says “The master musician breaks his instrument”. A technique is not a magic potion that heals or fixes something that is broken. A technique gives you a safety net, persuades you that it is ok and gives you self-confidence. Once you have gained self-confidence you don’t need techniques anymore.

## Discarding your techniques

If you have worked with Reiki successfully for a while, discard your techniques, but watch out that you don’t do flaky Reiki. Koyama Sensei writes in her teaching handbook “Usui Sensei went to Mount Kurama to end his life, and we should practice Reiki with the same intense devotion”.

## The practice

Hayashi Sensei suggested that you begin a treatment by touching the head for at least 30 minutes when you don’t know what is going on with your client’s body/mind. In this way the body is energized and the Byosen (byo-sick, sen-accumulation) comes up from the deeper tissue and reveals itself to you. Byosen has been wrongly coined as scanning by myself in 1994 when I first came across it. However, it is much more than that: it is the body’s healing process that you watch and listen to while giving a treatment or a series of treatments.

Koyama Sensei said that the Byosen attracts the attention of the practitioner and shows him where and how long a specific area should be treated. She also taught that the first treatment is especially important and should be administered in the following way: You treat the problem area for a long time, perhaps for two hours or so. In this way Reiki penetrates the body deeply and helps the cells grow healthily. She suggested that you don’t move your hands at all in the initial treatment, and stay in one area (in case of a diagnosed illness). When the Byosen begins to diminish, you incorporate other areas in your treatment.

The only exception in this way is a cancer treatment. In this case you begin around the tumour, not on top of it. This way you make sure that the cancer does not spread. After the area around the tumour has a Byosen of level one or two, you close in on the tumour slowly.

Working in this way, you will be watching your client’s healing process and this is such a blessing that it is bound to become your favourite Reiki Music!

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**ARC INK acknowledges with gratitude the cooperation of Frank Arjava Petter in the reproduction of this article. Email: [Arjava@ReikiDharma.com](mailto:Arjava@ReikiDharma.com)**

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# Is Reiki Just a Placebo?

By Tom Radzienda

**It's very peculiar that when scientists research the effects of Reiki, they tend to conclude that the effects are no more than what would be expected from a placebo.**

We've been led to believe that there is something wrong with the placebo effect, something suspicious that we should not trust.

In Spontaneous Healing, Dr. Andrew Weil describes how most doctors dislike placebo effects because they cause complications in their experiments. These doctors prefer "real treatments that work through identifiable biochemical mechanisms." Placebo effects are invoked whenever direct causation cannot be measured scientifically. Weil enthusiastically embraces placebo effects, regarding them as pure examples of healing elicited through the power of the mind. Rather than seeing this as a nuisance, Weil sees placebo effects as a "therapeutic ally" to heal disease. Have we forgotten that people heal naturally without dangerous chemicals and without actually understanding the vehicle of causation? Remember, the human body has remarkable built-in healing mechanisms.

On the other hand, consider the use of a best selling pharmaceutical drug used to treat migraines: Imitrex. This drug is never criticized as merely being a placebo. Instead, we receive a disclaimer that Imitrex may cause "cardiovascular side effects including serious, sometimes fatal cardiac events such as ventricular fibrillation [uncoordinated contractions of the heart muscles], transient myocardial ischemia [reduced blood supply to the heart], and coronary artery vasospasm [constriction of the coronary artery]... Serious and/or life threatening arrhythmias including atrial fibrillation [abnormal heart rhythm], ventricular tachycardia [fast heart rhythm], myocardial infarction [heart attack]... thrombophlebitis [vein inflammation], angiodema [swelling similar to hives], cerebrovascular accident [stroke], pulmonary embolism [sudden blockage in a lung artery], shock, subarachnoid hemorrhage [bleeding on the brain associated with an aneurism], hypertension, bradycardia [slow heart rate], and precordial [in front of the heart] distress have also been reported."

The most common response to this list of potential side effects is that all drugs have side effects. And therefore It's okay to take them? The example of Imitrex is by no means an exception. A little cursory research on practically every pharmaceutical drug will yield equally scary results. Can scientific, medical logic be summarized as follows. Taking pharmaceuticals drugs that have known side effects including death is more scientific, and is therefore preferable, to seeking alternative healing modalities such as Reiki because the latter may be nothing more than a placebo effect. Thanks. Am I exaggerating these dangers. I suggest you research this matter for yourself and find out for yourself what all those big words in fine print on your medicine labels really mean.

