

A Glossary of Reiki-related Terms

by

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A

Advanced Reiki Training (ART)

Sometimes referred to as Level 3a, or as Master-Practitioner Level. In *Usui/Tibetan Reiki* the common Level 3 is separated into two parts. ART, i.e. Level 3a focuses on 'personal mastery' and incorporates 'non-traditional' elements such as *Reiki (crystal) grids*, *Psychic Surgery*, *Reiki Guide Meditations*, *healing attunements*, the *Antahkarana* symbol, and meditation on the *Reiki symbols*. At this level the student receives the Level 3 ('Master' level) attunement, but is not instructed in the process of passing attunements to others.

Ai-Reiki

The state of being in harmony with *Reiki*

American Reiki Association, Inc.

An association founded in 1980 by Barbara Weber Ray and *Takata-Sensei*. It has since changed its name to *The Radiance Technique International Association, Inc. (TRTIA)*.

Anshin Ritsumeji (also: Dai Anjin)

- a state in which ones mind is totally at peace - not bothered by anything - and in which one perceives one's life's purpose

Antahkarana

A 'non-traditional' Reiki symbol, the *Antahkarana* is a cube symbol, with an 'L' shape on each of its surfaces. The *Antahkarana* is claimed to be a symbol of Tibetan origin, but there does not seem to be any proof of this. *Antahkarana* is said to be a panacea for all ills.

Aoki, Huminori (or Fuminori)

Huminori Aoki is Chairman of the Nagoya Reiki Lab (formerly the "Human & Trust Institute"), where he teaches his own form of Reiki, known as: *Reido Reiki* (Spirit Movement Reiki), a system which attempts to unite Western and Japanese Reiki Traditions. He is also the author of the book: "The Reiki Healing".

Attunement (also: Initiation or empowerment)

The central focus of each Level or Degree - The sacred process performed by a Reiki Master (Teacher) essentially re-patterns or recalibrates the students etheric field & subtle energy centres, enabling them to interact with the phenomenon that is Reiki. Called *denju* in Japanese.

B

Beaming

A non-contact method of giving Reiki treatment. Differs from *distant treatment* in that the client is actually present (i.e. within line-of-sight). The practitioner stands a short distance from the client and 'beams' or projects Reiki to them

'Blue Book'

Written in 1985 by Phyllis Lei Furumoto (Takata-sensei's granddaughter) and Paul Mitchell of the *Reiki Alliance*, the 'Blue Book' includes historical information concerning Reiki as presented by *Hawayo Takata*, info on the *Reiki Alliance*, etc and several photos including one Usui sensei, Hayashi sensei, Takata sensei and Phyllis Lei Furumoto.

Blue Kidney Breath

See: *Breath of the Fire Dragon*

Breath of the Fire Dragon

A special breathing technique used in *Raku Kei Reiki*. A variation of this practice, used in *Tera Mai*, is referred to as the *Violet Breath*. Yet another version is called the '*blue kidney breath*'

Byogen Chiryō-ho

'Treating the root cause of a disease' [byō (disease) gen (root/origin) chiryō (treatment)] - a technique similar to Genetsu-ho

Byosen Reikan-ho

Also simply called *Byosen*. A Reiki technique in which the practitioner moves their hands through the client's aura/energy-field, sensing for energetic fluctuations - in particular, the 'energetic sensation' perceived at areas of dis-harmony or dis-ease. Referred to as 'Scanning' in 'western' Reiki styles.

However, *Byosen* is not solely concerned with energetic fluctuations. It is also about intuition or inspiration. The 'Reikan' part of the name is often translated as inspiration; though, in its deepest sense, Reikan refers more specifically to 'spiritual intuition' - i.e. what we would probably understand better as 'psychic sensitivity'.

C

Chakra Kassei Kokyō-ho

Chakra-activating breathing method from *Gendai Reiki Ho*

CKR

See: *Choku Rei*

Choku Rei (or: Chokurei)

Name of the first of the four Usui Reiki symbols. Commonly called the 'Power' symbol in Takata-lineage Reiki (*Usui Shiki Ryōho*). In some Japanese lineages the symbol is commonly called the 'Focus' symbol'.

Takata-Sensei translated Choku Rei as 'put the [spiritual] power here', yet it can also translate as something akin to: 'in the presence of the Spirit(s)' or even as 'Direct Spirit'

Chuden

'Second / Middle (*Chu*) Teaching (*Den*)'. In some styles of Reiki, a level of training between *Shoden* and *Okuden*

Chu Tanden (see: *Tanden*)

An energy 'centre' or area located deep inside the chest.

Crystal Grid

A particular geometrical layout of crystals that have been charged with *Reiki*, designed to continually emanate therapeutic or protective influence.

D

Dai Ko Myo

Name of the last of the four Usui Reiki symbols. Commonly called the 'Master' symbol in Takata-lineage Reiki (*Usui Shiki Ryoho*).

The 'symbol' is actually the words Dai, Ko, & Myo written in *kanji*, and name literally means: 'Great Shining Light' - signifying 'Enlightened Nature' or 'the Radiant Light of Wisdom' - the Radiance of a Deity (Buddha, Bodhisattva, 'Vidyaraja', etc) - the manifest expression of the Light of Wisdom: the means by which illumination "dawns on us."

Dai Shihan (see: *Shihan*)

A term used (in some Japanese Reiki styles) to denote a level above that of *Shihan* (teacher/master). In these styles, one must attain the level of *Dai Shihan* in order to be allowed to initiate students to *Shihan* level. *Dai Shihan* is sometimes translated as 'Grand Master'.

Dashu-ho

Another term for *Uchite Chiryō-Ho*

Den

'Teachings' - this term is found in the titles of the grades or levels used in *most Japanese Reiki* traditions - e.g. *Sho-den*, *Oku-den*, *Shinpi-den*

Denju (see: *Attunement*)

'Initiation' - the 'Western' style Reiki attunement process used by *Takata-Sensei*. *Denju* refers to 'initiation' in the fullest sense of the word - including the energetic 'attunement', but also the *teachings* accompanying it.

