

Reiki Jin Kei Do And Buddho International



27 Most Important Reiki Jin Kei Do Questions Answered

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1. What is Reiki?

This is the most popular question put forth to me by people who are just interested, beginners, and even Reiki Masters.

Answer: Reiki is a wonderful gift. In truly understanding Reiki and using it regularly, you begin to experience this beautiful and powerful energy at a deeper level. Consequently, many benefits to both mind and body are inevitable.

So in a general sense Reiki may be described as the force behind every living thing. It is the essential substance that keeps life in motion. Therefore, in the broadest sense *Reiki is life itself*. The word Reiki is a Japanese word composed of two characters (Kanji). Rei and Ki.

The character REI may be defined most simply as spirit. The character KI means energy. It is a subtle energy, an energy that is not perceptible to most. It requires a shift in your consciousness or a "tuning in" of our mind to be able to perceive this subtle energy

The Chinese word for *Ki* is *Chi (Qi)* In Chinese Traditional Medicine and Chi gong (Qi gong); the subtle energy that runs through the acupuncture meridians is called Chi. In Indian Traditional Medicine or Ayurveda, this energy is called Prana, the life energy. The combined meaning of the two characters, "REIKI", is Spiritual Energy or a higher form of energy. But in practice, Reiki is translated as Universal Energy, Universal Life Force, or Universal Energy Field.

Reiki Jin Kei Do practitioners explain the meaning of the word Reiki by using the Japanese meaning for Rei, which is spirit. Some of the meanings for spirit are, "Life Principle", "Mind", and "Consciousness". When taking these meanings, it is possible to define Rei as the vibrational energy that energises all matter into life. Without consciousness or mind as an energy force, there is no life. It is the common medium of which we are all a part. It is the universal mind, the universal energy field. It is the consciousness that maintains all life. Ki, on the other hand, is its counterpart, the vibrational energy of consciousness when it manifests in the physical reality in all living things.

The Universal Energy Field or Rei is like a sea of energy with waves of varying amplitude. It has the *potential* to manifest in our physical reality in many different vibrational frequencies depending on the ability of the practitioner or the tools used. It is a field of infinite potentiality and possibilities. I prefer to define this field as the "Universal Field of Energy, Consciousness, and Information"

2. What is Reiki Healing?

Answer: Reiki Healing is when a Reiki practitioner uses Reiki as a technique to help him/her or another to restore balance. Since we are energy at the deepest level, Reiki healing is a way a practitioner can create a "Shift" in their awareness and tune-in to the subtle energy field and create a resonance with that field or Rei.

In resonating with Rei he or she can now create a state of higher energy and be able to facilitate the person who wishes to receive the energy to resonate with Rei at their own level of awareness.

Our body is composed of matter at the gross level but four energy qualities at the ultimate level of reality. These 4 vibrational states are named according to their dominant characteristics as earth, Water, Fire, and Air. Diseases manifest when these elements are out of balance. Reiki healing enables the body to regain the energetic harmony by resonating with the harmonious higher energy field of Rei.

3. What is Reiki used for?

Answer: Reiki can be used for a wide range of imbalances including both mind and body ailments as well as to energize material objects and plants. The basic concept is as describe in the earlier answer, to create a harmonious energy field that interacts with the unbalanced energy of a living organism or inanimate object.

I use Reiki to re-balance my body and mind after any stress including physical stresses as an illness or a mental stress such as a sudden shock, worry, or fright. Also I use Reiki to energize food, water, medicines and plants. Pets also love Reiki treatments as they can sense the energy easily.

Reiki is non-invasive and can be used in conjunction with any other treatment.

4. Where does Reiki come from?

Answer: There are many misconceptions about Reiki. Reiki as defined earlier is a state of being. Rei is the original undifferentiated higher energy state that is universal formless, unconditional and non-conditioned, and non-local. Ki the differentiated lower state is conditioned, and manifests as a localized form.

It is not an energy that comes from somewhere to you. It is an energy that *is* you and has been you since the beginning less time. You re-discover it through a subtle shift in awareness with the process we call in Reiki, an *Attunement*.

5. Is Reiki a Religion or based on a Religion?

Answer: Reiki as a technique is not a religion and anyone from any religion can practice as a simple practical self-healing technique and also help others regain balance and enhance their health and wellbeing. Reiki has its origins in the early Buddhist philosophy and meditative tradition. However, one does not have to believe in any religious doctrine to practice Reiki.

6. How is a Reiki treatment given?

Answer: Reiki Jin Kei Do that I teach uses three simple ways of treatment.