Is there any curiosity about why so many people express relief from headaches and migraines after receiving Reiki? Many people subjectively report relief, but does this qualify as science? Me, I would much prefer "subjective" relief from my headache than "objective" life threatening atrial fibrillation. One thing that science has truly proven is that a lot of people suffer strokes, angina or die from taking migraine medicine. Is this preferable to "messing around" with natural approaches?

Now, if you find yourself involved in a serious car accident, please don't drive to the nearest Reiki clinic! Please, in the case of an accident, broken bones, burns and other acute cases, the allopathic profession has done miracles to save hundreds of thousands of lives. At the same time, be aware that tens of thousands of deaths are caused by misuse of prescription drugs. Even more shocking is that hundreds of thousands of people die in the United States each year alone due to "proper" use of physician prescribed drugs. All of these deaths indicate tremendous "faith" in pharmaceuticals, yet those pills are still marketed as science.

Faith in pharmaceuticals is embedded in modern culture at the ideological level, ironically, in the very societies that pride themselves on objective, empirical evidence. This blind faith is physically risky and psychologically disempowering at the same time. Chemicals are accepted as medicine, by definition. Patients are perceived more as passive objects of a chemical experiment than as active participants, mentally and physically, in their own well being. Blind faith in modern chemical warfare on our bodies is standard operating procedure in many countries. Death by Prescription by Dr. Ray Strand thoroughly explains the toxic truth of the dangers of pharmaceuticals.

In all events, you need to have the wisdom, knowledge and insight to make the most suitable decisions concerning health care for you, your family and your community. You need to be aware of the strengths, weaknesses, side effects and applicability of any health care measures that you consider.

If you have never considered the financial interests of Wall Street in perpetuating faith in pharmaceuticals, read Selling Sickness by Ray Moynihan and Alan Cassels.

## Is Reiki Just a Placebo?

By Tom Radzienda

They provide a thought provoking analysis of diseases that are invented or manufactured for mass consumption and therefore, for mass medication. It's your body, your mind, and therefore your responsibility to be aware of the options available to you.

Please familiarize yourself with the potential benefits and dangers of any given healing approach. You may need to select one mode or use various modes in combination to optimize your health. Wisdom based on knowledge will lead you towards the insights you need to assure your own well-being.

I suggest considering Reiki as an important element in your mental and physical health program. Learning about the history and principles of Reiki is one small step towards a greater understanding of the healing modalities available. Best wishes, Tom.

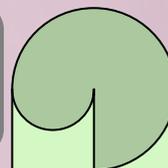
### Contributor: Tom Radzienda

Tom is a Reiki Master practicing and teaching in Bangkok. He is the author of several books of poetry including "A Promise for Siam" and "Fire Dreams" Holding a Master of Arts degree from University of Sussex in England and the title of Associate Professor from Srinakharinwirot University in Thailand.

Visit: <http://sites.google.com/site/studyreikiinbangkokthailand/Home>



## Australian Reiki Connection presents THE FUTURE FOR REIKI - Pathway to Wellness



IS there a FUTURE for Reiki? - What is the FUTURE for Reiki? - Will YOU be part of the FUTURE for Reiki?

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**When: SATURDAY 17<sup>th</sup> OCTOBER and SUNDAY 18<sup>th</sup> OCTOBER 2015 [2 Day EVENT]**  
**Where: RADISSON BLU PLAZA HOTEL - 27 O'CONNELL STREET, SYNEY NSW 2000**

# Interview With Hiroshi Doi Sensei

## Part I

By William Lee Rand

**Hiroshi Doi Sensei** a Gendai Ho Reiki Master who resides in Ashiya City, Japan, is a leading authority on the practice of Usui Reiki. His membership in the Usui Reiki Ryoho Gakkai places him in a unique position to access information about the style of Reiki developed and practiced by Usui Sensei. The Gakkai was the original organization started by Usui Sensei and the first four presidents of the organization through 1975 had received their Reiki training from him. Hiroshi Doi Sensei's access to the Shinpiden members of the Gakkai including the two most recent presidents along with access to Gakkai archives gives him an authentic source of information. His devotion to Reiki and to researching and preserving the historical facts of its practice make him a valuable resource to the Reiki community. He has also developed a system of Reiki called Gendai Reiki Ho and authored a book, *Iyashino Gendai Reiki Ho, A Modern Reiki Method of Healing*. This book was first published in Japan in 1998 and in Canada in 2000, but it has been out of print for almost 10 years. Now a revised version has recently been published. This interview will focus on this book and especially on the new information that has been included. *This is the first part of a two part interview. The answers for this interview were translated from Japanese by Fumi Koji.*

**WLR:** The revised edition of *Iyashino Gendai Reiki Ho, A Modern Reiki Method of Healing* has additional information important to the practice of Reiki as well as an improved translation that makes it easier for English speaking people to understand the esoteric concepts you have expressed. Can you describe some of the additional information that the revised edition includes?