Dento Reiki (-*Ryoho*)

'Traditional Reiki' - a term used by some to indicate *Usui Reiki Ryoho*

Distant Attunement

The (non-traditional) practice of performing a Reiki attunement on a student who is not physically present at the time. Most 'Japanese' styles of Reiki - e.g. *Gendai*, *Komyo*, *Hekikuu*, etc do not condone the practice of distant attunements (*denju*) or distant *reiju*. As *Kenji Hamamoto* – founder of *Hekikuu Reiki* says:

"To effectively assist the student to awaken to Reiki, the teacher needs to be present, needs to be able to watch for the physiological signs that the process is actually unfolding; to receive tangible energetic feedback. It would be disrespectful to the student to merely raise the hands at a distance, take their money, and hope."

Distant Symbol

See - *Hon Sha Ze Sho Nen*

Distant (also: Remote) Treatment

Process of performing a Reiki treatment for a client who is not physically present at the time.

DKM

See: *Dai Ko Myo*

Do

A (philosophical or spiritual) 'Path' or 'Way'

Dojo

'The Place of the Way' - while commonly used to refer to a Martial Arts Training Hall, the term originally referred to a place for Meditation and the pursuit of Spiritual Discipline. Usui sensei's Training Centre was referred to as a *dojo*.

Dumo

'Tibetan' Master Symbol' - as used in *Raku Kei Reiki* and several other modern styles of Reiki

E

Eguchi te-no-hira Ryoji

A hand/palm healing modality developed by *Toshihiro Eguchi*

Eguchi, Toshihiro

A friend and student of Usui Sensei, in 1930 Toshihiro Eguchi published: *Te-no-hira Ryoji Nyumon* (An Introduction to Healing with the Palms) and later, in 1954: *Te-no-hira Ryoji Wo Kataru* (A Tale of Healing with the Palms of the Hands).

Empowerment

See: *Attunement*

'Energy Exchange'

The concept that client (or student) must give something to the Practitioner/Teacher in recompense for the gift of treatment (or attunement) – as a sign of their appreciation, and also as an acknowledgement of the value of the Reiki gift. This can be a payment in cash or 'kind'. Originally intended to invoke the healing emotion of *Kansha* (gratitude) in the recipient, unfortunately some money-oriented Reiki folk now use this as an excuse for charging high fees.

Enkaku Chiryō-Ho

'Remote (Distant) Healing Method'

F

Finishing Stroke (also: Nerve Stroke)

Usui Shiki Ryoho Level 2 technique; essentially the same as Ketsueki Kokan-Ho

Fire Serpent

A symbol used in *Raku Kei Reiki* and several other modern styles of Reiki. Said to represent the kundalini energy residing in the spine. Also known as Nin Giz Zida

Fukuju (or: Fuku Ju)

A phrase used by some as the jumon (mantra) for the mental-emotional symbol. Also the name of a well-known brand of Sake!

The phrase translates as: "a long & happy Life" or more loosely: "Cheers!"

Furumoto, Alice Takata

Takata sensei's daughter. Alice was responsible for compiling the '*Gray Book*' after Takata sensei's death. She was also the mother of *Phyllis Lei Furumoto*.

Furumoto, Phyllis Lei

Takata sensei's granddaughter and co-holder of the Office of *Grandmaster* of the Reiki Alliance

G

Gainen

'Concepts' – a term used in *Usui-do* to refer to the Reiki Principles/Percepts

Gakkai

A 'Learning Society' - such as the *Usui Reiki Ryoho Gakkai*

Gassho

A ritual gesture formed by placing the hands together in a prayer-like position in front of the mouth - the fingertips at a level just below the nose. 'Gassho' implies recognition of the oneness of all beings. This gesture is also used to show reverence to Buddhas, Bodhisattvas, Patriarchs & Teachers

Gassho Kokyu-Ho

'Gassho Breathing Method' - the practice of 'breathing' through the hands while in the *Gassho* position

Gassho Meiso

Gassho Meditation

Ge Tanden (see: *Tanden*)

Another term for the: *Seika Tanden* - an energy 'centre' or area located deep inside the *hara* (belly/abdomen).

Gedoku-Ho

Detox technique - one hand is placed at *seika tanden*, the other on the lower back at approximately the same level.

Gendai Reiki Ho

'Modern Reiki Method' - modern form of Japanese Reiki created by Hiroshi Doi - combines some traditional Usui teachings & techniques with teachings & techniques from other energy-healing arts

Genetsu Ho

Technique used to reduce high temperature / bring down a fever

Gokai

The Five Reiki Principles / Precepts / Ideals

Gokai Sansho

Recitation of the Five Reiki Principles / Precepts (*sansho* here refers to 'three times')

Gokui Kaiden

Teacher Level in the *Gendai Reiki Ho* system of Reiki

'*Gray Book*' ('*Grey*' *Book*)

Compiled by Takata sensei's daughter, *Alice Takata Furumoto*, in 1982. The '*Gray Book*' (*Grey Book*) – more properly called '*Leiki: a Memorial to Takata-sensei*' was presented to Takata sensei's master level students, and amongst other things included extracts from Takata sensei's writings, a copy of her Reiki certificate, (notarized in Hawaii), and a copy of Hayashi sensei's *Ryoho Shishin*

Grand Master (see: *Dai Shihan*)

A title created by the *Reiki Alliance* to refer to the head of the organization. Alternatively, a loose translation of a term (used in certain Japanese Reiki styles) for one authorised to initiate Reiki 'Masters'

Group Reiki

See: *Shu Chu Reiki*

Gumonji ho

The Morning Star meditation. It is claimed by some that Usui-sensei was undertaking this particular Buddhist meditation when he received the 'Reiki experience' on Kurama Yama. [There is however nothing to support the claim.]

Gyosei (Also: Meiji Tenno Gyosei)

Poetry penned by the Meiji *Tenno* (Emperor), about 125 of which are recited / sung at meetings of the *Usui Reiki Ryoho Gakkai*.

[These poems are in a style known as *waka*]

Gyoshi-Ho

'Gazing Method' - technique of healing with the eyes

H

Hado Kokyu-Ho

Breathing technique which involves intoning the sound 'Haa' while exhaling. Used for inducing relaxation; said to raise ones vibrational levels and enhance functioning of the immune system.

