



The Future of Reiki

BY WILLIAM LEE RAND

This article is based on my presentation at the Australian Reiki Connection International Reiki Conference held in Sydney, Australia, October 16-18, 2015. I made my presentation via the Internet from my home in Michigan. A YouTube video of this presentation is available at www.reiki.org/Download/ReikiVideos.html

PEOPLE HAVE THE RIGHT TO THINK and believe whatever they choose to think and believe about Reiki. The important thing isn't what we think the history of Reiki is or how we think it should be practiced, but it's the fact that Reiki heals, Reiki helps people and this is what all Reiki people have in common. We are all dedicated to using Reiki to healing ourselves and others and to spreading Reiki all over the planet to heal everyone including all the plants and animals and the entire ecosystem.

My intention is that regardless of your lineage or school or the type of Reiki you practice and what you believe about the history or how Reiki should be practiced, you will do well with your Reiki practice, that your classes will be full and that your Reiki sessions will be deeply healing to those who come to you.

In this presentation, I will be offering what might be a different perspective from what many believe about Reiki. My presentation will include what I believe to be an evidence based understanding of Reiki. This means that the ideas come from fact-based research in Japan and the United States, working with written records along with interviews with people who have direct experience or contact with written records or other sources of information, so that an understanding can develop that comes from what is considered to be the most authentic sources of information available at this time. To work at this level of research requires that one be willing to give up previous ideas about the history and practice of Usui Reiki when new research is uncovered that is more authentic than what previous understanding was based on.

Some will find these ideas very interesting and will easily accept them, others will feel that they want to consider the ideas and think about them before deciding if they will make use of them or not and others will feel that they are happy with the way they currently think about Reiki and will not be making any changes in this area. All these ways of responding to my talk are acceptable. People have the right to practice Reiki any way they want. I honor each person for practicing the style of Reiki he or she feels is right for him or her to practice.

Reiki is a therapeutic technique that brings wonderful benefits. As Usui Sensei has said in the Precepts, it is "The secret art of inviting happiness" and "The miraculous medicine for all dis-

eases." Those who practice Reiki also know that it can help us solve any problem or deal with any issue that we may encounter. Because of this, it provides a way to deal with issues for which science or medicine does not always offer solutions, thus expanding our feelings of security and empowerment beyond what would otherwise be possible. In traveling around the world teaching Reiki classes, I have found this to be the universal understanding that binds all Reiki people together; no matter what happens, we can always send Reiki and be assured that we will receive at least some level of help in dealing with life's issues. And often, miraculous results are experienced. Here are a few examples:

A couple came to me very concerned and worried. The husband had cancer and would be undergoing chemotherapy. They were visibly afraid about the cancer and the treatment. I reassured them that I had been presented with life threatening illnesses and Reiki working alongside conventional medicine helped me undergo treatment and heal with improved results and reduced side effects. I gave the husband a Reiki session with his wife in the room. Then I suggested that they take my Reiki class that was coming up the next weekend, which they did. The husband continued to return for Reiki sessions before his chemotherapy treatments, and I suggested that after taking the class the wife give her husband Reiki too. Soon the wife let me know that she was giving her husband Reiki sessions and that they were working so they didn't need to continue sessions with me. After a couple of months they returned. They were visibly relaxed and happy. The chemotherapy had worked and Reiki had greatly reduced or eliminated the unwanted side effects making the chemotherapy sessions easy to experience. The husband was now cancer free, and they were going on a vacation to relax and celebrate the completion of a major milestone in their lives.

A student of mine gave a short 10 minute session to a client. The client was having relationship problems, was unhappy and out of touch with her feelings, was dealing with various health issues that she had not been able to heal and lacked confidence in living her life. During the session, the client realized that her father had sexually molested her as a child. After becoming aware of this, the Reiki energy became much stronger and encouraged and empowered her to forgive her father. She was able to do this and found that her health issues had either cleared up or had become greatly reduced.