**HDS:** This book was revised in Japanese in March 2008, 10 years after the first edition. This revised edition in English is not merely a translation of the original. The translator, who is a Gendai Reiki Master, gave it a thorough examination, and made suggestions to upgrade the information, which she confirmed with me. Then, we reviewed the important concepts with you, William, knowing that with your worldwide knowledge as a Reiki Master with over 20 years experience, you would be able to help us express the information in a form that would be more easily understood by the Western mind. Through this more detailed editing process, the book has grown to better convey the facts about Usui Reiki Ryoho with its purpose of health and happiness and to better explain Gendai Reiki Ho, which is a more compatible system for 21st century people to live by. The revised edition contains some information that I had not made available to the public before as it would have been considered too sensational at that earlier time. However, the time is now right for this information to be released. For instance, in the book you will now read explanations of the fact that Dento Reiki (the Reiki Usui Sensei taught) has neither a fourth symbol (Master Symbol) nor any Kotodama (mantras) and that some of the requirements of the Shinpiden level students of Usui Sensei's time have drastically changed since the time of the Gakkai's second president. In general, this book explains as easily as possible what has become clear to me in more than 20 years of practicing and teaching Reiki Ho. Translator, Fumi Koji and you William, wonderfully made this happen by sorting and drawing precise points out of the huge stack of archives inside me.

**WLR:** In the revised edition you explain that the entire healing system of Usui Reiki was taught by Usui Sensei in the Sho-den and Oku-den levels and that occasionally some of the Oku-den students were taught how to give reiju (attunements) and offered this to students. Could you explain how this took place?

**HDS:** The whole course of Reiki healing is taught in Shoden and Okuden in the Gakkai. When a member is given Okuden Koki (the second half of Okuden), he/she is recognized as having completed the entire course of Usui Reiki healing. However, while the task of performing reiju is done by the Shihan (Shinpiden title holder), some of those who were Okuden Koki and in charge of local branches of the Gakkai were also taught reiju, and they offered this to the students of that branch. This took place only if the local branch didn't have a Shihan. Today, the Shihan from the head office will visit the branch to give reiju when the branch chief is not a Shihan.

**WLR:** You have also explained that the Gakkai have only three symbols, which are the same three that are taught in Western Reiki Level II. The Gakkai do not have a master symbol and there is no special reiju or attunement for those who become Shinpiden. Was this always the case and is there any awareness, understanding or use of the Master DKM symbol by the Gakkai?

**HDS:** The third symbol is a unique shape that contains five kanji characters whose overlapping parts are removed.

The meaning of the five kanji characters is: "The basics to become happy start with the right consciousness." This is the final symbol in the Gakkai's teachings; they do not have the fourth one. I confirmed this by asking Koyama Sensei (the sixth president), Kondo Sensei (the seventh president) and other Shihans, and they all said they did not know it.

Reiju is the method to let the internal Reiki of the person get tuned into the Universal Reiki.

# Interview With Hiroshi Doi Sensei

## Part I

By William Lee Rand

There is only one kind of reiju in the Gakkai and in Gendai Reiki Ho. Reiju it is not a technique to give special abilities; its only purpose is to open the “pipe” of Reiki. So there is no reiju for the beginners, reiju for advanced learners or reiju for Shinpiden. Gendai Reiki Ho employs the three kanji characters of DKM as the fourth symbol in its curriculum (Level III) knowing that it is not a part of Dento Reiki. It is used in Gendai Reiki Ho because it generates a high resonance effect with the sacred vibration and connects one with the Universal consciousness and brings this Light to our consciousness.

**WLR:** Some have said that the original purpose of Usui Reiki was for spiritual development, but that Usui Sensei eventually changed its purpose into a system of healing. How accurate is this statement? Could you clarify what the original purpose of Usui Reiki was and how it developed from the beginning to the present as practiced by the Usui Reiki Ryoho Gakkai?