Hado Meiso Ho

Hado-breath meditation (a *Gendai Reiki Ho* technique)

Hamamoto, Kenji

Originally based in Sapporo, Japan, Kenji Hamamoto currently in South Korea where he teaches *Hekikuu (Azure Sky) Reiki* - his personal 'understanding and expression' of the therapeutic art, based on almost two decades of practice. Hamamoto-san's initial Reiki training was with *Mieko Mitsui* (who also taught Reiki to Hiroshi Doi and *Toshitaka Mochizuki*). He then studied *Usui Shiki Ryoho* via apprenticeship with the *Reiki Alliance*. Later, he trained in *Reido Reiki*, and has, over the years, studied with a number of other Japanese Reiki Teachers.

Hand Positions

In the different styles of Reiki numerous different sets of hand placement positions are used in giving Reiki treatment. Some sets have as many as twenty positions, and some as few as five.

Hanshin Chiryō-Ho

'Half-body Treatment Method'

Hanshin Koketsu-Ho

'Half-body Blood-purifying Method' - a version of *Ketsueki Kokan-Ho*

Hara

'Belly' - the extended area between the top of the pubic bone and the base of the sternum. In Japanese thought, hara is the seat of the individual's ki - their vital power.

Hara Chiryō ho

See: *Tanden Chiryō Ho*

Hatsu-rei-Ho

Generate/[Invoke] (Hatsu), Spirit (Rei), Method (Ho) - a set of primarily *Ki-jutsu* techniques which Usui Sensei is said to have taught as an aid to self-development. However there is a good possibility that Hasurei-Ho was originally intended to be used *solely* as a ritual during which the student received *reiju*.

Hayashi, Chie

(Born 1887) Wife of *Chujiro Hayashi*, Chie learnt Reiki from her husband, receiving the master Level attunement somewhere around 1936/7.

Hayashi, Chujiro

(1880 – 1940) retired Commander, Japanese Naval Reserve, Medical Doctor, and student of Usui sensei. In 1930, Chujiro Hayashi began to modify his approach to Reiki (presumably to bring it more in line with his own understanding of clinical methodology/practice) and went on to establish the *Hayashi Reiki Ryoho Kenkyukai*.

Hayashi Reiki Ryoho Kenkyukai

Hayashi Reiki Treatment Research Association. Founded in 1931 by Chujiro Hayashi. After Chujiro Hayashi's death, his wife, Chie took over the running of the Hayashi Reiki Ryoho Kenkyukai clinic

Healing Attunements

An attunement process which unlike a normal Reiki initiation/attunement, is said not awaken the permanent Reiki ability within the individual, but rather is believed to enhance the healing process.

Healing Crisis (also: Kōten Hanno)

A temporary, cathartic or abreactive response which *some* individuals may experience as part of the healing process. (Many people never experience this at all)

'*Healing Space*', *the* (see: '*Holding the Healing Space*')

Hekikuu Reiki

Hekikuu ('Azure Sky') Reiki is the name given by *Kenji Hamamoto* to his personal 'understanding and expression' of the therapeutic art, based on almost two decades of practice. Hekikuu Reiki strongly informed by elements of Japanese 'Folk Spirituality'.

Heso Chiryō-Ho

Acupressure-type energy-balancing technique applied to the navel with middle finger. Considered to have a beneficial on the kidneys

Hibiki

'Reverberation' - sensation in the hands, the nature of which can indicate the presence and status of a dis-ease

Hikari no Kokyu-Ho

'Breath of Light' Method - a variant of *Joshin Kokyo-Ho*

Hikkei

'Companion' - a handbook or manual

Ho

'Method' or 'Technique'

Ho

A term used in *Gendai Reiki* to refer to the *Reiki Symbols*

'Holding the Healing Space'

Term referring to the whole process of facilitating the client's 'opportunity for healing' - the creating and maintaining ('holding') of a suitable environment - not so much the *physical* environment as the *emotional* and *energetic* 'environment': a safe and relaxing psychological 'inner space' in which the individual can heal themselves with Reiki's assistance

Hon Sha Ze Sho Nen (or: Hon Ja Ze Sho Nen)

Name of the third of the four Usui Reiki symbols. Commonly called the 'distant' symbol in Takata-lineage Reiki (*Usui Shiki Ryoho*). [However, in some 'Japanese' styles of Reiki - *Hekikuu Reiki* for example - *Hon Sha Ze Sho Nen* is not taught as a 'distant' symbol but rather as one pertaining to the mental faculties.]

This 'symbol' is actually the words: Hon, Sha, Ze, Sho, & Nen, written in *kanji* (albeit in a stylized form). While some people have sought to translate the phrase Hon Sha Ze Sho Nen 'as: "no past, no present, no future", this mantra phrase more clearly translates as: 'Correct Thought (Correct Mindfulness) is the essence of Being'

HSZSN

See: *Hon Sha Ze Sho Nen*

I

Ibuki Ho

Breath technique

Inamoto, Hyakuten

Hyakuten Inamoto, an 'independent' Buddhist Priest, learnt *Jikiden Reiki* from *Chiyoko Yamaguchi*, and now teaches what he calls *Komyo Reiki*.

Independent Reiki Masters

A term originally coined to refer those masters who did not belong to either *the Reiki Alliance* or the *American Reiki Association, Inc*, but rather preferred to 'go their own way'.

In-Yo

Equivalent of the Chinese Yin-Yang

J

Jaki Kiri Joka Ho

Technique for 'energetic cleansing' of inanimate objects.

NOT to be used on living things: people, plants or animals

[This technique seems to be derived from a more involved practice called the 'Ki Barai']

Japanese Reiki (see also: *Western Reiki*)

Term intended to refer to styles of *Reiki* which have evolved in Japan - as distinct from those based on the *Usui Shiki Ryoho* teachings of *Takata sensei* (several of which have been imported into Japan from the West). However the lines become somewhat blurred as several styles of *Reiki* classed as 'Japanese' [i.e. Vortex, Reido, Gendai, Komyo, Shinden] are actually a blending of both 'Japanese' and 'Western' teachings and practice.

