

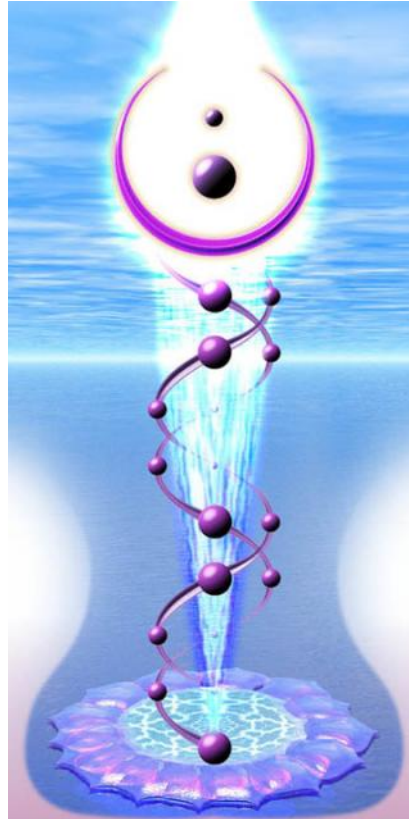
Reiki - What It All Be Like

Home of the 30 Day Reiki Challenge!!!

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Reiki Kriya

Duane Flowers · Tuesday, July 22nd, 2008




Last night while I was giving a quick Reiki treatment, the recipient suddenly had an acute spasm that almost sent her flying off the table. She said that it felt like something inside of here knee popped (even though I was treating her head at the time). Welcome to the wonderful world of **Reiki Kriya!!**

Kriya is a Sanskrit word used more often in advanced Yoga studies than it is in Reiki, but the phenomena is the same. Kriya can be translated as "action" or "cleansing process" and is the basis of a style of yoga called, surprisingly, **Kriya Yoga** which was recently popularized by **Paramhansa Yogananda** in his bestseller **Autobiography of a Yogi**. In Reiki it is the "cleansing process" interpretation that we are concerned with.

Many times when an energy block is released there are noticeable **pings, pops**

or *mini-spasms*, these are *Kriya* and *their intensity is directly proportional to the level of blockage being released*. These *Kriya* are not only felt during hands-on treatments, but also during meditation (*which is where I most frequently experience them*), Reiki attunements and distance healing.

Kriya can come as quite a surprise or shock when they are encountered, like getting zapped by an electric current (yes, I know what that feels like ) but according to Yogic study (as well as my own personal experience) they are always a good thing and should never be cause for concern.

Just as *there is no way to control Reiki energy*, there is also *no way to control Kriya* or otherwise cause them to happen. Reiki has an intelligence of its own and it goes where (and when) its needed the most (according to the highest good of the individual, which may not be readily obvious to the Reiki practitioner), which is how I could "cause" a *Kriya* to occur in this woman's knee while I was busy treating her head. I could claim responsibility, but I had nothing to do with it... *its all in the Reiki*.

During Reiki meditation, if done correctly, we can reach levels of relaxation sufficient enough to allow the blocks to release themselves naturally. I've never meditated for these to happen, it just happens naturally, although recently less and less frequently, but when they do happen, *they always bring a smile to my face*.

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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Gendai Reiki

Duane Flowers · Friday, June 13th, 2008



Gendai Reiki, or **Gendai Reiki Ho** as it is known in Japan, is the style of Reiki developed by **Hiroshi Doi**. It contains aspects of both Western and Traditional Japanese Reiki blended together perfectly for the ultimate in Reiki training.

