

## **The Aims of Usui Reiki Ryoho**

To understand the aims of Usui Reiki Ryoho, let us look again at its origins. First, the terms reiki and Reiki Ryoho have existed for a long time, and many healers have noticed the energy referred to as reiki and perfected Reiki therapy as an effective treatment method. In contrast, Usui Reiki Ryoho was Usui sensei's original system, and it is based on a unique philosophy, absent from other Reiki Ryoho systems. This is because, while other forms of Reiki Ryoho consisted merely of hands-on healing, Usui Reiki Ryoho was never intended solely as a treatment method.

After Usui sensei finally attained the maximum state of *Anshin Ritsumei* through intense training, he simultaneously gained healing ability. Usui sensei himself explained that the starting point of Usui Reiki Ryoho was the idea that "people are originally created healthy and happy. To recover our initial healthy condition, the internal reiki of an individual must resonate in harmony with the reiki of the Universe. The ability to heal with our hands is made possible when they resonate in unison. The ultimate state of *Anshin Ritsumei* is also attained when these levels are in resonance with each other. I want to transmit the path to *Anshin Ritsumei* through hands-on healing as a gateway accessible to anyone."... Hiroshi Doi