Jikiden Reiki

'Original Teaching' or 'Directly Taught' *Reiki* - Japanese *Reiki* System now taught by Tadao Yamaguchi whose mother, *Chiyoko Yamaguchi*, was a student of *Chujiro Hayashi*

Jiko Joka Ho

A *Gendai Reiki Ho* self-purification practice

Jisshu Kai

Training/Practice Meetings

Jo Tanden (see: *Tanden*)

An energy 'centre' or area located in the middle of the head between the eyes

Joshin Kokyo-Ho

Cleansing Breathing technique used to stimulate, strengthen and purify the flow of *Reiki* (- a variant of *Hikari no Kokyu-Ho*) - a component of *Hatsurei-Ho*

Jumon

A 'Spell' - a Mantra or Sacred Invocation. Term commonly used to refer to the name accompanying each *Reiki* symbol (e.g: Choku Rei, Hon Sha Ze Sho Nen, etc.) indicating that the name is also the symbol's mantra. However, in some schools/styles of *Reiki*, some of the symbols have been given an alternative name, and also a separate *jumon* (mantra) which is intoned in place of the symbol name.

K

Kaicho

A president / chairman - title of the leader of the *Usui Reiki Ryoho Gakkai*

Kami Tanden (see: *Tanden*)

An energy 'centre' or area located in the middle of the head between the eyes

Kanji

Chinese characters used for writing Japanese

Kanboku

A term used to indicate the Reiki symbols by Yuji Onuki - a student of *Toshihiro Eguchi* [see also *shirushi*]

Kantoku

Illuminating visionary mystical state - brought about by practice of strict ascetic mystical disciplines including fasting, isolation, meditation & the use of incantation and mudra-like techniques

Karuna Ki

'Compassionate Heart Energy'. A Reiki style developed by Vincent (Vinny) Amador based on *Tera Mai* and *Karuna Reiki*, with additional elements based on *Raku Kei Reiki* practice

Karuna Reiki

Style of Reiki developed by William Lee Rand and the International Center For Reiki Training, based primarily on *Sai Baba Reiki*

Kenyoku-Ho

'Dry Brushing Method' - essentially an aura-cleansing technique - a component of *Hatsurei-Ho*

Kenkyu kai

Term for meetings held by the *Usui Reiki Ryoho Gakkai*

Kenzon no Gebri

'Health Principles' - title of a book by a Dr. *Bizan* (or *Miyama*) *Suzuki*. A 1915 edition of this book includes the admonition:

"Just for today, do not anger, do not fear, work hard, be honest, and be kind to others."

This is almost certainly the direct source of Usui Sensei's Five Reiki Principles or *gokai*

Ketsueki Kokan-Ho

'Blood Exchange Technique' - actually refers to a blood-cleansing technique. A version used in 'western' style Reiki is often called the 'Finishing' or 'Smoothing' technique or 'Nerve Stroke'

Kihon Shisei

(Foundation / Standard Posture) Refers to the starting position in *Hatsu Rei Ho* - ideally, sitting in traditional Japanese *seiza* posture, eyes closed, with attention focussed in the *seika tanden*

Ki-jutsu

'Energetic Arts' - Collective term for Japanese disciplines concerned with the development, strengthening and refinement of 'Ki'

Kikai Tanden (See: *Tanden*)

Another term for the: *Seika Tanden* - an energy 'centre' or area located deep inside the *hara* (belly/abdomen).

Ki Ko

A (modern) Japanese name for the Chinese Art of Chi Gung (Qi Gong)

Kiriku

Pronounced somewhere between: k'rik and k'lik - the 'spiritual emblem' of Amida Butsu, and probable origin of the second of the four Usui Reiki symbols - *Sei Heiki*

Koketsu-Ho

'Blood-purifying Method'

Koki-Ho

'Exhalation (Koki) Method' - technique of healing with the breath
[note: not the same as *koki* ('second term') as used in *Okuden-koki*]

Kokiyu-ho

Breath-empowerment method. A *Usui Shiki Ryoho* technique used to empower the breath when giving attunement. Sometimes referred to as 'sweetening the breath'.

Kokoro

Heart, Spirit, Will, Mind

Kokyo-Ho (or: *Kokyu-ho*)

Breathing techniques for development, strengthening and purification of ki

Komyo Reiki

Style of Reiki developed by *Hyakuten Inamoto* - based on *Jikiden Reiki*, which Inamoto learned from *Chiyoko Yamaguchi*. *Komyo Reiki* places emphasis on personal spiritual transformation - that is: 'Satori' - through Reiki practice, and holds that Usui-Sensei's original teachings focussed on spiritual development, and that any healing that took place was merely considered a side effect to this spiritual growth.

Koriki

A 'non-traditional' symbol and mantra taught at level 1 in *Reido* (Spirit Movement) *Reiki*. *Koriki* is referred to as the 'force of happiness' or 'power of happiness'. Said to grant peace and serenity.

Koriki

A Buddhist term, referring to 'spiritual power' or 'meritous power' accrued via practice of various ritual, meditative, or venerative disciplines such as *ajikan* (meditation on the siddham 'A' character), *nembutsu* (chanting the 'Namu Amida Butsu'), *nyorai kaji*, *shugyo* asceticisms, etc, etc.

[This 'koriki' is not written in the same kanji as the 'koriki' used in Reido Reiki]

Koshin-do Mawashi

The 'Reiki Circle' method. [also called *Reiki Mawashi*]

Koten Hanno

See: *Healing Crisis*

Kotodama

'Word-Spirit' - a multi-faceted discipline originating within Shinto, a primary element of which involves the intoning of sacred sounds (both syllables and individual vowel-sounds)

Kurama Yama

Horse-saddle (Kurama) Mountain (Yama) - the Sacred Mountain where Usui-Sensei is believed to have first experienced Reiki

L

Leiki

There is no true 'R' sound in Japanese. The actual sound identified by 'R' in 'Reiki' is a sort of a blending of 'R' & 'L'. In her diaries, Takata Sensei does not write the word as 'Reiki', but rather as 'Leiki'.

'Leiki: a Memorial to Takata-sensei'

See: 'Gray Book'

Lineage (Reiki Lineage)

The list of ones 'Reiki Antecedents' – ones Reiki Teacher, ones teacher's Teacher, and so on, back to Usui-sensei

Lotus Repentance Ritual

It is claimed by some that Usui-sensei was undertaking this particular Buddhist ritual when he received the 'Reiki experience' on Kurama Yama. [There is however nothing to support the claim.]

