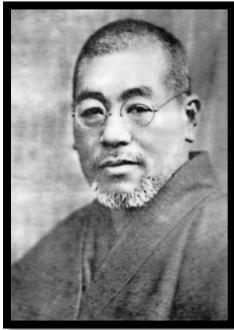


# 臼井甕男

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**Mikao Usui** (born 1865 in the Gifu Prefecture, Japan and passed away in 1926 in Fukuyama) was a Japanese spiritualist credited with inventing a therapy technique called Reiki. A learned and deeply spiritual man, in 1922 Usui-san had a mystical experience on Mount Kurama where he was given the information to administer the technique. Reiki is widely practiced throughout the world.

*(A reader sent me the above good description and I added details. Reiki is interesting; it seems kind of like a combination of going to a doctor, chiropractor and Obi Wan Kenobi ["Use the force, Luke!"] all at once. What follows below was taken from Wikipedia and seems to be a.....[being diplomatic] "challenged" description of Reiki, as the session will soon show.)*

**Reiki (靈氣)** is a form of alternative medicine developed in 1922 by Japanese Buddhist Mikao Usui. Since originating in Japan, Reiki has been adapted into varying cultural traditions across the world. Reiki practitioners use a technique called *palm healing* or *hands-on healing* through which a universal energy is allegedly transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.

Reiki is pseudoscience. It is based on *qi* ("chi"), which practitioners say is a universal life force, although there is no empirical evidence that such a life force exists. Clinical research has not shown Reiki to be effective as a medical treatment for any medical condition. The American Cancer Society, Cancer Research UK, and the National Center for Complementary and Integrative Health state that Reiki should not be a replacement for conventional treatment.

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Now to the reader questions (RQ) and mine follow (Q). Reiki practitioners, users and fans, please send this session to anyone you believe has interest; mine has been piqued, certainly.

*RQ1: Master Usui, it is told that you went to Mount Kurama, willing to die through fasting, hoping to achieve a level of enlightenment that had eluded you. Can you describe how this near-death experience not only enlightened you, but gave you new-found healing abilities?*

MU: Hello, hello, hello to everyone and hello to my reikists, thank you, thank you, thank you. The honor I have at seeing my final life's project become popular is so good it makes me think I will never incarnate again. What an achievement, all accomplished without marketing and public relations executives.

How it enlightened me would be, and has been a subject of great debate, and I say it would be for any such exchange of ideas. I was already enlightened before I climbed the mountain, if I can say that modestly, without bragging. What happened to me was I received information, a great gift for humanity which I could also keep for myself after I gave it to other people.

The newfound abilities were shown to me in my mind just as the methods and techniques have been taught and used, but in my case I saw them as you would watch a movie or have a dream. After you reawaken, the dream is blurry, just as the memory of a movie seen a few days or weeks earlier can also seem blurred compared to the direct experience.

From there it was matter of doing what I saw in the mind movie, copying it or repeating it, then showing other people.

*RQ2: Master Usui, you received intuition that guided you in developing your healing, teaching and attunement techniques, and through the years, many devoted teachers have likewise been guided to add hand positions, symbols and other techniques to the practice of Reiki. Do these additions reflect higher Reiki energies and assist the practitioner in accessing them?*

MU: Yes, however I would not say higher energies, these are always as low or high as anyone wants them to be, and height and altitude are relative, anyway. The English word "attitude" is similar to altitude for this reason; one is direction the other distance above, and they affect each other. The reiki energy is the energy around and available to everyone. That's not high, that's in your face, as many might say. Thank you, thank you, I enjoy this ability to use American English slang, I did not in the 1920s, there were not many Americans around and I did not know American slang anyway.

These enhancements help certain people but not everyone, but anyone can try them. They will not hurt the effects if they do not improve results.

With reiki or any treatment, the will and circumstances of the patient or the recipient play a role. To a sickly person approaching her or his life plan ending, and that means they will die, reiki will not amend the life plan and extend it, unless the recipient wants this.

