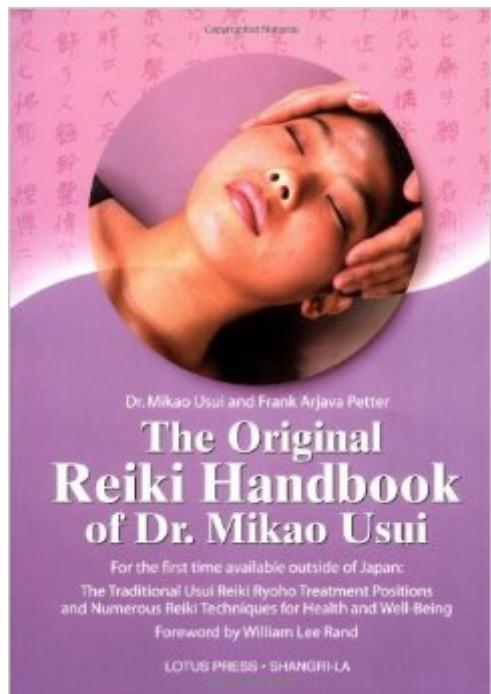


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# The Original Reiki Handbook Of Dr. Mikao Usui



## **Synopsis**

Translated to English for the first time, Dr. Usui's hand positions and healing techniques can now be studied directly.

## **Book Information**

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## **Customer Reviews**

I became a Sacred Path Reiki Master in the Summer of 1999. After attaining Master level I started intensely reading and studying every book on Reiki and energy healing I could get my hands on in preparation to start teaching Reiki. January 2000 I received " The Original Reiki Handbook of Dr. Mikao Usui" as a gift from my husband. Since January I have been doing the meditations and breathing exercises in the book daily. My healing energy has increased by about 1000% and more. One day while meditating in my minds eye I saw a vision of a Japanese man carrying me. He laid me down and touched my forehead. I physically felt his hand and received a healing. Working daily with the healing techniques in this book gave me the extra training and focus I needed to set up my professional Reiki Practice. I highly recommend this book of all the Reiki books I've read this one is definitely the best. I give it 100 stars

The translation of Dr. Usui's Reiki handbook is a very significant development for the Reiki community. At last we have proof that Reiki is not an oral tradition and that Dr. Usui gave out written material to all his students. I find the exercises to be useful and that my Reiki healing abilities have increased. The explanations and the insights about the origins of Reiki are also helpful. The color

pictures of the hand positions Dr. Usui recommends for various illnesses and conditions are wonderful. I have tried some of them and found them to work. I am very pleased that we now have such detailed information from the founder of the Usui system to use in our Reiki practices. Thank you Arjava and Chetna for taking the time to write this very important book.

I am a Reiki Master Teacher and believe that the wonderful information researched and shared by Frank Arjava Petter in The Original Reiki Handbook of Dr. Usui is extremely helpful, beautifully photographed, and interesting. Dr. Usui's methods shared here are quite advanced and can enhance the effectiveness for someone who has practiced using Reiki and now wants to learn more. I believe that it would be a bit challenging for a novice to pick up this book and learn what they need to know to find out about basic Reiki. In my humble opinion, I believe that there are other more suitable books out there for beginners - Healing Reiki by Eleanor McKenzie is one. This book should be a part of any serious Reiki practitioner's library. Frank Arjava Petter is doing all of us a great service by researching and sharing this information, and I, like the others, hunger for more information from Dr. Usui. Mr. Petter seems clearly sincere in his desire to share his work with us, however, I would prefer more from Dr. Usui and less from Mr. Petter in the commentary. I thank Mr. Petter for finding and passing along this very helpful and loving, healing information!

I am a recently attuned Reiki Master, and found this book very helpful as far as hand positions go, but take note! he only puts in the hand positions for the Unusual or Very Severe Maladies (ie. those you are (hopefully) never gonna have a chance to run into!). I was also hoping to find a little bit more about the techniques that Usui used while treating - recently the myth that Reiki is solely applied by the laying-on of hands has been exploded - he used tech's such as rubbing, tapping and Funky Things such as the 'Laser-Eyes Technique', and using the breath to heal. There was, disappointingly however, only a page or two's mention of these methods, briefly explaining what they are, with no real instruction as to how to do them. As to the rest though, what was there was excellent - but please - A BIT MORE NEXT TIME?!

I have all of Mr. Petter's books, which has indeed added to my knowledge of reiki and expanded my perception of Reiki as a whole. While a nice book, this third one is a little skimpy on information. Seems we have to buy the next installment to learn more (sigh) I do hope Mr. Petter combines all of these books into one Manual of Reiki at some point. I also have researched other versions of Reiki in Japan (and have taken Reiki Ryoho classes), and there is a lot that complements what Mr. Petter is

writing about. Different lineages;the wholeness with which Mrs Takata attempted to maintain reiki;verification of Usui's Buddhist beliefs;for some to ignore the growing mountain of evidence and say-none of this exists-is mind-boggling to me.Keep writing Mr.Petter. But please-one volume is easier to use than 4 or 5 or 6....

Despite the thinness of the book, there was a great deal of information packed in to it, unfortunately mostly in the form of lists and correspondences. It was effective as a reiki handbook in that it went over the 10 basic hand positions, talked about the history of reiki and the like, but I too found it short on practical information. Each time I think of it, I remember the picture of the patient sticking her tongue out and the reiki master with his (or her) finger in the patient's mouth!!! Blech!! While I understand that energy does travel quite quickly through the tongue in to the body, I don't think it very hygenic or safe to do that with a client. I would also balk if another master were to attempt such a maneuver on me. All in all, this does cover the basics well despite the barrage of lists. It also covers the "crede", which you don't see on a lot of web sites, books, etc...it was nice to have it in full detail. It was also nice to see it written out in Japanese, as the symbols were very beautiful and graceful and made me feel more connected with it. I can't give it four stars because after I read it originally I never took it off the shelf again. It isn't one that I turn to time and again for reference. In fact, I've been contemplating giving it to a friend who was curious, since I no longer have use for it. Still, in the very basic areas it does suffice, so I must give it a 3.

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