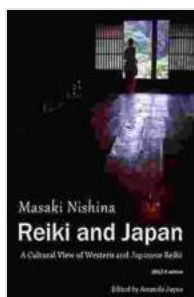


# Cultural View Of Western And Japanese Reiki

Reiki is a Japanese energy healing technique that has become increasingly popular in the West. While the basic principles of Reiki are the same in both cultures, there are some important cultural differences that can affect the way it is practiced and experienced.



## Reiki and Japan: A Cultural View of Western and Japanese Reiki by Cynthia Amoroso

★★★★☆ 4.9 out of 5

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Enhanced typesetting : Enabled  
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## History of Reiki

Reiki was developed in Japan in the early 1900s by Mikao Usui. Usui was a Japanese Buddhist who was inspired to create Reiki after a spiritual experience on Mount Kurama. He believed that Reiki was a universal energy that could be used to heal the body, mind, and spirit.

Reiki was brought to the West in the 1930s by Hawayo Takata, a Japanese-American woman. Takata taught Reiki to a number of students in

Hawaii and the mainland United States. From there, Reiki spread to other countries around the world.

## **Cultural Differences in Reiki**

There are a number of cultural differences that can affect the way Reiki is practiced and experienced in the West and Japan.

- **Lineage:** In Japan, Reiki is typically passed down from teacher to student in a lineage that can be traced back to Mikao Usui. In the West, Reiki is often taught in workshops or classes that are not part of a specific lineage.
- **Symbols:** In Japanese Reiki, practitioners use a number of symbols to focus their energy and intention. These symbols are not used in Western Reiki.
- **Treatment style:** In Japanese Reiki, practitioners typically use a light touch or no touch at all. In Western Reiki, practitioners may use a more hands-on approach.
- **Beliefs:** In Japanese Reiki, practitioners believe that Reiki is a universal energy that can be used to heal the body, mind, and spirit. In Western Reiki, practitioners may have a more secular view of Reiki, seeing it as a form of energy healing that can be used to promote relaxation and stress reduction.

## **Benefits of Reiki**

Reiki is a safe and gentle healing technique that can provide a number of benefits, including:

- Reduced stress and anxiety

- Improved sleep
- Relief from pain and discomfort
- Boosted immunity
- Accelerated healing
- Increased self-awareness and spiritual growth

## How to Find a Reiki Practitioner

If you are interested in trying Reiki, it is important to find a qualified practitioner. You can ask friends or family for recommendations, or you can search online for Reiki practitioners in your area. Once you have found a practitioner, you can schedule an appointment for a Reiki session.

Reiki is a powerful healing technique that can provide a number of benefits. While there are some cultural differences in the way Reiki is practiced in the West and Japan, the basic principles of Reiki are the same in both cultures. If you are interested in trying Reiki, it is important to find a qualified practitioner who can help you experience the full benefits of this healing technique.



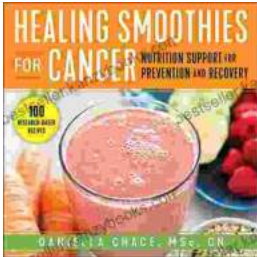
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