Extending a life plan is very rare, and all the king's horses and all the king's men are not bloody likely to do it. Reiki techniques, either. S/he'll feel better, though!

*RQ3: Would you kindly share some words of advice for your humble and eternal pupils that we may carry with us as we light the world with the healing energy of Reiki?*

MU: This question is so easy, green tea for you! Keep doing it and tell anyone who might want to try. It is easy, once it is believed to work. That is my advice. Thank you, thank you, thank you.

*Q: I scoffed at the Wikipedia description which says "allegedly transferred".*

MU: That is okay, the right to be skeptical is good for anyone who likes their rights.

*Q: Pseudoscience?*

MU: The process uses what cannot yet be detected or measured in the way examiners, scientists, doctors or any person proficient in body function knows thus prefers. It will be good for the understanding to come, which will remove the prefix pseudo. In time, and for the meantime interval. reiki can still be effective. It will not become more effective once the understanding is accepted. None of you require degrees in engineering to use motor vehicles.

*Q: No doubt, Master Usui, you saw the recent session and the good questions and answers.*

MU: No, but I have done that now, and I agree, it was good.

*Q: Can reiki energy and effects really be sent across the ocean?*

MU: Of course. The energy is; reiki is the technique, method or mode of transport, if you will. The idea distance diminishes effects derives from human three dimension perceived movement, not the energy behind the visible movement. This effect encounters resistance, something which reiki energy collected and sent, does not.

*Q: Please expand, if you could.*

MU: I can, I can, I can. I will! Reiki is communication, which humans take to mean information. Yes, and the energy can also have physical effect, because that is what human communication also involves. Consider the broadcast of radio signals of a speech, done live. A microphone converts sound waves into electricity, which in turn is broadcast as electromagnetic waves across distance, received by another device and re-converted back into electricity, which is amplified and fed to devices which reproduce the original sound. The sound waves, electricity and electromagnetic transmission are energy; no doubt exists about this.

Reiki does essentially the same, without microphones, transmitter or receiver devices, amplifiers or loudspeakers. It is the naked energy of communication.

*Q: How does it calm the target, subject or patient mentally? Not the physical effects, such as disease, injury, discomfort or anything like that, but the temperament, mood, emotion and feelings?*

MU: It seeks first and always the brainwaves, which are the effect of thoughts. These oscillate as can be seen on a screen or oscilloscope, as they are named. The reiki energy will attach to, add to, change the

weight of and thus alter the total wave oscillation. The original energy of the subject's brain and waves is not changed; the arrival and attachment of the new energy sent by reiki technique, attaches to and changes the weight, or intensity, or strength. Because there is a higher weight, mass really, but since humans live in a gravity environment, weight is what matters, the peaks and valleys, the highs and lows, of the mental energy cannot rise as high, and do not oscillate down nearly as low as they have, would and do in the absence of the reiki.

The forward velocity, or rate of issuance, of the subject's energy and emotions are made slower. These changes calm the subject compared to how s/he felt before the addition of reiki to the recipe.

*Q: What about physical improvements? Infections, inflammation, tumors, fractures and things like that?*

MU: There are improved by causing the default setting, if you will, of the subject's structure to become re-set to original values. There is a pattern, grid, blueprint and framework for the body. Its structure, size, shape, functions and so forth. These are altered as time passes, sometimes by natural, expected processes such as growth then aging, or by external effects such as toxins in the environment, injury, diseases and other things.

In either case, the reiki sent energy flows to the affected area automatically, and restores the imbalance. This results in a steady, gradual - but not always slow - repair and return to the ideal condition.

*Q: How does this "reiki sent" energy find the right location? If we put electricity into the body, it flows where it can, based entirely on voltage and resistance.*

MU: Such electricity is sent blindly, and doing as you describe is no different from shooting an arrow or pellets into the air. They will come down wherever the forces acting upon their rise and descent determine.

Energy sent by reiki is aimed very precisely, just as a sharpshooter would do with a specific target.