**HDS:** Some groups claim that Usui Reiki Ryoho was intended to cure disease, as the Japanese word “Ryoho” literally means the curing therapy. If so, Usui Reiki Ryoho would have been just another one of the treatment therapies that existed before Usui Sensei. Usui Sensei said, “I have never studied any methods for disease treatment.” He also stated, “Usui Reiki Ryoho makes us fit and well, moderates our thought and enhances one’s joy of life.” and “Usui Reiki Ryoho heals Kokoro [mind and spirit] first, and then makes the body strong and healthy.” These statements of his clearly mean that he did not give first priority to curing disease. Usui Sensei wrote two descriptive statements that introduce Go-kai The Five Precepts: “Shofuku no Hiho” “The secret method to invite happiness” and the second one, “Manbyo no Reiyaku” “The miraculous remedy/elixir for all diseases” that follows it. In this way he indicates that the ultimate goal of Usui Reiki Ryoho is to become happy and that we enter this happy state by becoming healthy through hand healing. Gendai Reiki Ho summarizes these two titles as one: “The way to health and happiness.” The point to remember is that Go-kai shows the same method for both happiness and health.

Usui Reiki Ryoho started from Usui Sensei’s quest for the purpose of life. Healing and spiritual development are both like wheels that run one car, Usui Reiki. The axle that connects the wheels is the resonance with Reiki. However, at a time when most people in Japan were too poor to see a doctor or to buy medicine even if they were seriously sick, it was rather difficult to preach to them that they should understand Anshin Ritsumei (the purpose of life). Considering this social circumstance, Usui Sensei awakened public interest by using the name of “Reiki Ryoho” (medical treatment by Reiki) because the generic use of the word reiki (not necessarily connected with Usui Sensei) for healing was becoming popular at that time. Then he taught spiritual development to those who reached a certain level. He never changed the purpose of Usui Reiki Ryoho over the course of time.

**WLR:** Please explain the special spiritual training Usui Sensei provided for those students who were ready for the Shinpiden level. Can you explain what that training consisted of and how long this training lasted for each student?

**HDS:** Usui Sensei had no standard curriculum, and the length of time of the training depended on the spiritual progress of each student. It is said that he gave one-on-one lectures mainly on the right mental attitude needed for spiritual advancement based on his own experience. As it was personal, only fragmentary notes of his words written by his student have been found. The note says:

“Everything in the Universe possesses Reiki without any exception.” “We humans hold the Great Reiki that fills the Great Universe. The higher we raise the vibration of our own being, the stronger the Reiki we have inside will be.” “The Natural Law of the Great Universe and each human spirit as a small universe must be constantly united and exist as One.” “The Universe exists in me, and I exist in the Universe.” “Komyo exists in me and I exist in Komyo.” [Komyo is the light of enlightenment.] “Everything in the universe is produced and developed by the magnificent Reiki that fills the Great Universe. Humans are a microcosm that takes the Great Spirit from macrocosm; everyone holds a part of this Great Reiki in his body. Therefore, we must always try to cultivate spirituality so that we can receive as much Great Reiki of the Universe as possible.” “The training according to the Natural Law of this whole world develops human spirituality. When you are convinced of this Truth, your committed training brings about the unification with the Universe. The words you speak and the actions you take become one with the Universe and they effortlessly work as the absolute limitlessness. This is the true nature of being human.”

**WLR:** Can you give a more elaborate description of Anshin Ritsumei, the state of consciousness Usui Sensei received on Kurama Yama.

**HDS:** While experiencing a variety of occupations over the course of his life, Usui Sensei pondered the question as to whether there was a purpose of life and if there was, what was it. After a long quest, he came to the conclusion that the purpose of life was to become happy and happiness meant the attainment of the state of Anshin Ritsumei. He recognized Anshin Ritsumei as follows: “We humans are given life and a mission from the Universe.

# Interview With Hiroshi Doi Sensei

## Part I

By William Lee Rand

When it gives us life and a mission, it can never impose illness or misfortune on us. Regardless of what happens in life, we should trust the Universe and keep a peaceful mind state in order to accomplish our mission. This is the purpose and meaning of life.” Though he logically comprehended what it should be, he was often perturbed by anger or fear in actual life. To experience that perfectly peaceful mind state, he practiced Zen meditation at a temple in Kyoto for three years. But it did not give him the true experience. He thought that he would not deserve to live any more if he could not attain the meaning of life. So he climbed Mt. Kurama for meditation and fasting with the readiness to die. He gradually felt that the Reiki inside him and the Reiki surrounding Mt. Kurama were vibrating with each other and that the vibration became stronger day by day. At midnight of the 21st day, a thunder-like shock hit him on the top of his head, and he lost consciousness. Then in the pre-dawn hours, he woke up to find himself filled with an amazing refreshment he had never felt before. “I am the Universe, the Universe is me!” It was the actual feeling of his soul in perfect resonance. Finally he was in the mind state he had longed for. It is said that from then on, he always kept that peace in his mind.