In one of my Reiki classes, there was a student who had been experiencing problems getting along with people. I conducted

what I call a *Reiki Experience*, which is like a guided meditation except that the facilitator gives only a short introduction to get the students moving in the right direction, then remains silent during most of the *Reiki Experience* and allows the Reiki energy to guide the *Reiki Experience*. Afterwards, the student said that during the *Reiki Experience* she saw herself in a field of grass with her five-year-old daughter. Her daughter was rolling in the grass, very happily laughing and playing. Then she became five years old and was rolling in the grass laughing and playing with her daughter. Then she said that every person she had ever known whom she had had an argument with or difficulty getting along with was there and every one of them was five years old and all of them were happily rolling in the grass, laughing and playing together. After the *Reiki Experience*, she said she no longer felt the difficult energy between herself and those she formerly did not get along with.

In considering the future of Reiki, I think it important that we have an accurate understanding of the history of Reiki including how it was developed and practiced. In the past, we have been presented with versions of the history, which have contained information that has not always stood up to the lens of quality research and because of this has given us an inaccurate understanding of its practice. By basing our understanding of Reiki on evidence-based facts, we will have a more accurate picture of what took place and in so doing, be better able to connect with the essence of Reiki. Once we have an understanding of the essence as well as an accurate picture of how Reiki has developed and evolved, we will be in a position to see the trend and direction Reiki has taken in the past, and then project this trend into the future and in so doing, gain an understanding of where Reiki is taking us.

Reiki before Usui

Many consider that Mikao Usui or Usui Sensei as we reverently refer to him, was the creator of Reiki and that the word Reiki applies only to the healing modality he discovered and developed. Yet, when researching the facts concerning the origin of Reiki as a healing modality, we find that prior to Usui Sensei developing his style of Reiki, there were at least four other styles of Reiki healing that were being practiced in Japan. This information comes from Hiroshi Doi Sensei and from Toshitaka Mochitzuki Sensei, two Japanese Reiki researchers. A more detailed understanding of this subject is explained in the book, *An Evidence Based History of Reiki*.¹



Matiji Kawakami

Created Reiki Ryoho in 1914.
Author of *Reiki Healing and its Effects*, published 1919.

In 1914, Matiji Kawakami, a Japanese therapist, created a healing style he called Reiki Ryoho and in 1919, he published a book titled *Reiki Ryoho to Sono Koka*, or *Reiki Healing and its Effects*. The other Reiki healing styles in use at the time were: Reikan Tonetsu Ryoho created by Reikaku Ishinuki, Senshinryu Reiki Ryoho created by Kogetsu Matsubara and Seido Reishojutsu created by Reisen Oyama. It was during the time that these Reiki styles were already in use that in March 1922, Usui Sensei had his mystical experience on Kurama yama in which he was given the Reiki energy and from this developed his style of Reiki, which he called Usui Reiki Ryoho. It is interesting that Usui Sensei chose this name as it tends to indicate that he knew of the other styles of Reiki Ryoho in use and was indicating that this was his style of Reiki Ryoho.

In considering what should or should not be called Reiki, we must consider that not only have there been many systems of Reiki healing that are original and do not have a lineage going back to Usui Sensei, but that the Reiki energy has been around at least for thousands of years and in fact some feel it has been around since the beginning of time. Reiki energy is something that anyone can make use of and in fact, many have, so with this in mind, it appears logical to assume that any system that makes use of Reiki energy can be called Reiki, not just those systems that can be traced back to Usui Sensei.