M

Makoto no kokyu- ho

The "Breath of Sincerity" or "Breath of Truth" - a self-developmental exercise taught in some styles of Reiki with the intent of developing greater awareness of ones *seika tanden* (energy centre in the lower abdomen).

The practice, though claimed to be part of Usui-sensei's original teachings, has most probably simply been 'borrowed' from the art of Aikido at a relatively recent point in time.

Master Symbol

See: Dai Ko Myo

Matsui, Shou

Journalist, well-known playwright, drama teacher, and supporter of traditional Japanese 'Kabuki' Theatre, Shou Matsui (1870 - 1933) was one of *Chujiro Hayashi's* Reiki students. Matsui wrote what is probably the earliest surviving article on Reiki, published in the 'Nichiyoubi Mainichi' Magazine, on March 4th, 1928.

Meiji Tenno Gyosei

See: *Gyosei*

Mental-Emotional Symbol

See: *Sei Heiki*

Menkyo Kaiden

A Teacher's Licence - certification of achievement of the highest levels of proficiency in a given art. Usui sensei is said to have gained *Menkyo Kaiden* in the martial discipline of *Yagyu Ryu*

Mitsui, Mieko

Journalist and Reiki Practitioner. The first person to teach Western style Reiki in Japan, Mieko could be said to have been responsible for single-handedly sparking a Japanese 'Reiki Revival'.

Mochizuki, Toshitaka

Toshitaka Mochizuki published "Iyashi No Te" in 1995 (- believed to be the first modern day Reiki book written by a Japanese master). Mochizuki attributes some of the historical information presented in his book to an obscure Japanese book entitled "The Secret of How to Take Care of Your Family Members" by Takichi Tsukida.

Mokunen

(Focusing) an element of *Hatsu Rei Ho*

Morning Star Meditation (see: *Gumonji ho*)

Mugen Muryouju (or: *Mugen Muryo Ju*)

As part of an attempt to 're-Buddha-fy' Reiki, in some Japanese styles of Reiki the SHK symbol has been renamed to either *Muryouju* or *Mugen Muryouju*.

Muryouju is the Japanese name for Amida Butsu in his manifestation as 'Buddha of Infinite Life'. *Mugen* can refer to infinite compassion or infinite wisdom.

Muryouju (or: *Muryo Ju*)

See: *Mugen Muryouju*

N

Nade-Te Chiryō-Ho

Stimulating the flow of ki in the body by stroking with the hand

Nagao, Tatseyi

According to his daughter, Yoshi Kimura, Tatseyi Nagao was one of Takata sensei's Level 2 students. It is also claimed that he visited Japan in or about 1950 and while there took Level 3 with *Chie Hayashi* (Chujiro Hayashi's widow). On returning to Hawaii he is supposed to have begun teaching Reiki (Though none of his students have been identified). Nagao is said to have died in 1980.

Naka Tanden (see: *Tanden*)

An energy 'centre' or area located deep inside the chest.

Nao Hi

An alternative name for *Choku Rei*. Both terms have the same meaning: 'Direct Spirit'

Nentatsu-Ho

A Level 1 technique, essentially a form of 'thought-transmission' via the hands. Used to 'realign' habits. A variation of *nentatsu-ho* taught at Level 2 is called *seiheki chiryō ho*.

Nerve Stroke (also: *Finishing Stroke*)

See: *Ketsueki Kokan-Ho*

Nin Giz Zida

Another name for *Raku Kei Reiki*'s 'Fire Serpent' symbol

O

Okuden

'Inner Teachings' - Level II in some versions of the Reiki grading system. *Oku* refers to the 'inner' the depths or heart of a thing - the esoteric or secret aspect of a thing.

Okuden Koki

In Reiki systems where the *Okuden* level is divided into two parts, the suffix *-koki* ('Second Term') is added to indicate the second part.

Okuden Zenki

In Reiki systems where the *Okuden* level is divided into two parts, the suffix *-zenki* ('First Term') is added to indicate the first part.

Oshite Chiryō-Ho

'Pressing Hand' - actually, an acupressure-type technique applied with the fingertips

P

Percepts

See: *Gokai*

Principles

See: *Gokai*

Power Symbol

See: *Choku Rei*

R

Radiance Technique, The

A Style of Reiki incorporating seven Levels or Degrees, promoted by Barbara (Weber) Ray. Ray claims that *Takata Sensei* taught her this seven-degree system between 1978 and 1980.

Radiance Technique International Association, Inc.

Originally founded in 1980 by Barbara (Weber) Ray and Takata-Sensei as the American Reiki Association, Inc., the Radiance Technique International Association, Inc. (T.R.T.I.A.) considers Barbara Ray to be Takata Sensei's legitimate successor.

Raku

A symbol from *Raku Kei Reiki*. Looking like an extended 'lightning-bolt', *Raku* is used at the conclusion of the attunement process to separate the energy/auras of teacher and student. Also used in *Usui/Tibetan Reiki*.

Raku Kei Reiki

Known as "The Way of the Fire Dragon" - *Raku Kei* is the creation of Reiki master Arthur Robertson (deceased). It uses additional symbols and claims a Tibetan origin for Reiki.

Re-attunement

See: *Repeat Attunement*

Rei

To Bow - as in: *Sensei ni Rei* - bow to ones teacher(s), or, *Shinzen ni Rei* - bow to a shrine. By bowing you are expressing respect, courtesy, and gratitude - to the person, concept or spiritual being you are bowing to, and also, to yourself.

[This 'rei' is not written in the same *kanji* as the 'rei' in 'Reiki']

Reido Reiki

'Spirit Movement Reiki' -a Japanese Reiki system which attempts to unite Western and Japanese Reiki Traditions, developed by *Huminori Aoki*, Chief of the Nagoya Reiki Lab (formerly the "Human & Trust Institute).

