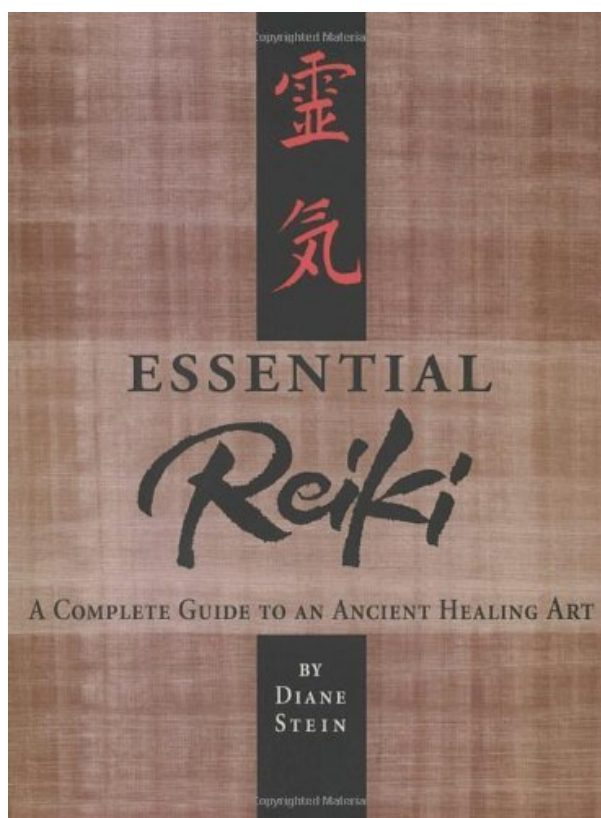
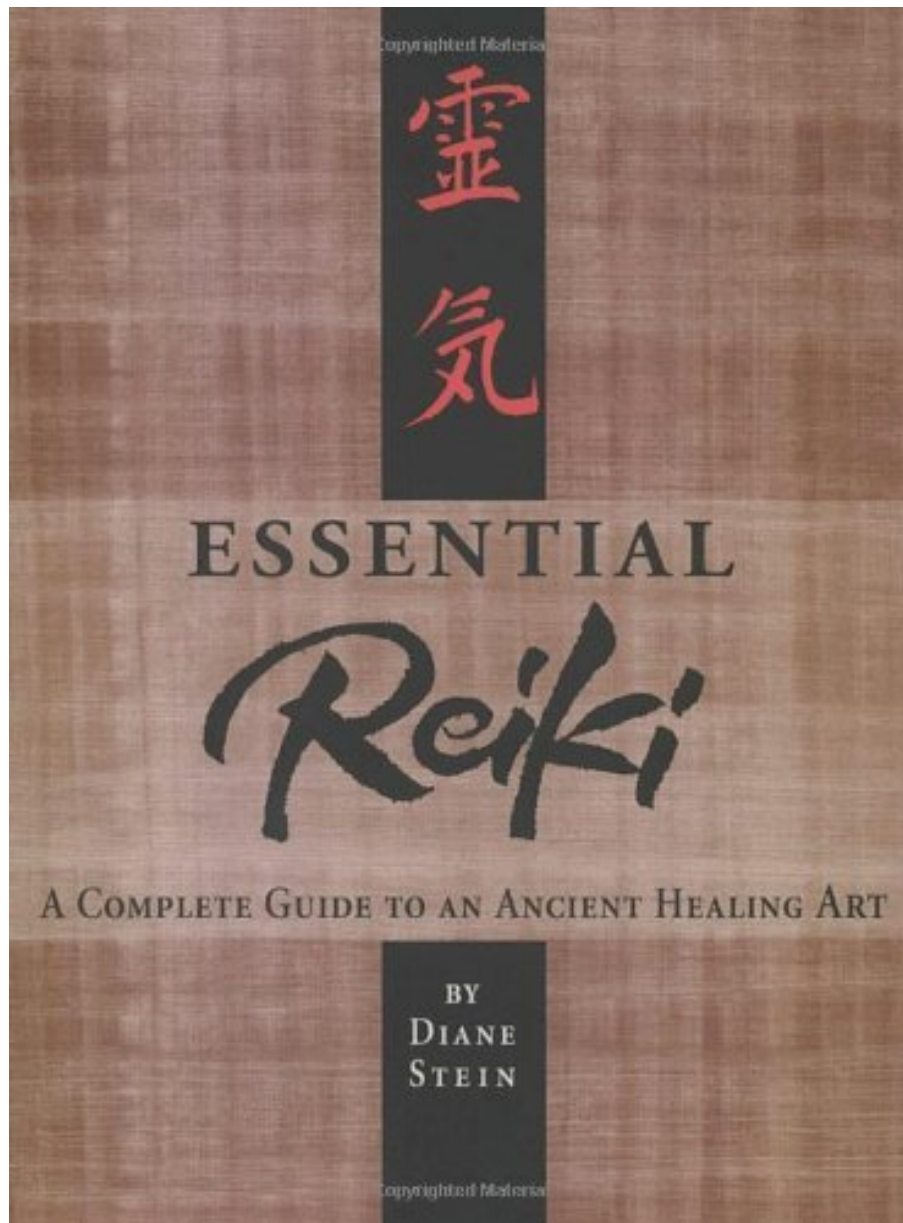