Usui Reiki Ryoho

Since we don't know very much about how the other systems of Reiki were practiced prior to Usui Sensei developing his system, we don't know to what extent his system was similar to or different from the other styles. What we do know is at first all Usui Sensei had was the healing energy and that over time he developed his system of Reiki practice. Most of these developments came in 1923 after the Great Kanto earthquake and tsunami that did extensive damage in Tokyo and killed and injured many thousands of people. Because there were so many people in need of healing, Usui Sensei decided he needed to do something to speed up his ability to teach others to do Reiki and to train teachers. It was at this time that he developed many of his practitioner techniques such as *Gassho*, *Byosen scanning*, *Reiji-ho*, *gyoshi ho*, *Seishin-to-itsu* and so forth. He also developed a formal attunement method or *Reiju kai*, making it easier for others to learn Reiki and to become teachers. Prior to this it was thought that one gained the ability to do Reiki simply by being in the

presence of Usui Sensei as a student and especially when he was teaching. During this time he also developed the Reiki symbols of which he had only three. These are the three symbols we currently receive in Reiki II, which he called *Okuden*. He did not have a Master symbol. This important point was confirmed by Hiroshi Doi Sensei in discussions he had with several of the Gakkai presidents and many of the *Shinpiden* members.² This idea was also confirmed by Arjava Petter Sensei who had contact with *Shinpiden* teachers from the Gakkai and with its president.³ Usui Sensei had only one *Reiju kai*, attunement style, which was given to the student over and over. He did not have a different style attunement for each level and the attunements did not empower the symbols. The purpose of the student receiving the attunement over and over was that this process continually acted to refine and develop one's ability to channel Reiki energy, thus making the energy one channeled more versatile and able to heal a wider range of conditions, to heal more deeply and in a shorter time. The philosophy was that there is no limit to the quality and effectiveness of the Reiki energy available in the universe and an important purpose for all students was to continually seek to improve the quality and effectiveness of the Reiki energy one is able to channel.⁴ Since doing this places one in more direct contact with the Source of Reiki, which many also call God, Highest Power, Supreme Being and so forth, and since doing this also causes one to more fully embody the Essence of Reiki, which is spiritual in nature, it can be surmised that getting repeated Reiju is an important part of the spiritual practice of Reiki.

Chujiro Hayashi Sensei

Hayashi Sensei had been a medical doctor in the Japanese navy. He received his Reiki training from Usui Sensei and became a *Shinpiden* in 1925 at the age of 46. He is likely the last *Shinpiden* trained by Usui Sensei.⁵

Before his passing, Usui Sensei asked Hayashi Sensei if he would open his own Reiki clinic and further develop Usui Reiki Ryoho based on the understanding and discipline he received from his medical training. He proceeded to open his own Reiki clinic that he called *Hayashi Reiki Kenkyukai*. After the passing of Usui Sensei, he left the Gakkai so he could more easily follow Usui Sensei's request to further develop Usui Reiki Ryoho as the Gakkai choose to continue practicing the same method that Usui Sensei had taught. The developments Hayashi Sensei created include creating a handbook called *Reiki Ryoho Shinshin* or *Guidelines for the Reiki Healing Method*.⁶ The main feature of this handbook is the special hand positions for various illnesses and conditions. These hand positions are based on careful records that were kept at his clinic of the various illnesses and conditions that clients were treated for and which hand positions worked the best

for them. The handbook was to be used only if the practitioner was not able to use *Byosen* scanning to find the best hand positions to use. He also changed the way treatments were given. Whereas Usui Sensei treated clients while they were seated in a chair and treated by one practitioner, Hayashi Sensei developed the method of treating clients while they lay on a treatment table and received treatment from several practitioners. He also created a new, more effective method of giving attunements or *Reiju*.⁷ To improve the value he gave in his classes while he was traveling, he developed a method of teaching *Shoden* and *Okuden* or what we call Reiki I&II together in one five-day class in which instruction was given for two to three hours each day and included one *Reiju* per day.⁸ Following the Usui method, students were encouraged to receive Reiju on a regular basis from their local *Shihan* or teacher after completing Hayashi Sensei's class so as to continue to refine and develop the quality of Reiki energy channeled. However, while at his clinic in Tokyo, he taught *Shoden* and *Okuden* separately.⁹

Hayashi Sensei passed on just before World War II. After this, Hayashi Sensei's wife Chie Hayashi took over his clinic and ran it for some years, but eventually she retired; there was no one to take over this position so the clinic came to an end. It is likely that some of Hayashi Sensei's students continued to teach but most of these have also passed on. In 1999 it was discovered that Chiyoko Yamaguchi Sensei, a student of Hayashi Sensei, was still

¹ William Lee Rand et al., *An Evidence Based History of Reiki* (Southfield, MI: The International Center for Reiki Training, 2015). See www.reiki.org.

