



by Anton Knoll

**A**s a Reiki Master, I am often asked to explain what Reiki is. I say that Reiki is a universal healing energy that practitioners are attuned to, and that during a treatment this energy is channeled into the client. The body then uses it to promote healing, in whatever form is needed, be it physical, mental or spiritual. The word Reiki comes from two Japanese words, rei meaning 'unseen' or 'spiritual' and ki meaning 'energy' or 'life force.' I tell people that there are many stories surrounding the origins of Reiki. The most widely taught begins with Dr. Mikao Usui, a 19th century Japanese scholar, searching for a way to rediscover the healing art said to have been practiced by the Buddha. This quest led Dr. Usui to a Buddhist monastery near Kyoto, where he found his answer atop a sacred mountain. An ancient text gave instructions for fasting and meditation, preparation for the mind and body to receive the "keys" of Reiki healing. Upon completion of the 21 day fast atop Mt. Kurama, Usui was preparing to leave when a great bright light came toward him with tremendous speed, flooding him with the knowledge he sought. Usui Shiki Ryoho Reiki was born.

Today, Reiki is one of the fastest growing healing arts in the natural health field, and is widely used in traditional medical settings, such as hospitals, medical clinics and hospice programs. A recent study states that over one million U.S. adults have had at least one Reiki treatment (ReikiInHospitals.org).

The Grand Strand is home to several Reiki Masters and practitioners, including Romina Hoda, TMI board member and Reiki Master, whom I recently interviewed.

**Anton:** What is Reiki to you?

**Romina:** Reiki, as a healing art, integrates mind, body and spirit in a way that supports the body's own healing, while it

allows us to inspire and activate healing in ourselves as we use it. The art of Reiki focuses on the journey, not the destination, bringing about balance and gentle expansion.

**Anton:** What brought you to Reiki?

**Romina:** I had been doing energy healing for a couple of years, privately for friends. One day, I went to a healer's group and at the end of the meeting began working on a person lying on the table. People asked, "Where did you get your Reiki? Who taught you, what's your lineage?" I said I don't know what you are talking about, what's Reiki?

Shortly after that experience, a woman at work was attuned to Reiki. She put her hands on me and I could feel a distinctive energy flowing into me. Right then, I knew I needed to do something with Reiki. A week later, a friend came into work and said she was now a Reiki Master, and that she needed to teach me. That was my introduction to Reiki.

**Anton:** Where do you see Reiki in the future?

**Romina:** I would like to see Reiki become a household word, for everyone to have a remembrance, training or introduction to Reiki. I would like it to become a natural part of everyone's awareness, kind of like the Band Aids and hydrogen peroxide in your medicine cabinet. I envision Reiki as something people turn to automatically, that they pull out and use anywhere and in every situation.

**Anton:** Many healers in the New Thought community talk about Reiki being watered down. What do think?

**Romina:** I believe that this is true, in some circles and in some areas. It's just like the secret you send around a circle of ten people, that becomes altered with each retelling. By the time the story returns to the beginning of the circle, it has usually changed significantly from the original. Reiki's story has been told many times in many circles. It may have changed, but the attunement that is given to students is not diluted. No matter how it is done or how it may change from teacher to teacher, the attunement is always right, and the Reiki energy that comes with it is always whole and intact.

One of the things that I have found that really has been diluted is how to access Reiki, how to bring up the energy. Some people are no longer mixing in Heart. Dr. Usui taught that with Reiki and Heart you can do anything. Now, it is up to the Masters, those teaching Reiki, to make sure that they educate their students about how Reiki works and how to access it, and to add Heart when they do.

Romina stressed that Reiki is not just about healing people. Reiki brings balance into any situation, and can be used on animals, plants, food, circumstances or anything that will benefit from enhanced and balanced energy.

*For more information on the history of Reiki visit the International Institute for Reiki Training at [ReikiTraining.com.au](http://ReikiTraining.com.au). Romina Hoda may be reached at The Mumford Institute (843) 449-0663, [MumfordInstitute.com](http://MumfordInstitute.com). See ad page 31.*