Reiho (also: Reishiki)

Etiquette; a method of bowing

Reiho

'Spiritual Method' -as in: *Usui Reiho*: Usui Spiritual Method

Some people claim that 'Reiho' is a contraction of: 'Reiki Ryoho' (Reiki Healing Method)

This 'Reiho' is not written in the same kanji as the 'Reiho' meaning Etiquette]

Reiji

'Indication of the Spirit' - Spiritual guidance in the placing of your hands to give treatment

Reiju

Spiritual (Rei) Gift (Ju) - term for the original form of Reiki Attunement-Empowerment

Reiki

The term *commonly* used to indicate the therapeutic and self-development system created by Mikao Usui, and more specifically, the wonderful *therapeutic energy-radiance*, or *phenomenon*, which lies at the heart of this natural healing system. (However, the word 'Reiki' has, it seems, achieved generic status, being used to refer to numerous hands-on healing practices of unrelated origin.)

The term Reiki is often erroneously translated as meaning 'universal energy'. And while it *can* be translated in a simplistic sense as: 'Spiritual Energy' or 'Spiritual Feeling'; it refers more *directly* to 'Spirit', 'Spirit Force', or 'Spiritual Influence' - the *effect* of Spirit in action. In some instances 'Reiki' can be used as a term for an Ancestral Spirit. (See also: *Reiki Consciousness*)

Reiki Alliance

An organization formed in 1983 by a number of Takata-Sensei's original Reiki Masters, with the intended purpose of preserving the integrity of the *Usui Shiki Ryoho*, as presented by Takata-Sensei.

Reiki Circle (also: Reiki Current)

See: *Reiki Mawashi*

'Reiki Consciousness'

Term that speaks to the perception that, while *Reiki* is commonly (and perhaps somewhat superficially) perceived as a form of therapeutic 'ki' or energy, at a deeper level it can be experienced as a direct manifestation of Spiritual Presence. (Some believe it to be an expression of our own Spirit, some, the 'Universal' Spirit.)

Reiki Ethics

Guidelines for Reiki teachers and practitioners concerning professional conduct

Reiki (Crystal) Grid

See: *Crystal Grid*

Reiki Guides

Spirit Beings who are believed by many to attend and assist Reiki practitioners in giving treatments.

Reiki Ho

the 'Reiki Method (of healing)' - a term used by some to refer to Reiki healing in general. However, others use it more specifically to refer to *Gendai Reiki Ho*

Reiki Jutsu

Translates as 'Art of Reiki', however Reiki Jutsu is actually the name of a martial art (developed by Andy Wright) which combines elements of Reiki and Shotokan Karate!

Reiki Lineage

The chain of Reiki Teachers between any given practitioner and Usui-Sensei

Reiki-ka

A Reiki Practitioner

Reiki Marathon

See: *Renzoku*

Reiki Master

More properly 'Reiki Teacher' -someone who has not only received Master Level attunement and knows how to carry out the attunement process for all three levels, but has also taught at least one class and thus has actually attuned at least one student. Technically refers to someone who is part of a Teacher - Student (Mentor - Student) relationship

Reiki Master Practitioner

Term used in *Usui/Tibetan* styles of Reiki to indicate a person who is at the Level 3a (see: *Advanced Reiki Training*).

Reiki Master Teacher

Term used in *Usui/Tibetan* styles of Reiki to indicate a person who is at the Level 3b - i.e. they have been shown the master symbol and the methods of passing Attunement / Initiation. (see: *Advanced Reiki Training*).

Reiki Mawashi

'*Reiki Circle*'. Also: *Reiki Current* A group-based energy cycling meditation.

Reiki Ryoho Hikkei

'Reiki Treatment Companion' - a 68 page, Level 1 (Shoden) manual given to students of the Usui Reiki Ryoho Gakkai. Comprises of a Q&A section & explanation of Reiki - supposedly in Usui Sensei's own words - a healing guide (*Ryoho Shishin*), & *Waka* Poetry penned by the Emperor Meiji. The 'Hikkei' was compiled in the 1970's by Kimiko Koyama, sixth *kaicho* of the *Usui Reiki Ryoho Gakkai*

Reiki Ryoho No Shiori

'Guide to Reiki Ryoho' - the title of a document compiled by two Gakkai presidents: Koyama & Wanami, said to be given to all members of the *Usui Reiki Ryoho Gakkai*. The 'Shiori' covers the history & purpose of the Gakkai, and sets out its administrative system. It outlines the characteristics of Reiki Ryoho, deals with the how to strengthen Reiki, & includes a number of techniques such as: *koketsu ho*, *byosen*, *nentatsu ho*, etc. It also contains comments by mainstream Medical Practitioners, lists 11 of Usui-Sensei's *shinpiden* students; and instruction from Mikao Usui.

Reiki Ryoho To Sono Koka

Reiki Ryoho & Its Effects - title of a book written by Mataji Kawakami in 1919. This book was not about 'Usui Reiki Ryoho'. It seems that the term Reiki Ryoho (indicating 'Spiritual Healing') was used by several therapists, before Usui-Sensei, to describe their practices.

Reiki Shower

An aura-cleansing/replenishing technique found in some 'western' styles of Reiki

Reiki Symbols (see also: Shirushi & Kanboku)

Four 'tools' used in Reiki – According to Takata-sensei, only three are for use by practitioners as part of giving treatment; the fourth is reserved for use in passing attunements.

Reiki Un-do

A method of Reiki treatment received through spontaneous movement - albeit intentionally initiated. This technique was introduced to the *Usui Reiki Ryoho Gakkai* by the society's sixth *kaicho*: Kimiko Koyama.

Renzoku

A 'Reiki marathon', or 'relay' treatment. A practice wherein several practitioners take turns at providing Reiki in a continuous treatment session – often over many hours, even days – to a single client

Repeat Attunement (also: Re-attunement)

Takata sensei taught that an *attunement* was permanent, and it didn't 'fade', need 'topping up' or have an expiration date. But after her death, several 'western' Reiki Masters began experimenting with the idea of 'repeat attunements'. The theory supposedly being that repeating the attunement process result in a 'deepening of the quality' of the students connection to Reiki.