*Q: What happens when the reiki sent energy is ineffective or works very little and not to the point where material improvement occurs?*

MU: All humans have a life plan. Many times this plan can only be amended to a small degree by outside force, desire or will, which the soul has allowed. The soul chooses major life challenges and if the condition sought to be improved with reiki is a key part or stage of the chosen event, this will not be reversed.

*Q: If on the other hand, the condition or circumstances are not material to the life agreement, will reiki always work?*

MU: Yes, as long as the practitioner and receiving subject believe and do not oppose it, respectively.

*Q: So a trained, experienced practitioner performs reiki on an animal or a young child who cannot understand an explanation, this would work?*

MU: Yes.

*Q: What about resistance? Or the strong skeptic?*

MU: Reiki cannot violate beliefs or personal sovereignty. Nothing can. Humans attempt to influence beliefs, but the only change which can be achieved is the influence over behavior, not the belief itself. Nothing can make a human grasp a pencil and write if s/he does not want to, voluntarily. Threats will do it until they are withdrawn; belief remains.

The disbeliever who departs the physical presence of people who suggest and explain, maintaining doubt and disbelief, will not realize effects. Not because of distance but rejection.

*Q: How does reiki work long distance?*

MU: Long distance is a product of Earth physical density, a concept humans have developed to understand the separation of things in the Earth three dimensional environment, as size dictates.

Communication is not constrained by size or distance, not across the room, city, planet or galaxy.

*Q: I can send reiki to Andromeda?*

MU: Yes however if you do not identify your target with knowledge of its existence and location relative to you, the sending you wish to make will fall empty or crooked. It could become lost and of little to no use.

Q: *The reiki energy couldn't reach someone else in need?*

MU: No, reiki is not lotion, cream or ointment! It is custom manufactured for its recipient subject. If it hits a slot for which it is not intended, it will pass in and through without effect. It will never cause harm, but it will not create improvement.

Q: *Can reiki be expanded to assist many subjects, by just one person?*

MU: Yes, and it can be sent to assist many things. Trees, animals and even disturbance on and inside Earth will benefit from it.

Q: *Will reiki work to make it rain during a drought?*

MU: Yes, to the degree the drought is not planned but the challenge with a drought is the cause; how can this be identified to then have the reiki energy aimed at this beginning point? Droughts are caused over and also affect, a wide and broad area.

Q: *Can multiple practitioners add up the effects and benefits of their sent energy, if they simultaneously aim or supply the energy to a single target?*

MU: Of course.

Q: *Will multiple targets receive the energy from just one reiki practitioner and if they do, will it be proportional?*

MU: Yes, and each target will receive a portion of the reiki which matches its proportion to the total size of the recipient group. Much the way voltage in a circuit will drop a portion of the circuit's total voltage in precise proportion to the resistance of the section as part of the total circuit resistance.

Q: *Is reiki energy diluted among many recipients?*

MU: Yes, just as the last answer explained.

Q: *If ten practitioners aim reiki energy at ten recipients, will each of the ten receivers get the same effect as if it were 1:1?*

MU: No; each recipient will receive a portion of the energy BUT the effect will be enhanced because the vertical input's spread across a horizontal target will cause the total effect to multiply. As long as the receiver recipients are aware and acknowledge to one another. This will enhance the effect.

Q: *Did we just invent group reiki?*

MU: No, it has been practiced many times.

Q: *Is there a precise procedure, method and technique to follow?*

MU: No, however for humans mostly yes because you are all trained, as was I, to lift your belief and confidence in something by means of practice, teaching, training and experience. To learn the playing of a musical instrument or use of a complicated machine creates no physical effects in the body, yet the steps involved develop the talent. If a human truly believed s/he could play a piano, it would be possible from the first attempts.

Q: *Master Usui, thank you for coming to visit.*

MU: The thanks I owe for being invited. I am very happy to see reiki spread around mankind, it was my life purpose. I am happy you have given this information to even more humans. Be well and kind, and find a reiki practitioner, any one of and all of you, for anything which might be helped. It will.

Good-bye now.