As he came joyfully down from the mountain, he tripped over a tree root and broke the left big toenail. He instinctively put his hand on it and it was cured immediately. This was the first of many healing experiences that occurred unexpectedly. He soon understood that healing took place through the resonance between his inner Reiki and Reiki of the Universe. He also recognized that the Universe had given him a mission to invite many people to find Anshin Ritsumei, the purpose of life, by way of a particular kind of hand healing. He named the method Shinshin Kaizen Usui Reiki Ryoho and established the Usui Reiki Ryoho Gakkai in Tokyo to provide both healing and training sessions for the general public.

**WLR:** To what extent was Usui Sensei able to help the Shin- pi-den students attain Anshin Ritsumei?

**HDS:** It seems that he tried to create a certain and quick system to foster spiritual development for more people as he knew he would pass on soon. Many of them are said to have reached or nearly reached Anshin Ritsumei by studying with Usui Sensei. But I think that he was not satisfied with the personal lecture system as it could guide very few people to the purpose of life, to Anshin Ritsumei. Personal lectures are not always a guarantee of transmitting knowledge: they can be an effective method only if taught by the right person in the right way; thus its results will vary according to the instructor’s competence and the student’s readiness. I think Usui Sensei thought that he should provide a certain system and showed Ushida Sensei how to carry it out, as he put his trust in him. The system Usui Sensei handed down simply advised that one must have the right recognition of basic consciousness, that one must repeatedly engrave it into the subconscious mind and that one must enhance its resonance with the Universe. For this purpose, what Usui Sensei taught was based on a healing practice in which the student should strive for the unification with the Universe through regular practice of Go-kai and Hatsurei-ho, through reading the Gyosei of Emperor Meiji and through attendance at Shuyo-kai.

**WLR:** I understand that this special training was discontinued after Usui Sensei passed. Can you explain why it wasn’t continued?

**HDS:** Usui Sensei’s special lecture greatly strengthened and enhanced many of the Shinpiden practitioners’ spirituality. Furthermore, he seemed to try to create a certain and quick system to foster spiritual development for more numbers of people as he knew he didn’t have a lot of time left in this life. I think he mentored the Shinpiden practitioners so that the training would contribute to the spiritual advancement not only for the Shinpiden practitioners but also for the rest of the Gakkai members. If Usui Sensei had intended to lead just a small cadre of elites to Anshin Ritsumei, he would not have needed to give them the responsibilities of board member and instructor. The lecture provided only to Shinpiden practitioners was discontinued after Usui Sensei passed. I think it is much more natural to understand that this decision came about because they acknowledged Usui Sensei’s intention that they must simply develop what they had learned with him.

**WLR:** You also explain that after Usui Sensei passed, the Gakkai offered no additional training for Shinpiden level - that it is honorary only, but does require those at this level to accept the responsibility of teaching others, managing the Gakkai and adding the finishing touch to the Okuden practitioners healing treatments. It is also understood that those who are offered and accept the Shinpiden level do not teach Reiki outside the Gakkai. Can you elaborate on the Shinpiden level and give any additional details that may be important for us to know.

**HDS:** After Usui Sensei passed away the Shinpiden level changed and the healing practice became a method to directly encourage spiritual advancement. The main responsibility of the Shinpiden today is to instruct the members as Shihan. They do not have to add the finishing touch to Okuden practitioners’ healing treatments as members of the Gakkai do not provide healing sessions to the general public any more