² In an email from Doi Sensei he said there is misinformation being circulated about the Gakkai using the DKM, which is most likely based on translation problems. Doi did meet one person who apparently studied with Usui Sensei who was shown the DKM as part of his training, not as a symbol, but as a spiritual concept, but this person was not a Gakkai member and no longer practices Reiki.

³ Frank Arjava Petter, *This is Reiki* (Twin Lakes, WI: Lotus Press, 2012), 174.

⁴ William Lee Rand, "Interview With Hiroshi Doi Sensei, Part I" *Reiki News Magazine*, Spring 2014, 27. This interview is also included in *An Evidence Based History of Reiki*, which is sold by the ICRT.

⁵ William Lee Rand, "An Interview with Hiroshi Doi, Part II," *Reiki News Magazine*, Fall 2003, 12. Also see *An Evidence Based History of Reiki*.

⁶ For a translation of this healing guide, see William Lee Rand, *Reiki: The Healing Touch, First and Second Degree Manual* (Southfield, MI: Vision Publications, 2011), 63.

⁷ Rand, "An Interview with Hiroshi Doi, Part II," 12. Also see *An Evidence Based History of Reiki*.

⁸ Tadeo Yamaguchi, *Light on the Origins of Reiki* (Twin Lakes, WI: Lotus Press, 2007), 28.

⁹ A communication with Arjava Petter.

alive and practicing. She was encouraged to teach and began doing so. Fortunately, I was able to take her Reiki I&II class in 2001 in Kyoto, Japan. Chiyoko Yamaguchi passed on in 2003.

Hawayo Takata Sensei

Takata Sensei received her Reiki training for *Shoden* and *Okuden* in 1936 and 1937 in Japan from Hayashi Sensei at his clinic. She worked in his clinic to pay for her training. She completed her *Shinpiden* training from Hayashi Sensei in Hawaii in 1938.¹⁰

Takata Sensei had a unique way of practicing and teaching Reiki that was noticeably different than how Usui Sensei or Hayashi Sensei had practiced and taught. The late John Harvey Gray was one of Takata Sensei's most respected students and in fact she indicated that he would be one of three Reiki Masters that were to carry on her work after she retired.¹¹ He indicates in his Reiki book that Takata Sensei had changed the way she taught Reiki because she said that the Japanese style was too complicated and would be difficult for the Western mind to learn. Because of this, she said she had simplified the system. This included the development of her own hand position system, which she called the foundation treatment. This consisted of eight hand positions, which were on the abdomen and the shoulders and head. She also included some additional positions for the back if the client needed them.¹² This varied considerably from how Usui Sensei and Hayashi Sensei practiced in that they taught *Byosen* scanning as the way to find the best hand positions for treatment. They also indicated that *Byosen* scanning was the most important practice technique for a student to master after the practice of continually getting repeated Reijus. Yet, Takata Sensei never taught this technique. She also did not teach any of the other methods used by Usui Sensei and Hayashi Sensei such as *Gassho*, *Reiji-ho*, *Ken'yoku*, *Gyoshi-ho*, *Koki-ho* and so forth. Additionally, she had a different attunement method for each level of Reiki, taught her students that the attunements empowered the symbols and taught a Master symbol that was given to master stu-

dents. In her system, the Master symbol was needed in order to give attunements, and it could also be used during Reiki sessions for purposes of healing. She did not encourage her students to receive as many attunements as possible as was taught by Usui Sensei and Hayashi Sensei, but taught that just one set of four attunements for Reiki I and one or two attunements for Reiki II and one for the Master level are all that is necessary.¹³

The simplified system that Takata Sensei taught was effective and has proven to produce valuable results for her students and their clients.

