

How Does Reiki Heal

William - This morning, how many have taken a class from me? Okay, good. How many have taken a class from one of our licensed teachers? Okay & how many have taken a class from someone that I taught? Alright. Great. Fantastic. Good, Okay. So, I'm going to talk about Reiki tonight. And a little bit about the history of it and also, about the Kanji. How many know what this is? Oh okay, so this will be a teaching class. Okay, good. Fantastic. A lot of people don't know, or so you've never really seen this before, right? Wow, okay good. I chose the right topic.

Okay, so, let's see. I'm going to talk about the evolving nature of Reiki. Now I'm wondering, how many when you took Reiki or you heard about it, how many were told that this is the only true, one exact way to teach Reiki and it should never change? A few people heard that? Okay, good. Well, when it first started, you know Mrs. Takata is a fantastic person and she brought, saved Reiki from being lost in Japan, and so she did amazing things. But one of the things she said was that Reiki was an oral tradition and there should be nothing in writing, no books, no notes, nothing. Actually, she had her own workbook she got from Hayashi, so its kind of like, we don't know why she said that. But yeah, she had a workbook she gave to her students from Hayashi while she was telling them that it's an oral tradition. Isn't that interesting? Cause I got a copy of it, and you know people say, yeah, she handed out this Hayashi workbook. It was in Japanese though, so I had to translate it. I have it in the back of my Reiki manual. How many have seen this before? Its in the back. Hayashi's manual translated in English.

So yeah, Reiki was always meant to be developed. And in fact, there is a Japanese Reiki master that lives in Kyoto. His name is Hiroshi Doi Sensei. How many have ever heard of Hiroshi Doi? Because of course he's in Japan, he speaks Japanese. Its his native language. Its very easy for him to do research and he's also a member of the Usui Reiki Ryoho Gakkai. How many have heard of that organization? Well, that's the organization Usui started right after he discovered Reiki. The Usui Reiki Ryoho Gakkai. And so Gakkai means group or club and Reiki Ryoho means the practice of Reiki Healing. They were around all the way from the beginning and their purpose was to maintain the way that Usui had taught, the original way that he taught. Although, Doi did some research, so he's a researcher. And so, he found that the Gakkai had an archive of all the old notes and stuff that were taken. Then on his own, he found another student that had studied with Usui and had notes. And in those notes Usui said that the most important thing for a Reiki Practitioner to do is to continually seek to improve the quality and quantity of Reiki energy they are able to channel. Pretty fantastic discovery because Takata was always telling, oh no, no, this is Reiki. You've got Reiki one, but you can't make it any better. But you can go to Reiki two, and then you got Reiki two, but you can't develop it. Then the Shinpi-den or Master, same thing. It wasn't to be developed and you can't develop it. But an interesting thing happened when I got my Reiki one, that was in 81'. It was on the big island of Hawaii. And I went off for a walk by myself and the sun beams were coming down through the forest and the energy spoke to me. It said this energy can be developed. I go ahh, good. So, it told me that, so I believed it. I realized yeah, okay. So, then it was almost like a mandate, then you need to like to develop it.

I had also worked with a Kahuna for a year and that was in Honolulu. He said that he had studied with 9 other Kahunas. And he said the way of Huna is to always be a student, always be learning, and studying, and developing. And he said also that a very good thing for you to do is if you want to go forward, if you

can do this, find someone that is clairvoyant, and a healer. Have them work on you, look at your aura and see what's going on and then help you move forward on your path. After that, I kept that in mind, and so he helped me do that first and then later on, I found other people. And went through three of them actually. And by doing that, I learned a lot more than I normally would have learned.

One of the things that I did, was I always asked if they could help me develop and strengthen my Reiki energy. And so, the first person that did that was, her name was Michelle Griffith. Very good at that. Then it kind of came to a time, when it seemed like okay, time to move on. Then I found another woman, Janice Jones and she first channeled the Arche Angels and then she became channeling Jesus and Sai baba. How many have heard of the Guru Sai baba? India, yeah. He was a very powerful Guru, he's passed on, a few years ago, but he was so powerful that, like he could do miracles similar to what Jesus had done. Amazing. I actually went to India and saw him in person. And he just, he had a big afro. Quite a guy, but anyway, he passed on and then he spoke to me, and he said he was trading his work over to Jesus. So, then I began working with Janice Jones and she was channeling Jesus, but it was not the Christian Jesus. It was the spiritual master Jesus, that type of a set up and so what I learned to, is that Jesus is able to create the type of teaching that an individual needs. And so, if you're a Christian and work with Jesus, you get the Christian version. But if you're like free spirit and your like on a spiritual path and just exploring on your own like that, then he's more of a spiritual Master. So, it's like he's not judgmental and he'll work with anybody based on what they can accept. So, I've been working with Jesus very closely. So what happened is that he was developing my Reiki energy, making it stronger. And there came a point in January 2014 where he said well, I've taken your energy as far as we can go and I want to take it further and to do that you need to let go of a couple of symbols that you have because there right now, in a way. I said okay, and he moved them out with his own energy, and he gave me a new energy, and this was different. He said its different in a number of ways and it came from the Holy Spirit and then Jesus was the teacher.