# Interview With Hiroshi Doi Sensei

## Part I

By William Lee Rand

They only give them to the members and their families. Now that they do not provide training sessions for the general public, the activity of the Shinpiden practitioners is limited to activities inside the Gakkai. When an organization decreases in number, the number of board members decreases as well. As a result, very few of them are serving as board members now. None of the Shinpiden, the Shoden or Okuden practitioners speak freely about Reiki outside the Gakkai like I, an Okuden member do, so I appreciate that this is my mission. The more important thing to understand about Shinpiden is that even if Usui Sensei had been alive today, it would have been very few who were assigned to his one-on-one lecture. Though the personal lecture for spiritual advancement is not available, Reiki still is the ubiquitous energy of the Universe that is available to guide and develop us. When we have this broader point of view, we can see that Usui Sensei's intention has been manifested; the system of spiritual learning that was reserved for Shinpiden practitioners has only grown up to be available for everyone to receive its benefits. We also have to remember that we can get only what we have recognized. Although you may actually have a million dollars in your bag, if you believe you have just 500 dollars, you will be limited to making small purchases. If you believe Reiki cures only the body, "your Reiki" cures only the body. I think we should appreciate that Reiki is the energy of Love that guides us to Anshin Ritsumei and through the practice of Reiki healing we increase our trust in the Universe.

**WLR:** Gendai Reiki is a combination of Usui Reiki and Western Reiki and you have explained in your book that this is a style that is better suited for modern times. Could you please explain why it is better for modern times?

**HDS:** When we see the Reiki method as "the way of health and happiness," advantages and disadvantages of Western and Dento Reiki become clear to us. Western Reiki has had a focus on collecting medical evidence because its practitioners place priority on its healing effects. Dento Reiki, on the other hand, today considers the healing practice to be more on the level of home remedies and is not so interested in the scientific examination of its effects. The attitude of Western Reiki is validated by its historical background: Hayashi Sensei had developed the healing method according to his medical perspective and Takata Sensei first used Reiki to cure her diseases. She then learned Reiki from him and provided Reiki treatments into her later years at her clinic. Western Reiki had started from these two people. So it is quite natural that it emphasizes its use for healing treatments. But it seems that the importance of spiritual advancement, which is the basic philosophy of Usui Reiki Ryoho, was not exported to the West enough.

When I spoke as a lecturer to introduce the true story of Usui Sensei and the contents of Dento Reiki at several workshops from 1999 in Vancouver to 2003 in Denmark, so many Reiki instructors wanted to know about the spiritual aspects. In that respect, Dento Reiki has a high level of spirituality regardless of whether the Gakkai members are aware of it or not.

Gendai Reiki Ho's way of health starts from the basic 12 hand positions of Western Reiki. But it is not merely a copy of the Western method. We employ the healing method in a way that encourages the healer's growth. Effective healing is important of course, but it must contribute to the spiritual development of the healer. Reiki healing heals both healer and healed at the same time. In the Go-kai, the way of happiness refers to the spiritual aspect of Reiki practice and in Gendai Reiki Ho this is developed by having as its purpose the creation of a greater resonance between one's internal Reiki and Universal Reiki through the use of various methods.

It will continue to develop its effectiveness to this end through the use of the motto: "Clear, practical and simple Reiki for daily use." I believe the combination of the healing aspect with the spiritual aspect is one of the biggest features of Gendai Reiki Ho.



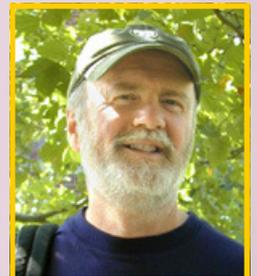
Hiroshi Doi Sensei

William Lee Rand, Founder of The International Center for Reiki Training, Master Teacher of Usui and Karuna Reiki® will visit Australia in September/October 2014 for workshops.

Do not miss out on the opportunity to attend these workshops.

**\*\*details of classes/workshops at:**

<http://www.reiki.org/ReikiClasses/AustralianReikiClasses.html>



**Membership of the Australian Reiki Connection Inc. is available to persons who have been trained and hands-on attuned (Reiki Level I, Reiki Level II, Reiki Master Level) in the Usui System of Reiki (additional criteria apply) For a copy of the ARC Membership Application form please telephone 1300 130 975 or email: [editor@australianreikiconnection.com.au](mailto:editor@australianreikiconnection.com.au)**

# The Effectiveness of Distance Reiki

*By Keith Zang*

**Reiki is a form of energetic hands-on healing that originated in Japan.**

Most people know and understand Reiki as an “in-person” form of treatment, treating everything from stress to helping to speed healing after surgery. It is increasingly being utilized in hospitals throughout the world and Reiki volunteer programs are becoming recognized as viable accompaniment programs with traditional western therapies. But what many people don't realize or have much faith in is the ability of Reiki practitioners to send Reiki energy to anyone, anywhere in the world and get great results doing so.