Ryoho

'Healing Method; (Medical) Treatment' - as in: *Usui Reiki Ryoho*: Usui Reiki Treatment

Ryoho Shishin

A treatment guide, written by *Chujiro Hayashi* - very similar in content to the healing guide in the *Reiki Ryoho Hikkei*. Hawayo Takata is known to have had this guide and gave copies to some of her students. It was also included in the 'Gray Book' compiled by *Alice Takata Furumoto*

S

Sai Baba Reiki

An early expression of the *Tera Mai* system, developed by Kathleen Milner

Saibo Kassei Ka

A cell-activating/vitalizing technique from Gendai Reiki Ho

Saihoji Temple

A Jodo (Pure Land) Buddhist temple in Tokyo. Usui sensei's remains are interred in the temple graveyard. This is also the site of the Usui Memorial stone erected by members of the Usui Reiki Ryoho Gakkai

Scanning

See: *Byosen Reikan-ho*

Seichim Reiki

Style originating with Reiki Master Patrick Zeigler, who claims to have had a mystical experience in the Great Pyramid at Giza, and also received a spiritual initiation from a Sufi order in Egypt.

Seiheki Chiryō-Ho

(A variant form of *Nentatsu-Ho*) *Seiheki Chiryō-Ho* is taught at Level 2 and makes use of symbols where *Nentatsu-Ho* does not.

Sei Heiki (or: Sei Hei Ki)

The second of the four Usui Reiki symbols: commonly called the 'mental/emotional' symbol in Takata-lineage Reiki (*Usui Shiki Ryoho*). In Japanese lineages the symbol is commonly called the 'Harmony' symbol'.

Depending on the *kanji* used to write 'Sei Heiki', the name can mean 'emotional calmness' or 'spiritual composure'

Seika no Itten

'The One Point below the Navel'. Another term for the: *Seika Tanden*

Seika Tanden (see: *Tanden*)

Concept found in traditional Japanese disciplines - martial, spiritual or artistic. The *seika tanden* (commonly referred to simply as 'the *tanden*') is an energy 'centre' or area - perceived by some to be about the size of a grapefruit - located deep inside the *hara* (belly/abdomen), *Seika* refers to 'below the Navel'

Seikaku Kaizen-ho

"Character improvement method" - alternative term for/version of, *nentatsu ho*

Seishin Toitsu

(Contemplation) an element of *Hatsu Rei Ho*

Seiza

Traditional Japanese kneeling posture, sitting back on (or between) the heels

Sekizui Joka Ibuki-Ho

Spinal Cord (Sekizui) Purification (Joka) Breath (Ibuki) Method (Ho) - a technique of 'insufflation'

Sensei

Honourific form of address - as in 'Usui Sensei', 'Hayashi Sensei', etc. Often translated as 'master' or 'doctor' but more properly 'teacher'. A person should never add 'Sensei' to their own name when introducing (or speaking about) themselves

Shashin Chiryō ho

Distance-Healing Method using a Photograph

Shihan (also *Shihan Sensei*; *Dai Shihan*)

A Teacher or Instructor. More fully: "An expert who teaches by example"
This term is used in *Jikiden Reiki* for the grade above *Shihan Kaku*

Shihan Kaku

An Assistant Teacher or Instructor. Term used in *Jikiden Reiki* for the grade above *Okuden*

Shihan Sensei

A Teacher or Instructor. Term used in *Jikiden Reiki* for the grade above *Shihan Kaku*

Shiki

'Style' - as in *Usui Shiki Ryoho*: Usui Style Healing Method

Shimo Tanden (see: *Tanden*)

Another term for the: *Seika Tanden* -an energy 'centre' or area located deep inside the *hara* (belly/abdomen).

Shinpiden

'Mystery Teachings' - Level III (Master Level) in some versions of the Reiki grading system

Shirushi

'Symbol' – see: *Reiki Symbols*; *Kanboku*

SHK

See: *Sei Heiki*

Shoden

'Elementary Teachings' - Level I in some versions of the Reiki grading system

Shu Chu Reiki (also: *Shudan Reiki*)

Reiki treatment given to a single individual by a group

Shudan Reiki

Alternative term for a Reiki treatment given to a single individual by a group

Shuyo Ho

Group practice of *Hatsu Rei Ho*

Sugano, Wasaburo

Uncle of *Chiyoko Yamaguchi* (founder of *Jikiden Reiki*), Wasaburo Sugano learned Reiki from *Chujiro Hayashi* in 1928

Suzuki, Bizan

See: *Kenzon no Gebri*

T

Takata, Alice

See: *Furumoto, Alice Takata*

Takata, Hawayo

Born Hawayo Kawamura in Hanamaulu, Kauai, Hawaii. Hawayo Takata studied Reiki with *Chujiro Hayashi* between 1935 and 1938. Hawayo Takata is the person responsible for bring Reiki to the West.

Takata, Saichi

Hawayo Takata's husband. (Died in 1930)

Takata-Sensei

'Teacher Takata' respectful way of referring to Hawayo Takata

Tanden

An energy 'centre' or area, perceived by some to be about the size of a grapefruit. *Tanden* is the Japanese equivalent of the Chinese term: Tan Tien or 'field of the elixir'. While traditional Japanese disciplines - martial, spiritual or artistic - tend to speak of a single *tanden*, located inside the *hara* (belly/abdomen) in Japan there are also several disciplines - either of Chinese origin or alternatively heavily influenced by Chinese Chi Gung philosophy - which speak of a further *two* tandens: one inside the chest at about the heart level, and one in the middle of the head between the eyes

Tanden Chiryō-Ho (Also: Hara Chiryō Ho)

A body detoxification technique (similar to *gedoku-ho*)

Te-Ate

'Hand-Treatment' - generic term for Japanese hands-on healing modalities

Te no hira Ryoji Kenkyu Kai

Palm Healing Research Society - founded by *Toshihiro Eguchi*, a student of Usui Sensei.

Tera Mai

System developed from *Reiki* and *Seichim* by Kathleen Milner with the assistance of a 'Spiritual Being' (at one time taught to be the Indian spiritual master Satya Sai Baba)

Tibetan Master Symbol

A symbol used in *Raku Kei Reiki* and other modern styles. Also known as *Dumo*, this symbol is seen as the equivalent to the *Dai Ko Myo* used in more traditional Reiki styles.