So basically, one of the ways it was different was, I wasn't to do a regular attunement. Now how many of you have received the attunement where the teacher touches your shoulders and does breathing and comes around the front and taps the hands, things like that? Yeah, that's what I was doing. I did it for over 20 years, so I was very good at it. But you know you get your students lined up in a circle and then you got to go for it. I had sometimes thirty to thirty-five students, it was like an Olympic event, and I had to like really be into it. Because it ended up taking about an hour and the students are sitting there like this for like an hour you know so I had to go real fast. But he said your not going to do that anymore and what he said was that the reason was when you do an attunement like that the energy has to slow down to go through the teacher and into the student. And also, it picks up some of the teacher's energy and the student is affected by that as well and it lowers the vibration of what's possible. And so, he said what he wanted to do was just go directly to the student and bypass the teacher. And in fact, the teacher is supposed to keep their energy out of the whole process. He said and you're going to teach this tomorrow and I had a class lined up for the next day and I said woah, wait a minute, is this going to work? Because people came a long way and paid a lot of money and now, I'm going to give them something that they didn't expect, and this is even going to you know work. So, this was on Maui, and I was outside, and I had the students sitting in a row and I was in front, and I did what he said to do. He said just do a brief guided meditation, stop talking and that will kind of get them going in the right direction and he will come in and work with each person directly. I said oh boy, I hope this is going to work. Anyway, I was sitting there, I did that and then after I was done, I got up, I went into the house, I

went into my bedroom, and thinking oh, I just hope it worked. So, then I heard some noise in the classroom and then I went out and they were all sitting in a circle, and I said now who would like to share what happened. And this woman goes oh I would, I would. And she said you know I didn't know if any one thing was going to happen. So, she said she said a prayer asking if there was going to be a physical manifestation that would demonstrate that something actually took place. And she said when I got up off of my chair and went into the house, she said this great wind came around my chair, just like a tornado, just around the chair and it blew the chair straight up into the air and then blew it like 100 yards away. And she said that was her sign and she said she knew then something was real. And then when I talked to the other students, I could sense their energy. Their energy was much more refined, very light, and powerful. They all were very happy about what had happened and so I thought woah it worked. So then after that I was much more confident, and I continued to teach in that way. And so anyway that was the development of Holy Fire® Reiki and then we went on to Reiki Two. I'll give you an overview on that also.

So, like at first, I was just teaching the master level in that style and then after a while I asked Jesus in a session with Janice Jones, I said were just doing the master but what about the one and two and the Dai Ko Myo, what about that, is there a way to do that too. He said oh yes, I have been preparing you and you're ready now. And so, then he explained how to do that and also, he said we need to give this a new name because it's a different process. And he said that we want to call the master level an ignition. And he said this is called the Holy Fire® and it's the ignition, the flame is being ignited in each student and so that's why we want to call it an ignition. And then the other one for one and two they didn't really get the flame because they only get the flame if their a master, but they got the energy, so that was a placement, the energy was being placed within them. So, we got new names for that and so I continued teaching and we call that level two, Holy Fire® Level II. Because now, you know it was different then what we taught the first students, so we had to give it a new name and we just called it Holy Fire® II.

And then I went to Japan, and I was teaching at Mount Karama, and I was told that some new energy is coming. In fact, before I went, I was shown the mountain and the energy got really clear. And I saw this very clear vision and I knew from that, that some new energy was coming through. So, we went to the mountain, and we went up to the mountain and to one of the temples. We had permission to do that, and we went to the temple and then I taught the class there. When I was teaching there, I started looking at the students and I could see that there was like a dark energy inside them, and I had never seen that before. It was almost like I was being shown or something by this dark energy. Then I had a session with that clairvoyant teacher and asked what happened and she said, well you're seeing something that most people aren't aware of that's inside of them and now you're going to get an energy to heal that and release it. So, what we learned was that that's called a dormant self. And so, the dormant self is an energy that develops when people rather than heal, they just shove stuff down inside which is basically how were taught in society.