One thing that is important to understand is that if it were not for Takata Sensei, Reiki would most likely have fallen into obscurity and never have been practiced by people all over the world; even in Japan it would have been mostly unknown. This is because after World War II, the United States required Japan to unconditionally surrender. This placed the United States in complete control of Japan. One of the things the US required is that all those practicing any kind of healing be required to have a license. Some of the healing groups did get licensed, but the Usui Reiki Ryoho Gakkai decided that they did not want to be controlled by a licensing board and instead chose to go underground. They decided that the members were not to talk to anyone outside their group about Reiki and that they would only practice Reiki with each other. This made it difficult for anyone to find out about Reiki in Japan including the Japanese. Also, because it became very difficult for new members to join, the membership slowly declined. This problem exists even now and the Gakkai membership continues to slowly decline. If this continues, at some time in the not too distant future the Gakkai is likely to come to an end.

Origin of the Usui Master Symbol

We know, based on information from the Usui Reiki Ryoho Gakkai, that Usui Sensei did not use a Master symbol. We also know, based on information from one of Hayashi Sensei's stu-

Differences Between Usui/Hayashi and Takata Reiki

Usui/Hayashi Reiki

- Same attunement for each level.
- Attunements do not empower the symbols.
- Attunement done repeatedly as many times as possible.
- Uses three symbols with no Shinpiden or Master symbol.

Takata Reiki

- Different attunement for each level.
- Attunements empower the symbols.
- Attunements done only once.
- Uses four symbols including a Master symbol.

dents, Chiyoko Yamaguchi Sensei, that Hayashi Sensei did not use a Master symbol either. We do know that Takata Sensei used a Master symbol. So if these things are true, then where did Takata Sensei get the Master symbol? First of all, it's important to know that the Master symbol that she used is a spiritual/religious symbol used in Japanese Buddhism and that it is widely used across Japan and can be seen at Japanese religious temples. In fact there is a whole system of temples devoted to this symbol and the concept it represents. So, anyone having knowledge of Japanese Buddhism would likely have awareness of this symbol. Takata Sensei had been to Japan and also had Japanese Buddhist friends who could have brought this symbol to her attention. Therefore, while we have no conclusive evidence at this time, our best guess is that Takata Sensei is the one who introduced this symbol to the Usui Reiki that she learned from Hayashi Sensei and then adapted for Western students.

The Trend Reiki has Taken

We see from examining the history of Usui Reiki Ryoho that it is a system that was not given to Usui Sensei whole and complete, but that it was a system that he developed over time. He was given only the Reiki energy during his mystical experience on Kurama yama, and he developed the system after that by adding the symbols, a formal attunement method and all the other practice techniques. He then asked Hayashi Sensei if he would further develop the system, which he did as explained above. Both Usui Sensei and Hayashi Sensei understood that one's ability to channel Reiki energy can be continually developed and refined so that one can channel ever more effective levels of Reiki energy. And while there may be many methods to do this, some known and some yet to be discovered, the main method they employed to do this was by receiving many *Reijus* or attunements. Takata Sensei, in her quest to further develop Usui Reiki Ryoho, made significant changes to the system making her style of Reiki considerably different than that practiced by Usui Sensei and Hayashi Sensei.

Looking at the facts concerning the history of Usui Reiki Ryoho, we can see that it was the understanding of the founder as well as the other two significant promoters of Usui Reiki that the system can and should be developed. This included the development of one's ability to channel ever higher, more effective frequencies of Reiki energy as well as the techniques used to practice and teach it.

The Essence of Reiki

As we meditate on Reiki energy, both when giving treatments to others and to ourselves and when teaching classes and giving attunements, we become aware of a wealth of positive qualities

that are embodied within the essence of the Reiki energy. These qualities transcend states of consciousness we usually are aware of and take us up into ever more refined feelings of peace, joy and happiness. In addition, they are also capable of helping us develop healthy, positive traits in our personalities.

