

Reiki A Simple Definition:

"Reiki is a laying on of hands touch healing system of incomparable ease and power. The Traditional Reiki story begins in the 1800's, but Reiki was ancient even then.

Buddha and several of the Buddhas who followed him were called the Great Physicians (as Jesus was later called {7 BCE}). So much emphasis was placed on healing, both physical and spiritual, in early Buddhist practice that it became the norm later to discourage it as a distraction from the Enlightenment Path. What is today called Reiki was known in India from the time of Gautama Siddhartha (620 - 543 BCE). It was partly described in the Buddhist Sutras(holy books), but more likely it was transmitted through oral teaching"(620 BCE - 1800's AD).

Essential Reiki , The Crossing press., Inc., Freedom, CA, Diane Stein Author

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