Reiki is considered a spiritual form of energy, but physical, tangible energy nonetheless. In our scientific society we are just now beginning to understand Reiki as a more detectable form of life force based energy, and not so much as some sort of intangible, etheric or “magical” energy. Before radio or television, to talk about such things and possibilities would have been considered impossible, fanciful, or even considered witches magic. But as the understanding of radio and television waves became understood, it soon lost all of those qualities and became firmly rooted into scientific fact. I believe that this also will begin to happen with Reiki energy. As we develop machines sensitive enough or in tune to measure and quantify it, it will lose a lot of its mystery and become firmly rooted in western and eastern medicine.

As radio and television waves can be sent over distances, so can Reiki. There is a bit of a difference with the Reiki energy, as it is more spiritually guided, and the senders and receivers are often human. But Reiki can also be used within the traditional animal-vegetable-mineral kingdoms as well as used in the spiritual realms to help lower vibrational energies achieve higher vibrational status. But for the sake of this article, I am going to concentrate on the sending and receiving from humans to humans.

Most of the evidence that exists for distance Reiki is anecdotal, but does have merit. I have been doing distance Reiki since 1998 and have done over 1000 distance sessions, many professionally. Often times I don't know anything about the person I am working with other than their name and their location on the planet. I try to keep it that way so that I am working with a clean slate, and no preconceived notions. Mutual times are arranged usually via e-mail or phone. At that time the receiver of the Reiki energies will find a comfortable place to relax, put on some soothing music, and perhaps have subdued lighting and candles. I have found this to be the most receptive state where much can be accomplished. Then a half hour or hour is spent sending the recipient Reiki energies, just as if I was there with them.

The session is done just as an in-person session would be completed, starting at the top of the head and working down to the feet on both sides of the body. Sometimes a surrogate may be used such as a human shaped doll. Envisioning the person shrunk down to smaller than normal size but in front of me is also effective. Either way can work but it is recommended for anyone starting out to use a surrogate. Any stuffed animal that has 2 arms and legs, torso and head will work fine.

The responses received after finishing the session and the subsequent writings or discussion with the client over the phone are varied and often times extremely positive. There have been many occasions when the recipient felt as if I was right next to them doing the session in person. They could feel my hands on their body, extremely warm and healing. This happens when a good connection is established with someone, and I am clearly able to discern the areas of the body that need balancing and healing. Others feel sensations such as warmth or coolness, see colours, feel light or heavy, or simply fall asleep. Sometimes after only one session the recipient feels much better and after several days of the body continuing to heal itself, the chief complaint is gone, and balance has been restored, alleviating the condition. Often times, though, several sessions may be needed to allow the body continued exposure to the energies to affect complete healing.

Throughout the many sessions that have been done, I have received feedback about complete healing of chronic back pain, old traumas, speed of healing after surgeries, deep, undisturbed sleep, relief from chronic pain, relief from side effects of chemotherapy treatments, and many other maladies. I believe that there is nothing that Reiki can't help. As it is spiritually guided life force energy, it is boundless energy, able to help mankind with any physical, emotional, or spiritual illness.

Reiki allows the practitioner to be the conduit of the energy to send it to the recipient, so that the awesome healing potential of the human body can be realized. When energy blockages are removed, and powerful Reiki energies are applied, the body can heal itself of anything. This is one reason why it works so well as an accompaniment to western medical therapies. Integration of both methods creates a very powerful healing environment.

# The Effectiveness of Distance Reiki

By Keith Zang

Distance Reiki can be utilized by anyone that has received their Reiki 1 attunement. Some people believe that it is only possible after a Reiki 2 attunement, but I have found with many of the students I have taught, that they are very willing and able to send Reiki via distance at any point in their development. As with any other skill, the more it is utilized, the better the practitioner will become.

Skills such as medical intuitiveness will come quickly to most that practice on a regular basis, especially with people whose conditions are unknown to them. The key is to relax, let the energy flow, and trust what you are feeling and seeing. After a number of sessions are completed, the practitioner will begin to feel different areas of dis-ease within the recipient's body, and will begin to recognize the areas that need work the most.