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Reiki is an ancient and profoundly simple system of "laying on of hands" healing derived from Tibetan Buddhism. In the West, Reiki has been kept highly secret for many years. ESSENTIAL REIKI presents full information on all three degrees of this healing system, most of it in print for the first time. Teaching from the perspective that Reiki healing belongs to all people, Diane Stein breaks new ground in her classic guide to this ancient practice. While no book can replace the directly received Reiki "attunements," ESSENTIAL REIKI provides everything else that the healer, practitioner, and teacher of this system needs.

- Sales Rank: #1155436 in Books
- Published on: 1995-04-01
- Binding: Spiral-bound
- 156 pages

Most helpful customer reviews

21 of 21 people found the following review helpful.

Ground breaking in its time, now a period piece.

By Uncle Paul

Some people swear by this book and the author gets a lot of credit for putting Reiki in the hands of more people as its founder, Mikao Usui, intended. Ms. Stein had to come by her training piecemeal and has clearly done more with hers than others with more thorough Western "Traditional" training. To me it seems unfortunate though that she mixes Reiki up with her own home brew of goddess worship. In my opinion that's misleading, however unintentional. Not only is Wicca and its derivatives NO part of any Japanese Buddhist path to enlightenment, but one of Mikao Usui's greatest achievements may have been to keep Reiki from dumbing down and turning into just another religious practice. In Reiki one experiences truth, not submits to indoctrination. Everyone who add bells and whistles and rust undercoatings to Reiki just does not get how or more importantly why Japanese culture places such a premium on elegant simplicity. Power is hidden in Reiki's original simplicity. Less is more. More is mere excess baggage. Most of what you pay for in many Reiki classes in the West today would be unfamiliar to it's founder. Only in such an atmosphere could this book sell very well and it does little to clear it. I believe she errs out of innocence here. I found her manual for teachers far more useful.

7 of 7 people found the following review helpful.

Beautiful, well explained and illustrated introduction and reference.

By Jacobus deRottmann

I was attuned to all three levels of Usui Reiki (Master level in Usui), and given some materials then, but the Master (Mistress?) who attuned me also encouraged learning from every source possible. I bought this and I'm glad I did. Stein researches and gives history and her unique viewpoint and experiences. She is also all about practical instruction and suggestions, showing and telling about the Reiki symbols, et cetera. I find myself referring back here often. When a Reiki 1 I attuned asked for guidance on giving her first treatment session, I ended up discussing the positions and procedure based largely on Stein's illustrations and

description (the Reiki 1 has a copy of this book as well).

Some Reiki folks who follow a more traditional (American-traditional that is) approach dislike sharing the information this way. They think it should be limited and controlled. I agree with Stein's assessment that the need for healing in the world is greater than ever before and we need all the healers in action we can get. The book itself states it is not a substitute for attunement, so any criticism on that basis is misplaced. It is a beautifully done introduction and reference work that every Reiki (and those interested in becoming one) would do well to read and keep handy.

3 of 3 people found the following review helpful.

One of the go to guides for Reiki

By Emily Elkins

'Essential Reiki' is truly essential if you want to learn about Reiki. While everything must be taken with a grain of salt to go with your own practice, the philosophy is open and varied. Everything is clearly explained, from the history, philosophies, and actual practices. Though controversial, the symbols are shown so a complete education can be had. While the practice of Reiki was exclusive for many decades, it is clear in our place and time that the earth needs more loving energy and support, and by spreading the complete knowledge of Reiki, more people can learn to practice it and help to heal our earth.

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