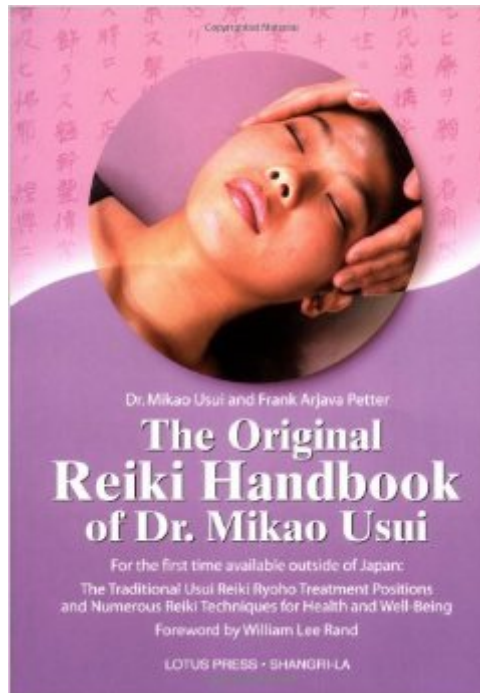


The book was found

# 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

Paperback: 79 pages

Publisher: Lotus Press; 4th English 2003 edition (January 3, 1999)

Language: English

ISBN-10: 0914955578

ISBN-13: 978-0914955573

Product Dimensions: 6.4 x 0.2 x 9.1 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (167 customer reviews)

Best Sellers Rank: #14,230 in Books (See Top 100 in Books) #10 in [Books > Health, Fitness & Dieting > Alternative Medicine > Massage](#) #17 in [Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing](#) #78 in [Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing](#)

## 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 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.

[Download to continue reading...](#)

REIKI: Everything You Need to Know About Reiki Healing: A Complete Guide to Essential Reiki Energy, Improve Vitality & Health (Reiki Symbols, Reiki 101, Reiki Meditation, Reiki Books) The Original Reiki Handbook of Dr. Mikao Usui Reiki For Healthy Life: 25+ Techniques To Heal Yourself, Increase Your Energy And Reduce Stress: (Reiki For Beginners, Reiki Healing, Reiki Symbols, Reiki ... and relaxation, reiki techniques Book 1) Reiki For Beginners: The Complete Guide to Mastering Reiki Healing to Reduce Stress (Reiki, Chakras, Aura, Reiki Symbols, Reiki Meditation, Reiki for life) Reiki: The Ultimate Guide to Mastering Reiki for Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For Beginners - Yoga for Beginners - Meditation ... Beginners - Kundalini For Beginners - Zen) Reiki: The Ultimate Guide: The Definitive Guide: Improve Health, Increase Energy and Feel Amazing with Reiki Healing (reiki, reiki healing, chakras, energy ... techniques, aura, reiki for beginners) Reiki: 28 Incredible Beginners Tips To Supercharge Your Mind and Feel Great and Energised By Mastering The Power of Reiki (reiki, animal reiki, karuna reiki) Reiki: For Beginners! The Essential Crash Course for Powerful Reiki Healing Techniques (Reiki

Manual - Beginners Guide - Reiki Symbols - Aura - 100% Calm Mind) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki Healing: Reiki Healing, A Beginners Guide to Healing Your Body (Reiki for Beginners, Chakra for Beginners Book 1) WICCA: Wicca Reiki Magic - A Beginners Guide To Wicca Spells and Reiki Healing (Wicca, Chakras, Witchcraft, Self Healing, Magic, and Crystal Healing) Essential Reiki Teaching Manual: A Companion Guide for Reiki Healers Reiki & Sex - Heal and Embrace Your Sacred Sexuality: Learn Techniques of Intensifying Your Sex Experience Through Reiki Reiki: The Comprehensive Guide - How to Increase Energy, Improve Health, and Feel Amazing with Reiki Healing Reiki: 50 Powerful Reiki Healing Techniques for Improving Health - Increase Energy and Well Being Reiki for Beginners: How to Heal Yourself with Reiki Reiki: A Complete Practical Guide to Natural Energy Healing, How To - Awake Your Body And Soul, Restore Your Health And Vitality. (Reiki For Beginners, ... Techniques, Awaken Your Chackras) Pure Pulp: TRUE DETECTIVE MYSTERIES VOL. 1: TWO COMPLETE ORIGINAL PULP MAGAZINE ISSUES FROM THE 1926 & 1930 - OVER 240 PAGES OF STORIES OF DETECTIVE MYSTERIES ... (PURE PULP - COMPLETE ORIGINAL MAGAZINES) Pure Pulp: FANTASTIC ADVENTURES VOL. 1: TWO COMPLETE ORIGINAL PULP MAGAZINE ISSUES FROM THE 1939 & 1940 - 250 PAGES OF PURE PULP SCIENCE FICTION (PURE PULP - COMPLETE ORIGINAL MAGAZINES)

[Dmca](#)