For some, this intuitiveness will be developed to fully scan and instantly know the areas that need the most attention just as the practitioner/recipient connection has been made. Time and distance are no longer a factor to help others with their healing. With distance Reiki, wonderful results can be attained. It can be done anywhere, and at any time. Mutual times do not need to be set up, but it is important to get permission from the person either verbally, or through their higher spiritual self before sending the Reiki energies. Practice is the key. The more it is practiced, the better the practitioner will become as their talents develop. Intuitive listening and trusting is a key part of the distance session. Also, as with in person sessions, distance sessions can deplete your energies; replacing those energies is also important for longevity and health of the practitioner. Meditation and exercise can help replace those energies so that more distance work can be accomplished with maximum efficiency.

If you are a Reiki practitioner, trust your abilities as you trust in the source of those energies. The creator has given mankind this gift for unlimited healing, no matter what the physical distance between the practitioner and the recipient.

Keith Zang is the author of "Touching The Light" [2005]. He owns and operates the Moonglow Enlightenment Center in Elma, WA. [www.moonglowonline.com](http://www.moonglowonline.com) as a Reiki Master/Instructor, spiritual medium and metaphysical practitioner. Keith is also the Community Health Director for the Quinalt Indian Nation and Faculty member and Masters student at the College Of Metaphysical Studies. He can be contacted at [relax@moonglowonline.com](mailto:relax@moonglowonline.com). This article is copyrighted 2004 by Keith Zang

## Distant / Absent REIKI Healing

Any person can have a healing request placed in the **ARC Distance/Absent Reiki Healing Book** at any time by going to <http://www.australianreikiconnection.com.au/AbsentHealing/> and adding their name or the name of a friend/family member to the list.

Whereas Reiki Distance/Absent healing will always work for the highest good of the individual it may be of greater benefit if indication is given as to what the healing request is for.

Distant/Absent Reiki Healing will be sent to you or your loved ones by Reiki Practitioners in association with ARC normally on Thursday nights at 9pm, and at other times as appropriate and required. Please ensure that you have gained permission from the recipient to have their name placed in the Healing Book.

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# Advances in INTEGRATIVE MEDICINE - AIMED

- A New Journal announcement - Editors: Dr Lesley Braun & Dr Lily Thomas

**Hello from the new journal, *Advances in Integrative Medicine (AIMED)* .....**

*Advances in Integrative Medicine (AIMED)* begins a new chapter in what has been an evolving journey over the last 20 years in producing an evidence based journal supporting the field of Integrative Medicine. From early days and the *Journal of the Australasian Integrative Medical Association* founded by Dr. Vicki Kotsirilos on a simple paper platform to the development of the *Journal of Integrative Medicine*; we have certainly come a long way.

*AIMED* takes another leap forward with a peer reviewed journal, a highly respected international editorial board and the backing of Elsevier. Our aims are high, to develop a multi-society international journal that strengthens the foundations upon which the integrative medical practitioner bases his or her clinical application.

Medical science has many facets, however, it is ultimately within the clinic environment that we need to have the most up to date information regarding the efficacy and tolerability of integrative medical modalities in order to maximise outcomes in health and happiness in our patients. With this in mind, the focus of the journal is the clinic; our intent is the provision of evidence based patient relevant findings rather than animal or *in vitro* research.

Of course, the most important definition for our journal is *What is Integrative Medicine?*

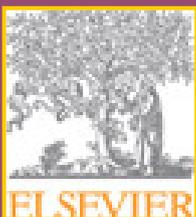
"Integrative Medicine is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, health care professionals and disciplines to achieve optimal health and healing." Developed and Adopted by The Consortium of Academic Health Centres for Integrative Medicine, May 2004 Edited November 2009.

Integrative Medicine aims to provide patient centred care in treating the whole person within a dynamic, open and honest patient-practitioner relationship. It is critical to emphasise that Integrative Medicine is a blending of therapies as is most appropriate. Integrative Medicine does not seek to polarise itself within alternative paradigms, rather, it seeks the optimal timely care for the individual, where ever that may lie.

In many ways the engagement between a journal and its readers reflects this practitioner-patient relationship. The reader may choose to simply read the journal as a passive recipient and will certainly benefit from the content. However, the reader may also become an active contributor, by participating in the growth of the journal with active engagement in its content.

Of course, we strongly encourage the latter course and as such, we invite you to note the many forms of content that we have in *AIMED* and consider how you may contribute to the evolution of Integrative Medicine. With this in mind, *AIMED* encourages all forms of contribution including clinical research, case reports and series, debates, position statements to guide practice and discussion pieces.

So there will be a lot to digest in our new journal and we are certain that you are looking forward to the next step in the development of Integrative Medicine literature.



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