So, when a child is misbehaving or crying or screaming or anything that they are often told don't do that, oh stop that, stop that, be good, be good, and at first a child doesn't know what that means and eventually they go oh, wait a minute, I could kind of push that down a little bit & they start doing it. Then you go oh good boy, good girl, you did it, you did it, oh that's so good. So, the child learns that taking their feelings and pushing them down inside is good. And then they develop that to such an extent, and it becomes an unconscious response. So anytime anything comes up that isn't appropriate or not an appropriate way for a person to behave in society, then the subconscious automatically holds

it back. So, they have this stuff down there that they retain, and it doesn't go away, it's still there. But the person is not conscious of it. But what it does, is it attracts people to the person that are just like those energies, that have those energies, but they're not holding them back. So, then when a person sees that, they go that's a bad person, their wrong, their bad, their bad, their wrong. So, they are projecting, and they are attracting, and so that's the dormant self. So, with that level of Holy Fire®, then the dormant self could be healed. Its hard for a person to heal something that they are not aware that they have. But the Holy Fire is able to go in and work on that level and release the dormant self. So that was Holy Fire® III. And after Japan, I went to Taiwan, I taught over their too, and we did the Holy Fire® III. They thought they were going to get Holy Fire® II and I said oh we've got this other thing now, Holy Fire® III.

So, then we taught that a while and then what happened was there were people that had only Holy Fire® II and I thought, well I don't want to require them to take a whole class to go up to Three, so we need an upgrade class. It was just one evening, and we did it online. Jesus came to me and gave me a whole lot of ignitions and stuff and said to get my energy field up, powerful enough to do it online. So, then I was able to do that. Well then in March of 2020, Covid came along. And it's like, it's like why we all have masks on now. And basically, I taught in Hawaii and there was Covid happening, but not too much. And then I taught down over on the beach where it was enough that we didn't touch. And I taught in Seattle, we cancelled one of the classes and I went back to Michigan and then there was the lock down thing where were not supposed to meet anybody in groups and things like that. So, then it's like, well what am I going to do now? So, then I had a session and Jesus said, well, and I said what will I do now? And he said Well I have been preparing you, and actually now you're ready to teach online. And then gave me and Michelle Griffith like an upgrade. Not Michelle Griffith, I'm sorry, but Colleen Benelli, an upgrade so we could teach online. So, what I was told too, is that, in the same way that we have spiritual guides that watch over us, there are also guides of technology. And that the guides of Reiki will be connected up with the Spirit guides of technology so that it can combined with the internet, and we could teach online. And so, I thought that I never have heard of that before, but it was pretty amazing. And so, then when we taught online, I asked the students, well how does it feel? They said this is even stronger online, we love this, we love this. How many here have taken a class from me online? Yeah. Good. Did you guys like it? Yeah. So, it's amazing. So, I've been teaching online ever since. It works really well. So, you know I'm just being guided, and I followed what the Kahuna said to find someone that is clairvoyant, and I have a Reiki Master that does it, that you know does that, Colleen Benelli. So that's a little bit of my path.

Well, I wanted to go on and talk more about the Kanji also. Now this is written in what's called Japanese Kanji, okay? Now to the left here, you see this sort of reddish square, that's called a Hanko. So, when an artist in Japan does a work, they leave their Hanko, which is like their signature. So, the man that did this, was, his name was Sonyu Jukeye. It means like, Jukeye is like spirit, wisdom, and Shenu is like keeper of or something like that. But that was his spiritual name because he was a Reiki Master that went to a temple and then learned calligraphy, studied for 7 years in the temple and it was like a spiritual activity. And then he got the spirit's name, the spiritual names, Sonyu Jukeye. Then I asked him if he would draw the Reiki Kanji for me and what he did was, there's no way to describe it, it was amazing. What he did was, he had his art room, which was circular, and he took these small, I guess I don't have one with me, but he took these small art boards and he set them all up, all the way around the room. And then he had his brush and ink ready. Then he went into deep meditation in the center of