However, since Reiki respects free will, it will not heal us or develop these higher states unless we invite it to do so. This requires that we be willing to change. The ability to recognize unhealthy personal qualities within ourselves and be willing to let them go is necessary if we are to move forward with our personal healing. Those who accept Reiki as their spiritual path and are devoted to allowing it to heal them completely and surrender to its ability to do this find that Reiki will guide them more quickly along the path of healing. This process can include improving the quality of the Reiki energy that one is able to channel.

As the quality improves, Reiki can heal us and those who come to us for Reiki sessions and classes more easily and more deeply. As the quality of Reiki energy one is able to channel becomes more refined and effective, one becomes more aware of the essence of Reiki and the amazing places it is capable of taking us.

The positive, healthy traits Reiki is capable of developing within us include patience, love of self and others, non-competitiveness; it can move us into a place of acceptance of others' ideas and beliefs and helps us to be non-judgmental, empowers our ability to forgive, develops gratitude for friends and family and for all we have and experience, improves the quality of joy and peace we experience and most importantly increases our connection to the Source of Reiki so that an ever stronger feeling of safety develops as Reiki more easily guides our lives and watches over all that we do.

It appears that Reiki has an unlimited potential. This idea is validated by the fact that both Usui Sensei and Hayashi Sensei encouraged their students to continue to get as many Reiju or attunements as possible as doing so further refines and improves the quality of Reiki one is able to channel. It is also apparent from the idea that if Reiki does come from an unlimited potential as most Reiki people agree, then no matter how effective our

¹⁰ This information was recorded on Mrs. Takata's Reiki certificate and in Mrs. Takata's handwritten notes dated May 1936. A copy of her Reiki certificate is included in *An Evidence Based History of Reiki*.

¹¹ See the letter Takata Sensei sent to her students in 1977 announcing her retirement and naming three of her Reiki Masters to carry on her work in *An Evidence Based History of Reiki*, 108.

¹² John Harvey Gray and Lourdes Gray with Steven McFadden and Elisabeth Clark, *Hand to Hand, The Longest-Practicing Reiki Master Tells His Story* (Gray, 2002), 93.

¹³ Information received from Bethel Phaigh in her classes as well as interviews and discussions with other students of Takata Sensei.

Reiki has become, it's always possible for it to become more effective. This concept can be likened to a library. Once one has a library card, one has access to the books in the library, but that doesn't mean that one has read all the books and can apply all the knowledge and wisdom they contain. The same is true of Reiki. Simply having received the attunements does give you access to the Reiki energy, but that doesn't mean you are able to channel the highest and most effective qualities of Reiki that exist. It simply means you now are able to access the Reiki energy and if you give it permission and work with it, it can refine your ability to channel ever higher and more effective levels of healing energy.

The Future of Reiki

Based on the trend we see when looking at an evidence-based history of Reiki and then projecting that into the future along with an understanding of its essence creates a picture of Reiki guiding itself into an ever more effective system of healing in which the potential that resides in Reiki more easily manifests in our lives. And since we now know that Usui Reiki Ryoho was just one of many styles of Reiki present in Usui Sensei's time, it becomes clear why we currently have many systems now. It is because this too is part of the essence of Reiki in that Reiki creates many styles so that people can choose the style that is right for each person. Because of this, it is likely that new styles of Reiki will continue to develop that are ever more effective, beneficial and wonderful to experience. The styles that continue and that provide the best healing and connection to the Source of Reiki will attract more students and create more teachers and practitioners and because of this, will remain and those that are less effective will be less popular, attract fewer students and could fade into disuse. In this way Reiki will guide itself to continue to evolve and improve.