Hiroshi Doi

Hiroshi Doi, the founder of the **Gendai Reiki School** is perhaps best known in the West for his book **Modern Reiki Method for Healing** which describes the foundations of the **Gendai Reiki System** in detail. I highly recommend this book (reviewed on our [Book Review Page](#)) not only for **Gendai Reiki Practitioners**, but for anyone else with a passionate interest in Reiki as well. Reading is difficult as there was little or no real editing done when translating it from the original Japanese, but with a little bit of effort you can get the gist of it... **which is more than enough to put you on the right path.**

Doi Sensei, as he is called by his students, is also a member of the **Usui Reiki Ryoho Gakkai**, which is the **Reiki Association** founded by **Dr. Usui. The Gakkai**, is an extremely secretive organization and the current president, a retired university professor named **Masaki Kondoh**, has no intention of allowing that to change. The **Gakkai** protects a wealth of information about Reiki and **Dr. Usui**, some of which has been allowed to be included in Gendai Reiki and as time passes Doi Sensei gets permission to pass on other tidbits from their records. This aspect of **Gendai Reiki** makes it quite unique as there is no other information being supplied by the **Gakkai** as they are not at all satisfied with the way Reiki is being spread and taught in the West.

Besides **Reiki Energies** and information being supplied directly from the **Gakkai**, Hiroshi Doi was among the first here in Japan to be trained in Western Style Reiki (**Reiki from Mrs. Takata's lineage**). Aspects of this training are also found in the **Gendai Reiki School** and quite nicely adds to Gendai Reiki the Western Reiki teaching style, which supplies a great deal of information in a relatively short time (**as opposed to the traditional approach which takes many years to wrestle from one's teacher**).

Gendai Reiki

In comparison to other styles of Reiki I feel **Gendai Reiki** places a greater emphasis on energy work. Their monthly gatherings, known as **koryukai**, which I attended for a few years, and still drop by on occasion to keep in touch, places all of its practical components on exercises like **Hatsurei Ho** and **Solar Energy Training** which are intended to strengthen the **Reiki energy channels** and give practice in identifying and accentuating the **Reiki energies**.

Gendai Reiki also contains aspects of **Buddhism** and **Shinto** which are not found in Western Reiki as well as a strong shamanic influence (**which is mostly as derived from the Shinto aspect**). My overall impression is that it is mostly a traditional Japanese style of Reiki, with the Western elements being presented in a uniquely Japanese way.

Reiki was originally developed as **Dr. Usui's personal path to spiritual growth**, which he freely shared with others out of the goodness of his heart, not with the intention of mass producing a new healing system. It was not developed nor intended as a 'teaching', but as a personal approach... which Dr. Usui later unselfishly shared with anyone interested.

Likewise, **Gendai Reiki** was not developed as a system to be mass produced, and originally there were only three or four people that **Doi Sensei** shared this personal approach with (**they all still frequent his koryukai in Ashiya, Japan**). As they began to spread the word, more and more people showed interest, and now it is one of the leading (**and most authentic and powerful**) styles of Reiki available. All **Gendai Reiki** students who have studied with **Doi Sensei** are forever grateful for his decision to share what for many, might have been kept private.

Being a personal approach, **Gendai Reiki** is dynamic and organic... it is forever growing and expanding as **Doi Sensei** discovers new and exciting techniques and as new information is made public from the **Gakkai**. I would highly recommend that anyone interested in learning this fascinating system **come to Japan** and study with **Doi Sensei** himself, or wait for one of his (**quite frequent**) trips abroad... you'll be forever glad that you did! I don't recommend studying **Gendai Reiki** with anyone other than **Doi Sensei**... it is his personal system and is best learned directly from him... **if you study with anyone else there is no guarantee as to what you are learning... unless, of course, you study with me!**

:roll:

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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Lil Reiki Shop

Duane Flowers · Monday, June 9th, 2008

Reiki.WhatItAllBeLike.Com is pleased to announce the creation of **our own little Amazon Store...** the **Lil Reiki Shop**. Here you can find Books, DVDs, CDs, Reiki T-Shirts and assorted other goodies all sent directly to you from **Amazon.Com**.

You can access the store simply by clicking on the [Lil Reiki Shop Page Link](#) on the right, or click [HERE](#) to be taken directly to the store.

More available items, lists of recommended readings and more [Reiki Book Reviews](#) will be updated from time to time, so **be sure to check back often**.

For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!



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