the room. Then when he felt it was the right moment, he got up, and he went - all the way around, all at once. And this is the result, this is one of them. And so, you know it has a very strong spiritual energy. Now okay, so when we look at this Kanji, the Kanji developed in China. So, the language, the Kanji that is used in Japan are actually Chinese characters. And so around 1600 B.C. the Chinese people were communicating by drawing pictures. And then it morphed into, developed into this type of writing and they call it actually a little different, they call it Hanji. So that's how they called it in China, Hanji. And so, they had this type of writing. And it was pictographs that morphed into more of a symbolic sort of nature. I'm going to go over what it means and the symbolism there. But then it went to Korea, they called it Hanja. It took quite a while; you know China didn't develop until 1600 B.C and it wasn't until 400 B.C that it got to Korea. The same type of writing. And not until 400 A.D. did it get to Japan so it made the jump over to Japan. So, it took quite a long time. And its one of the original styles of writing, is Kanji. The other style was the Egyptian hieroglyphs. So, they were developed in 3000 B.C. So, there's Egypt that developed writing and then China. And so that's where these characters come from. Now, in Japan there are about 50,000 Kanji characters, but most people only know two or three thousand. And so, in school, in the past too, they were taught in school that was the main way or writing. Now, they have a more modified streamline method. But the student was to memorize two to three thousand Kanji characters when they were learning how to write. And as you can see, it is like an art form, so it's quite interesting around how that developed. Now there are different styles also. Now this is called the Tensho Style. And there are different styles, I guess over time the Kanji has a writing changed to a different style, they give it different names. So this is the same style on the Usui Memorial Stone. How many know about the Usui Memorial Stone in Tokyo? Yeah, there's a Saieho Ji Temple, they have a great big stone and on it is inscribed the history of Reiki about Usui Sensei. That's his memorial stone at where his grave is. So same style as Tensho. So, you know, these styles change over time.

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Now so looking at this, we can see some things in it. So, the top character is REI and the bottom character is KI. Now with KI, it's really interesting, we know about Reiki but actually there are many, many kinds of KI. And in fact, there is a different type of KI for everything that we can see in the universe. And like clouds have their own KI. And then the moon has KI, the sun, and all the plants, and every emotion that people have, it has a different type of KI. If you go to Japan, they can tell you the names of all these different kinds of KI's. So, they see everything as energy or KI. And they think of different types. Now one type is called Byoki. Now, Byoki is unhealthy KI. And then Genki is healthy KI. So pretty much everybody has some Byoki and Genki. Now the new word baby has mostly all Genki. Then as the baby grows up, they start to accumulate Byoki. And so, it's the Byoki that needs to heal. And so that's what Reiki works on. So, we use Reiki to heal Byoki, so Byoki, some people who are clairvoyant can see that as a dark energy around an organ or in the auras, something like that. And so, the Reiki will go in and heal the Byoki and make it detect Genki. So, Reiki just doesn't keep staying there, it just gets it up to a standard, of normal, healthy KI and then that's it. Its job is done. So anyway, there is some interesting things around that. Like I was saying, there is a lot of different types of KI and the way they discovered KO or came up with the idea is that they had, you know China, they ate rice, and it was in a pot. And it had a lid on it let's say, and its boiling and you know every once in a while, the steam pushes the lid up and steam goes out like that. They looked at that, that steam, that misty steam, and they thought ahhh the life energy of the rice is in the steam. And so that's where they came up with the idea of KI. And so, in this character down here, this symbol by itself, is rice. This part is a pot, and so here is

the lid. So that's where the symbol from KI came from. And it's the same in China as it is in Korea and Japan. These characters are all the same, in fact, in Japan, they will say, well these are Chinese characters. So that's KI. And then Rei, is the higher one above, and what we have here on the top part, these lines are what represent the heavens or the sky above, the clouds, and different things up in the atmosphere like that. Then down below, the straight lines are layers of the earth. And so in between, we have the three rounded squares, and this is the Shaman or Healer, body, mind, spirit, and that's what it is in the between. This Kanji is saying the Shaman or Healer takes the divine energy from above and brings it down to earth. And so that's the symbol from REI. So, Reiki is another type of KI. Its KI being guided by REI or divine wisdom. So, we've got that information about KI and so forth.