1. Self-Treatment in which you relax your mind and body and shift your awareness to resonate with Rei. This allows Ki to flow and you use your hands to direct the flow to different areas of the body. These areas are generally the Chakras or energy centres of the body.
2. A seated Chakra treatment is given to restore balance in the chakras and thereby the organs associated with the chakras.
3. A full-body treatment is given if a massage table or a space to lie down is available. This treatment also focuses on the chakras and associated organs.

Or simply hands can be placed on any area of the body with the intention to regain balance.

7. What does Reiki feel like?

Answer: Reiki when given or received can be perceived by each person differently depending on their level of attunement or degree of awareness. In general almost everybody feels a deeper sense of physical relaxation and mental peace after a treatment. Those who have developed a heightened sense of awareness can experience Reiki as a very pleasant and blissful flow of energy ranging from isolated areas of the body to waves of energy saturating the whole body.



8. Is Reiki safe?

Answer: Reiki is safe for everyone from newborns to the very old to pets and plants. It is a way of re-connecting us to our primary source of energy.

9. What has Reiki healed?

Answer: We need to clearly understand that Reiki is not something apart from us. It is part of our body's intrinsic wisdom. Allowing the body and mind to resonate with the harmonious field of Rei creates the re-balancing and therefore healing. When we consider Reiki as a field of harmonious energy that is within us as well as outside of ourselves, there is truly nothing that Reiki cannot assist in healing.

There are many testimonials on how Reiki has healed various illnesses. Please see www.reikijinkeidoandbuddhointernational.com

10. Can I treat myself?

Answer: Yes Reiki, initially, is meant to be used for one's own health and wellbeing. Self-Treatment and the Seven Purifying Breath meditative exercises are used for treating oneself.

My own personal experience with two injuries clearly demonstrated to me how effective Reiki is in acute injuries as a first aid. I had ruptured my calf muscle playing tennis and the pain was excruciating and I could see the calf swelling. I immediately placed my hands on the calf and treated for 10 minutes. Within 1 -2 minutes the pain subsided by about 70% and I was able to stand up, slowly walk to my car, and drive home slowly. My injury healed completely in 8 days with further Reiki treatments and one Bowen Therapy session. The same effect was observed when I had a severely twisted ankle and other injuries such as cuts. One of the true benefits in having Reiki ability is that you possess a technique that you can use immediately. This enables you to take a positive action instead of blaming something or someone for the problem. It gives you confidence as you know you have a powerful healing tool. In a situation you are in pain the immediate access to this powerful healing force prevents going into blame and complaints while promoting a state of calm and stability which in turn alleviates the physical pain and mental suffering.

11. How long does Reiki last?

Answer: If it is a treatment the effect can be lasting for a day or two. However, in some instances, a single treatment may have a permanent effect as in healing a physical pain or an emotional issue. But if one is attuned to Reiki then it is a lifetime shift in awareness.

12. How does it work?

Answer: Reiki as defined earlier is not separate from us. The material body and mind are all energy fields of different vibration qualities and functions. It works through our consciousness. As Reiki is the field of energy that we are a part that is in its ultimate sense the perfect state, all we need to do is to create that shift in our mind to remember this state. In remembering we resonate and create the balance and harmony of the mind and body.

13. What is Reiki Jin Kei Do?

Answer: The term Jin Kei Do was created to represent a lineage of Reiki that originated with Mikao Usui then further enriched and developed to its present state by Venerable Seiji Takamori. The lineage teachings were refined and are continually updated and upgraded by Dr Ranga Premaratna with the evolution and progress of his own practice, and insights on of the deeper teachings and meaning of Reiki Jin Kei Do. There are specific reasons for distinguishing the teachings of the lineage from that of Hawayo Takata and the teachings originating from other Japanese Reiki masters as well as all other lineages/teachings of Reiki.

The most important reason is that the teachings have been enhanced by the influx of information from the ancient healing and meditation system of Buddho, now also known as Buddho/EnerSense. This input of information was a contribution by Seiji Takamori due to his own extensive experience of the older teaching.

Reiki Jin Kei Do is a system of healing which uses Reiki as a transformative technique and a vehicle to engender a balanced state of health and feeling of joy as well as cultivating wisdom and compassion. Reiki Jin Kei Do is a powerful tool to live and enriched and inspired life.

Jin is the word defining a state of benevolence which encompasses Compassion and Universal Friendliness and Harmony.

Kei is the way of wisdom or meditation that creates a balanced state of mind and concentration. This development of balance and concentration enables us to experience the ultimate reality of our existence.

