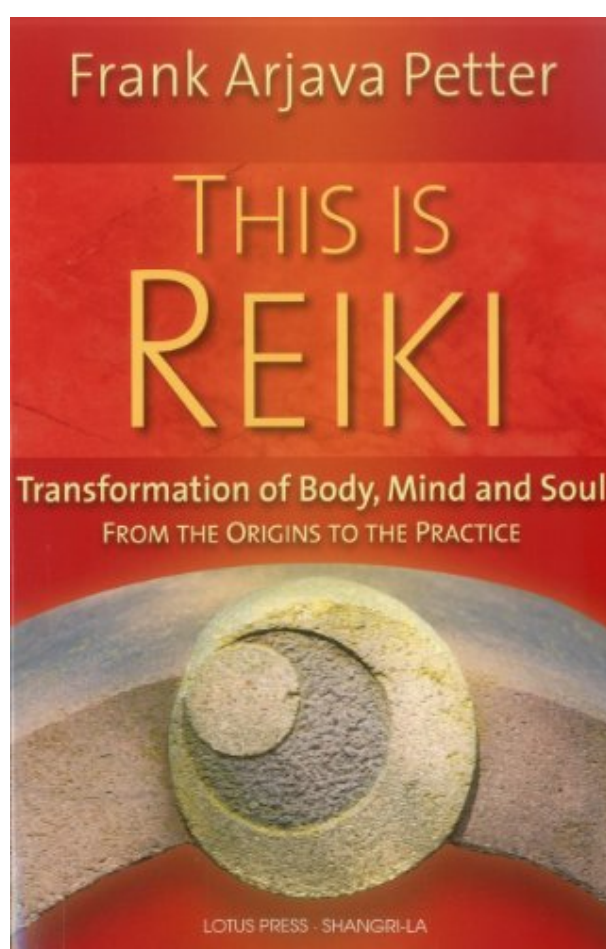


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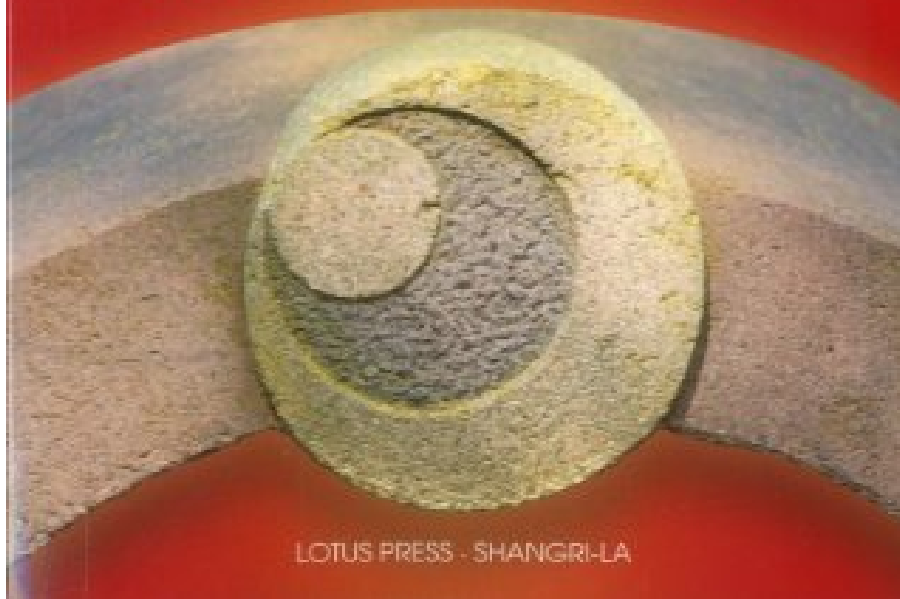
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About the Author

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"I would like to share with you my experience and insights from eighteen years of working with Reiki. In this time, my understanding of what Reiki is and how it works has changed considerably. During practice and the exchange with my fellow travelers and students it came to fruition and ripened." - Frank Arjava Petter

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17 of 19 people found the following review helpful.

The one Reiki book to have

By Reiki For Wellness SD

Books don't usually come with a caution label, but this one should. Be prepared to: be mesmerized by the flow of words on a page; be warmed by Arjava's passion for the subject; inhale the story of Reiki's journey at the level of your soul; and most of all, lose track of time.

If you've met Arjava, you'll recognize his voice. It's as if he is sitting across the table, sipping a hot coffee, relating his delightful adventure into the Japanese world of Reiki. He introduces us to Usui Sensei's ancestors, and gives us a peek into the original Reiki Ryoho Gakki. We travel in time from Usui sensei's birthplace to his memorial. We meet Hayashi sensei and the Yamaguchi family. This is an up-dated history of Reiki, based on written journals, documents, family photos, and interviews. Arjava tells us the background story - the history and spiritual culture of Japan - so we get a better understanding of the events that influenced the development (and later decline) of Reiki in its place of origin.

And then we are off to Sacred Reiki sites. More than a travel guide, Arjava uses personal stories, and at times, humor, as we meander from one site to the next. This chapter is plush with photographs.

He goes on to tell us about the deities and spiritual practices that are rooted into some of the beliefs and techniques of the Reiki we do today. This tapestry of spiritual identity helps to explain the dynamic realm of guidance and power, available to us in Reiki practice.

The final chapter covers healing with Reiki, including perception exercises, gassho meditation, and Japanese techniques. There are also interviews with Fumio Ogawa sensei, and Chiyoko Yamaguchi sensei.

Although designed for those who teach, this book is a valuable resource for everyone who practices Reiki. I would also recommend it for those who have an interest in learning more about this simple, yet powerfully effective, Japanese healing art.

5 of 5 people found the following review helpful.

Wonderful book, a " must read" of Japanese Reiki

By einchou

I love this book heartily and read it all the time whenever I am free.

Frank give us a clear picture about traditional japanese reiki history and technique.

You can get the true spirit of reiki through this wonderful book.

The most important thing is that Frank always account for the imformation source of each topic

He always tell us when regarding to some topic

Koyama sensei(teacher) says...

Ogawa sensei says...

Chiyoko sensei says...

and his opinion is

Frank never mix what he haved learned from those teacher with his own opinion.

I really appreciate this manner.

3 of 3 people found the following review helpful.

Just another Reiki book

By Mastergreed

Another book about Reiki by Frank Better. I consider this author to be one of the best Reiki teachers in the world. But this work is not grounbreaking. It's "just another book about Reiki".

I love the history part, but it's not a complete history - still, it provides some new information about Reiki which can be used as a reference to Reiki teachers. I also enjoy the part about roots of Reiki and historical sites that Petter describes. This, along with a lot of photos, makes this a curious and enjoyable read.

Finally, the information provided by Mrs Yamaguchi and the Gakkai organization is also a great reference resource for every Reiki teacher.

Thus, my opinion is simple - it's a good, informing, enjoyable book, which is not groundbreaking, but it's a nice resource for every Reiki teacher and practitioner out there.

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