As the quality of the Reiki energy increases, the essence of Reiki will more completely effect how we express ourselves. We will become more loving and kind, accepting and non-judgmental, forgiving and grateful. As this happens, people who are members of the various lineages, schools and styles of Reiki will become more open to each other, more friendly and kind, more trusting and accepting. We'll find it easier to work together in harmony to achieve the goals Reiki has chosen for us. This will act to make the practice of Reiki stronger; the energy will be more joyful, healthy and inviting. It will attract more and more people with varied backgrounds and enable us to take on larger projects including helping to weave Reiki into all the institutions of society. Reiki will become more a part of the medical establishment, the education system, the work environment, the military, the police, politics and government. This will act to more quickly bring well-being, joy and happiness to all the people of the world.

We are the forerunners of this important shift in consciousness. Therefore, I encourage all Reiki practitioners and teachers regardless of the lineage, school and style one practices to work together in harmony to bring the peace that our planet so dearly needs.

Information Sources

Since the information in this article comes from evidence-based facts, I feel it important to mention the main sources of this information and why I feel that they are the most accurate sources we have available at this time. Most of the information about Usui Sensei and how he practiced Reiki comes from the Usui Reiki Ryoho Gakkai via Hiroshi Doi Sensei. The Gakkai was started in April 1922 by Usui Sensei and he was its first president. After Usui Sensei's passing the purpose of the organization was to preserve the way Usui Sensei practiced and taught Reiki. The effectiveness of this purpose was made possible by the fact that the first four presidents after Usui Sensei had all received Reiki training from Usui Sensei and were qualified to teach in the same way that he did. These presidents were Juzaburo Ushida, Kan'ichi Taketomi, Yoshibaruu Watanabe and Hoichi Wana-mi. The last of these was president until 1975.¹⁴ Hiroshi Doi Sensei is a Reiki researcher and has been a member of the Gakkai since 1993. He has access to their archives along with contact with several of the presidents and the Shinpiden members. I have had contact with Hiroshi Doi Sensei by taking his Reiki Master class in 2002, through the two interviews I did with him for the *Reiki News Magazine* and also during the process of publishing his book, *A Modern Reiki Method for Healing*.

Other sources are Tadao Yamaguchi Sensei, a Reiki researcher whose mother Chiyoko Yamaguchi Sensei received Reiki training directly from Hayashi Sensei and also was his assistant in his classes. She received her Shinpiden training from her Uncle, Mr. Wasaburo Sugano, with permission from Hayashi Sensei.¹⁵ I have had contact with the Yamaguchis by taking their Reiki I&II class in Kyoto in 2001 and through email correspondence with Tadao and his translator and through Tadao's book, *Light on the Origin of Reiki*. Arjava Petter Sensei is another Reiki researcher who I have contact with and is a source of information about Usui Sensei and Hayashi Sensei. I've sponsored Arjava to teach the Japanese Reiki techniques in the United States in 1999 and 2000, been on two research trips to Japan with Arjava, taught Reiki classes with him in India and also co-authored *The Spirit of Reiki* with him and Walter Lubeck. Information about Takata Sensei comes from my Reiki training for Reiki I&II with Bethel Phaigh who received her training from Takata Sensei. I also received information about Takata Sensei's training from written documents given to me by one of her students, a recording of her talking about Reiki, interviews

with some of Takata Sensei's master students and information from the two biographies written about her, one of which was completed during her lifetime by a friend of hers.¹⁶ 🌿



William Lee Rand has an extensive background in the study, practice, teaching and development of Reiki. To learn more about his background, please go to: www.reiki.org/ReikiClasses/teachers/rand.html. He can be contacted by email at william@reiki.org.

¹⁴ Walter Lubeck, Frank Arjava Petter, William Lee Rand, *The Spirit of Reiki* (Twin Lakes, WI: Lotus Press, 2003), 17. This page contains a list of the presidents of the Gakkai and the fact that the first four had been trained by Usui Sensei.

¹⁵ Yamaguchi, *Light on the Origins of Reiki*, 29–35.

¹⁶ Rand, *An Evidence Based History of Reiki*, 86.