Do is the way or way of life. This is the path we take using Reiki as a tool to open our hearts in compassion and take the right action when needed to be of help to ease our suffering and that of others. Meditation keeps us mindful and balanced with deep insights into the nature of our ultimate reality, that we are not individual entities but interconnected fields of energies with conscious (mind) and unconscious (matter) fields interacting to give us a form and mind. Seeing the interconnected and interrelated state of our existence give us the capacity to feel for others and open our hearts.

14. Who can learn Reiki?

Answer: Anyone can learn no matter what their backgrounds are. However, since it has to be a conscious decision to ask for the attunements and follow a training program the minimum age one could start learning is around 6 years. However, we can attune even infants to Reiki if there is a need to connect them strongly to Reiki especially for helping the body to heal a disease.

15. How long does it take to learn?

Answer: Can range from 4 four sessions of 1.5 hours each once a week or a weekend workshop (18 hours of training).

16. What are Reiki attunements?

Answer: To become a Reiki Jin Kei Do I student practitioner, a person has to be initiated or attuned by an endorsed master in the Reiki Jin Kei Do lineage. The initiation is a ritual in which the initiate's energy systems - known as chakras and nadis - are activated and raised to a higher vibrational energy state. This activation then awakens the student to their connection with the Universal Energy Field to enhance their healing. Students also learn how to use this energy to facilitate healing in themselves and others.

Reiki is a process of transformation of one's consciousness or awareness during sacred rituals which are called attunements or activations.

It is a process whereby one can reach a deeply relaxed state of mind and body. In this state, the master uses a unique activation of energy with a series of symbols. Briefly the activation involves the master attaining a higher energy state in resonance with the universal field of energy using symbols. Then the master is able to facilitate attainment of the same resonance by the student. The student then is able to "attune" or tune in to the higher energy state. The master then uses a technique to imprint the high energy state on the student's mind-body system so that the memory of this is permanent.

17. What are the Reiki training stages?

Answer: Traditional Reiki Jin Kei Do training is done in 3 progressive stages. Reiki Jin Kei Do Stage I, II and III (Teacher/Mastery Stage)

Reiki Jin Kei Do Stage I

In order to become a Reiki Jin Kei Do I student practitioner, a person has to be initiated or attuned by an endorsed master in the Reiki Jin Kei Do lineage. The initiation is a ritual in which the initiate's energy systems - known as chakras and nadis - are activated and raised to a higher vibrational energy state. This activation then awakens the student to their connection with the Universal Energy Field to enhance their healing. Students also learn how to use this energy to facilitate healing in themselves and others.

Reiki Jin Kei Do Stage II

Reiki Jin Kei Do practitioners who have reached a certain level of maturity in their practice are eligible to receive training in the second stage of Reiki Jin Kei Do. The information imparted at this stage is unique to the Jin Kei Do lineage.

At this stage the student receives two advanced activations to enhance their awareness of the two upper chakras, Crown and Third Eye as well as the palms.

Three *symbols* and their specific functions in healing are taught.

18. What are the Reiki Jin Kei Do Symbols?

Answer: By definition, a symbol represents something or a concept. In Reiki certain forms which represent mantras and their derivatives are used for different types of healing. The three Reiki "*symbols*" have specific uses. The information provided in this lineage is unique in that the teachings contain the detailed meanings with mechanisms of action and the energetic process of each symbol's function.

Reiki Jin Kei Do III (Teacher/Mastery Stage)

Reiki Jin Kei Do master or teaching level is available to qualified Reiki Jin Kei Do practitioners who have been in practice for a period of time. There is no set period and depends on the individual. A letter of intent and interview with the master/ teacher is required. The most important requirement is the true desire and dedication to improve your own mind and body and spiritual path and helping others to attain health and balance.

Training involves further development and refining of the form (technique of treatment), meditation, as well as learning the teaching techniques including the energy transmissions (Attunements) and the subtle energy architecture.

19. What can I expect in a Reiki Class?

Answer: In a Reiki Jin Kei Do class the student is prepared gradually to develop awareness of the subtle energy field within and outside of us. The attunement process which shifts the awareness to a heightened state of sensitivity enables the student to sense energy fields of living organisms and inanimate matter.

Below is the class structure followed by me as a one-on-one private training class. However the content taught this way and in a weekend or two day training workshop is the same.

20. How Is Reiki Jin Kei Do Class Structured?

Answer: This class is a simplified version of Reiki Jin Kei Do Stage I taught as a regular class. This class format was developed mainly to teach my clients who prefer a simple practice for their own personal use.