Tomita, Kaiji

Kaiji Tomita, a student of Mikao Usui, learned Reiki around 1925-6. After Usui Sensei's death, Tomita went on to establish the 'Tomita Teate Ryohokai' (Tomita Hand-Healing Association). In 1933/4 he wrote a book: *Reiki To Jinjutsu – Tomita Ryu Teate Ryoho* (Reiki & Humanitarian Work - Tomita Ryu Hands Healing).

Traditional Japanese Reiki

Style of Reiki developed by Dave King in 1995. Traditional Japanese Reiki (TJR) is based on *Vortex Reiki* as developed by Toshitaka Mochizuki, which is itself heavily influenced by *The Radiance Technique*.

Traditional Reiki

A term previously used to denote original *Usui Shiki Ryoho* practice as taught by Takata Sensei

Twenty one day cleansing process

Whereas some people may experience a *healing crisis* in response to receiving Reiki treatment, some students – on receiving attunement - may also experience similar yet less acute symptoms as their being adjusts to the changes brought about by the awakening of the phenomenon that is the Reiki ability (though many people never experience this at all). It is believed by some that this 'adjustment period' lasts for about 21 days (symbolically representative of Usui sensei's 21-day period of austerity on Mount Kurama?) and students are encouraged to self-treat with Reiki as much as possible during this time.

U

Uchite Chiryō-Ho

A Shiatsu-like patting or palpating technique

Un

A word used by some as the *jumon* (mantra) for the Reiki 'power' symbol.

Usui

A term used by many Japanese shamanic practitioners to describe 'power spots' - places where the 'veil' between this world and the World of the Spirit is thin. (Usui = Thin). However, in this instance, 'usui' -although having the same sound - is written in different kanji than the surname Usui

Usui Do

'Usui Way'. Term used to refer to Usui-sensei's original system of Spiritual Development. Also, a reconstruction of the original system, as taught by Dave King and the Usui Do Eidan.

Usui, Fuji

Fuji Usui (1908-1946) was Usui sensei's son

Usui Kai

'Usui Society'. A modern term used to refer to the *Usui Reiki Ryōho Gakkai*

Usui, Kuniji

One of Usui sensei's two brothers. It is said Kuniji was a policeman in Gifu prefecture (the area where Usui-sensei was born)

Usui, Mikao

Creator of the Usui Reiki system of healing and self-development

Usui Reiki Ryoho (see also *Japanese Reiki*)

'Usui Reiki Healing Method.' Term generally used to refer to Reiki as it evolved in Japan. Said to be closer to Usui-Sensei's original format. Utilizes *Reiju* rather than the symbol-centred attunements (*denju*) familiar in 'western' style Reiki. While generally using the term *Usui Shiki Ryoho* when speaking of Reiki, Takata sensei also occasionally used the term *Usui Reiki Ryoho*

Usui Reiki Ryoho Gakkai

'Usui Reiki Healing Method Learning Society'. While some say the society was founded by Usui-Sensei himself in 1922, it is generally accepted that the Gakkai was actually founded by Rear Admiral Juusaburo Gyuda (Ushida) and other students around 1926/7.

Usui, Sadako

Usui sensei's wife

Usui, Sanai

One of Usui sensei's two brothers. Sanai was apparently a doctor with a practice either in, or somewhere near, Tokyo.

Usui-Sensei

'Teacher Usui' respectful way of referring to Mikao Usui

Usui Shiki Ryoho (see also: *Western Reiki*)

'Usui Style Healing Method', or 'Usui-style therapy'. 'Western' Reiki as taught by *Takata-Sensei* - a system divided into 3 levels, using attunements involving the four *Reiki symbols*.

Usui Teate

Term used by some to refer to Usui-Sensei's Healing Method.

Also (confusingly) the teachings promoted by Chris Marsh and Andy Bowling as being an expression of Usui-Sensei's original *system of Spiritual Development* (as opposed to his Treatment Method). The term specifically means 'Usui Hand Treatment'.

Usui/Tibetan Reiki

Essentially a combination of Reiki as taught by Takata-Sensei and elements of *Raku Kei Reiki*. It makes use of both the standard Usui Reiki symbols and some *Raku Kei* symbols, plus numerous other 'non-traditional' elements. The third level is commonly separated into 3a and 3 b (see *Advanced Reiki Training*)

Usui, Toshiko

Toshiko Usui (1913 – 1935) was Usui sensei's daughter

Usui, Tsuru

Usui sensei's elder sister

V

Violet Breath

A special breathing technique used in Tera Mai.

The Violet Breath is a variation of the *Breath of the Fire Dragon* technique found in *Raku Kei Reiki*.

Vortex Reiki

Modern Japanese style of Reiki, developed by *Toshitaka Mochizuki*, who had learnt Western style Reiki from *Mieko Mitsui*.

W

Waka

'Japanese Song/Poem' - short poems with lines containing fixed numbers of syllables. The *Gyosei* of the Meiji Emperor are in *waka* form. [The familiar Zen haiku are also a form of *waka*]

Western Reiki

Term used to refer to *Reiki* as taught in the West by *Takata sensei*, i.e. *Usui Shiki Ryoho*, and by extension, all styles of Reiki based on *Usui Shiki Ryoho*. (see also: *Japanese Reiki*)

Y

Yagyu Ryu

Usui Sensei is believed to have achieved the high ranking of *Menkyo Kaiden* in Yagyu Ryu, a Bujutsu (Martial Arts) school focussing on the arts of Kenjutsu (swordsmanship) & Ju-jutsu (un-armed Combat) - founded by Yagyu Muneyoshi Tajima no Kami (1527-1606).

Yamaguchi, Chiyoko

See: *Jikiden Reiki*

Z

Zenshin Koketsu-Ho

'Full-body Blood Cleansing Technique' - a version of *Ketsueki Kokan-Ho*

Zuiun

While previously it was said that the *Usui Reiki Ryoho Gakkai* did not have names for the Reiki Symbols – that they simply referred to them as Symbol 1, Symbol 2, etc – it is now being claimed that they did have names for the symbols all along.

Supposedly they use the term *Zuiun* for the symbol commonly known as *Choku Rei*.

This use of *Zuiun* has also been adopted by some other schools/styles of Reiki.

Zuiun means: "Auspicious Cloud" – an omen of good luck. It is also the name of a popular brand of Japanese aloeswood incense.

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