

*Taken from the book Reiki, a memorial to Takata Sensi, compiled by Mrs. Alice Takata Furumoto, 1982 from Hawayo Takata's early diary.*



In my attempt to write this essay on the Art of Healing in limited words, I will try to be practical rather than technical, because what I am about to define is not associated with any material being which is visible, nor has a shape, nor name.

I believe there exists the Supreme Being -- the Absolute Infinite -- a Dynamic Force that governs the world and universe. It is an unseen spiritual power that governs the world and universe. It is an unseen power that vibrates and all other powers fade into insignificance beside it. So, therefore, it is Absolute!

This power is unfathomable, immeasurable, and being a universal life force, it is incomprehensible to man. Yet, every single living being is receiving its blessings daily, awake or asleep. Different teachers and masters call Him the Great Spirit; The Universal Life Force; Life Energy, because when applied it vitalizes the whole system; Ether Wave because it soothes pain and puts you into deep slumber as if under an anesthetic, and The Cosmic Wave because it radiates vibrations

of exultant feeling and lifts you into harmony.

I shall call it "Reiki" because I studied under that expression. Reiki is a radionic wave like radio. It could be applied locally or as in short wave. A distant treatment could be successfully given.

Reiki is not electricity, nor radium or X-ray. It could be applied locally or as in short wave. It could penetrate thin layers of silk, linen, porcelain or lead, wood or steel, because it comes from the Great Spirit, the Infinite.

It does not destroy delicate tissue or nerves. It is absolutely harmless, therefore, it is a practical and safe treatment. Because it is a universal wave, everything that has life benefits when treated -- plant life, fowls, the animals, as well as human beings, infants or old, poor or rich.

It should be applied and used daily as a prevention. God gave us this body, a place to dwell, and our daily bread. We were put into this world for some purpose, therefore, we should have health and happiness.

It was God's plan so he provides us with everything. He gave us hands to use them to apply and heal, to retain physical health and mental balance, to free ourselves from ignorance, and live in an enlightened world to live in harmony with yourself and others, to love all beings.

When these rules are applied daily, the body shall respond and all we wish and desire to attain in this world is within our reach. Health, happiness, and the road to longevity, which we all seek -- I call this Perfection.

#### HOW TO ATTAIN THIS POWER FIRST DEGREE INITIATION OR "SHODON"

Being a universal force from the Great Divine Spirit, it belongs to all who seek and a desire to learn the art of healing.

It knows no color, nor creed, old or young. It will find its way when the student