Session I (1.5 hours)

- Introduction to Reiki: Historical evolution of Reiki from ancient Tibet to Dr Usui's re-discovery and present day Reiki (Discuss material provided in the Beginning of this document)
- Introduction to Reiki Jin-Kei Do
- Meaning of the four terms
- Preparation for Initiation and Energy Activations

Guided Meditation 1

- Six Point Meditation
- Reiki session for 15 to 30 minutes to bring the body and mind to a balanced and calm state.
- Energy Transmissions. These transmissions are also known as attunements or Energy Activations.
- 3 Purifying Breathes - From the Seven Breathing exercises to enhance the flow of Reiki and develop deeper awareness of Reiki.

Session II (1.5 hours)

- Seven Purifying (Breaths 4-7)
- Training in self-treatment (Seven Purifying Breaths as self-treatment)
- Specific hand positions for treating the body, chakras, and aura

Guided Meditation II

- Six-Point Meditation with energy flow awareness
- Assignments for home practice

Session III (1hour)

- Seated Chakra Treatment: Training in treating others. Hand movements to direct energy to the body, chakras, and aura.

Guided Meditation III

- Awareness of Body, Breath, and Mind Stages 1-2

Session IV (1 hour)

Guided Meditation IV

- Introduction to Loving-Kindness meditation
- Guided Meditation V
- Mind Check Technique
- Review, Practise, Q/A, Conclusion

21. Can Reiki help my meditation practice?

Answer: Reiki Jin Kei Do and Meditation are deeply linked. Since Reiki Jin Kei Do teachings originated from Buddhist healing systems, meditation practice is an integral part of the training. Since Reiki activations enhance our awareness of the mind's interaction with the body, Reiki supports one's meditative practice. As the Reiki sessions deeply relax the body, it helps enter a deeper meditative state faster.

22. Can meditation help Reiki treatments?

Answer: Any meditation practice can definitely enhance Reiki treatments as one is able to stay focused in the moment to moment subtle energy flow that is initiated by the Reiki treatment. By being in a meditative state, you take your ego and expectations out of the picture. This enables you to become a better facilitator of Reiki. If the practitioner's mind and body are not at peace part of the energy will be used to stabilize the practitioner before being available to the receiver.

Reiki Jin Kei Do training emphasize stabilizing one's own mind and body through the simple meditations and breathing exercises before engaging in treating a person.

23. Does one have to place hands on the body to give Reiki?

Answer: Traditionally Reiki is a "Hands On" treatment. In Reiki Jin Kei Do we use a combination of treating the energy field or the *Aura* first before placing hands on the body. To receive Reiki hands do not have to touch the person. Treatment can be given with hands away from the person. However, physical touch does enhance the experience of Reiki by the receiver. This is not because more Reiki flows due to contact with the body but because of the human touch has its own triggering of a feeling of safety, caring, and wellbeing in the person being touched.

24. Can one send Reiki through other parts of the body?

Answer: If someone has no arms such as an amputee? Yes, Reiki can be transmitted from any part of the body. However, it is important that the person trains using other parts of the body and develops confidence that it can be done.

25. What are Reiki sensations?

Answer: When giving and receiving Reiki one can feel various sensations as the energy interaction occurs between Reiki and our own subtle energy fields. These may be described as heat, tingling, coldness, movement, vibrations, and heaviness.

Not feeling any sensations doesn't mean Reiki flow was absent but only that the mind wasn't sensitive enough to detect the interaction. Over time this sensitivity can be developed.

26. What is a Reiki "Slumber"?

Answer: Sometimes when being treated on a massage table or in a lying down position, one can go into a slumber. This is unlike sleep as one may still be vaguely aware of the activities around them. This slumber allows one to let go completely and the energy to do its work.

27. Does a Reiki practitioner need to protect themselves if treating a sick person?

Answer: There are many misconceptions about this subject. In Reiki Jin Kei Do, the path of Compassion and Wisdom we teach the practitioner that *Fear of Disease* is more damaging than the disease itself. Compassion for oneself and others is developed through meditation and applying the principles of Reiki Jin Kei Do in daily life. Compassion is a very powerful protective and healing energy and in dealing with even the very sick, terminally, ill or those with acute infectious diseases this force can prevent the disease agents from invading the healer and further strengthening his/her healing forces.

28. What are the Reiki Jin Kei Do Principles?

Answer: These guiding principles were developed by expanding the original Reiki ideals used in Usui Shiki Ryoho system. In Reiki Jin Kei Do we have looked deeper into and expanded the simpler ideals that can be used as meditation guidelines.

Guiding Principles of Reiki Jin Kei Do

*Be mindful each moment of the day;
To observe the arising of greed, anger and delusion,
looking deeper for their true cause
To appreciate the gift of life and be compassionate to all beings
To find right livelihood and be honest in your work
To see within, the ever changing nature of your mind and body
To merge with the universal nature of the mind as
Reiki flows within you,
By following these ideals daily, your mind and body will transform
and healing will follow.*

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