

# The Founder of Reiki

DOCTOR MIKAO USUI



The Divine energy has been around forever. Many believe this form of energy healing was practiced in India and Tibet, hundreds, if not thousands of years ago. However since many teachings were passed orally from generation to generation, the original name and techniques were sadly lost. The rediscovery of the ancient healing arts began with the founder of Usui Reiki - Doctor Mikao Usui.

Born to a wealthy Buddhist family in 1865. Dr Usui's family were able to give their son a good well-rounded education for the time.

Dr Usui studied in a Buddhist monastery where he was taught martial arts, swordsmanship, and the Japanese form of Chi Kung, known as Kiko.

Throughout his education, Dr Usui had an interest in medicine, psychology and theology. After years of scholarship studying sacred scriptures and researching ancient cultures, he found documented evidence of channelling the Universal life force energy which prompted him to seek a method of healing using the laying of hands.

As a teacher, he was challenged by his students about his unwavering faith in the reality of the Universal healing force. It became his personal quest to be able to source this healing power as a help to mankind.

Dr Usui traveled a great deal during his lifetime. He studied healing systems of all types and held different professions including reporter, secretary, missionary, public servant and guard. Finally he became a Buddhist priest and lived in a monastery in Kyoto, Japan where he discovered a formula for contacting a higher power for healing in the Indian Sutras.

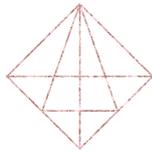
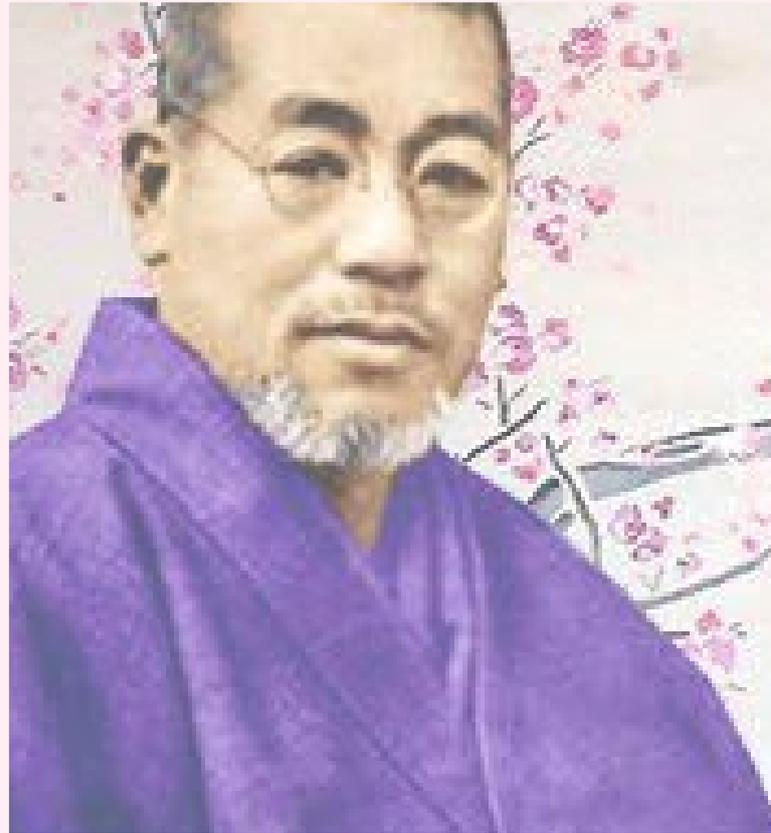


# Spiritual Awakening

DR USUI

*Fasted, Meditated &  
Prayed...*

*for 21 days* 



Initially Dr Usui didn't know what to do with this knowledge. Some time during his years of training in the monastery, Dr Usui travelled to a cave on Mount Kurama for a solitary practice.

As he walked up the mountain he gathered twenty one stones and upon reaching his destination, he placed them in a pile beside him. For twenty one days Dr Usui fasted, meditated and prayed. Each morning at sunrise he would throw away one stone. After twenty days nothing had happened.

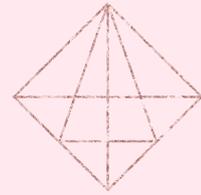
On the morning of the twenty-first day, Dr Usui experienced a spiritual awakening that would change his life forever. He was gifted with the vision of ancient Sanskrit symbols that helped him develop the system of healing he had been struggling to formulate. The Usui system of Reiki was born.

## ON THE TWENTY FIRST DAY HE RECEIVED THE SACRED SANSKRIT REIKI SYMBOLS

After his spiritual awakening on Mount Kurama, Dr Usui established a clinic for healing and teaching in Kyoto.

As the clinic of Usui Reiki increased in popularity, Dr Usui became well known for his healing practice.

# The Four Miracles



## HEALING POWER



Legend attributes the following 'four miracles' to Dr Usui's story.

### The First Miracle

Full of energy and excited about returning back to Kyoto, Dr Usui ran down the mountainside. As he did so he stubbed his toe - it was painful and bleeding. Instinctively, he held his foot - immediately his toe stopped bleeding and all pain ceased.

### The Second Miracle

When he reached the bottom of the mountain, he came to a roadside stall selling food. He sat at a table and ordered a meal. Seeing Dr Usui's long beard and ragged robes the stallholder knew he must of been fasting and was reluctant to serve

him anything but rice and gruel, however Dr Usui insisted. The stallholders daughter who had a painful toothache brought the meal. He asked permission to touch her cheek and immediately the swelling went down and her pain disappeared.

### The Third Miracle

Dr Usui ate his meal without any ill effects.

### The Fourth Miracle

When Dr Usui reached the monastery he was told that his friend the abbot had taken ill and was in bed with great pain due to arthritis. Dr Usui gave the abbot a demonstration of his newfound skill and relieved the abbot of his pain.