Now, one of the things about Usui, you know Takata taught a certain story about Reiki, prior to World War II. It was a very good story; it was a very accurate story about the history of Reiki. But then World War II came, and the Japanese attacked Pearl Harbor, surprise attack, sneak attack, and killed a bunch of people and sunk a bunch of war ships. So, after that everything Japanese was wrong, stupid, dumb, bad, you know just not good at all. So, what happened for Takata then, is she was trying, she was teaching a Japanese healing method and then the Japanese did that where she lived. She lived in Honolulu, and they attacked Pearl Harbor. So, she had to do something. And so, what she did was she changed the story of Usui. And she made Usui a super Christian. She said he was a Christian minister, and he was in charge of Doshisha University which is a Christian university, and he was seeking to discover how Jesus had healed when he discovered Reiki. So that's the story that she made up. So, anyone hear that story before? A few people? Yeah. Well, she made that up. Because if Usui would have been a Christian minister, he would have been buried in a Christian cemetery, wouldn't he? He's not. He's buried in a Buddhist cemetery. So, the research shows he was a Buddhist and not a Christian. You know, Usui had been many things, quite a very interesting person, he's very smart and shrewd. Very good businessperson and he traveled all over Japan and worked different jobs. He went to China and also got different jobs there, they say even Europe. He learned so many different things and he came back to Japan. And he was actually the assistant to the Mayor of Tokyo. So, he also got politically connected. And you know he knew how politics worked and everything. He learned so many things and then he started wondering, well I learned the purpose of all these different jobs, but what about life? Is there a, what's the purpose to life? And so he wondered about that. And so, someone told him, well if you go to a Zen Master, they will be able to tell you the purpose of life. So, he went to a Zen Master, and he was accepted as a student. And he did Zazen Meditations for three years and still nothing. He didn't get the purpose of life. And so, he asked is there something more I can do than just the meditation. And the master said yes, you can meditate on the sacred mountain. And so that's when he went to Mount Kurama and he meditated there, he wanted to understand the purpose of life and also his purpose. And so, in fact, he was seeking what's called andsuzitsumay which is a type of enlightenment in which you discover your purpose. But you don't just discover it, you're actually empowered to achieve it. So how many have had a purpose, but has tried to do it and its kind of hard? Yeah, it happens sometimes. Well, this is where you get the purpose and the energy behind it to actually go do it. So, energy like confidence and self esteem and you know just knowing what to do and how do it and so forth. So, that's what he was seeking. So, he went up there and meditated and he wasn't actually trying to be a healer. He went there just to get this andsuzitsumay. So, he set 21 stones out in front, each day he'd toss a stone away. He did that to keep track of time. He fasted and meditated, and he was so into it that he decided he would rather die than not discover this. So, he would fast until he either died or he got this andsuzitsumay. In the end, he tossed the last stone, and he was very weak and tired from all the fasting.

And he stood up, it was midnight, and this huge light came down through the top of his head and his body was so weak, it knocked him unconscious onto the ground.

And then in the morning, he woke up. When he woke up there was this tremendous light and he was no longer weak anymore. He had this tremendous light around him. And he said to himself, I am in the universe and the universe is in me. And then he knew, he had found what he wanted, and *suzitsumay*. So, he was going to tell his Zen master and he goes running down the mountain. And on Mount Kurama, I don't know if you've been there, but there is a lot of exposed roots on the path, when you go down. And he tripped on one of those roots and his toe, the toenail got broken and back and everything, so it hurt like crazy. So, just out of a reaction, I mean anyone would do it, he put his hands on his toe and said oh my toe. What happened then is this power came down his arms and healed the toenail, spontaneously. Then he goes ahh. So, in that, he knew, he understood also he was to be a healer. That's what the gift was, healing. So, then he walked down to Kyoto, he started working with people and healing them. Then he realized actually that he wanted to help other people be healers too. At first, he didn't really have what we call an attunement. So, what he would do, is he would take a student's hands and he would put his hands over their hands and give them Reiki. But it was a very slow process. Then there was something called the Great Kanto Earthquake of 1923, it was September of 1923. There was a tsunami wave and then a lot of the people's homes fell down and then people were sick and injured and mourning the dead and a lot of people needed healing. And so, what he did at first, was he healed one person with each foot, one person with each hand, and with his eyes and breath he was healing six people at the same time. You know, then he started training others, but the training was very slow and just holding the hands. Then he said another prayer. Now remember, he became enlightened. So, when an enlightened person preys, you know something powerful happens. So, he prayed, he said there must be a faster way, please, can I have something new to pass this on quickly. So, then he got this new energy, and it was for an attunement. So, with this, what he would do was touch the shoulders and it would pass the energy on to the student right away. Or the hips or the legs and it would pass it on. So, it was working, and then it became time to train teachers and what he did there, is he created a ritual. That's where the ritual came from. From doing the hands-on attunement. So, he developed that afterwards. Another thing that happened. Very, very interesting. he taught Shoden, which is level one, Okuden level two, but also Shinpi-den which is Master. Now he became enlightened with his experience on the mountain. And when he taught masters, they also became enlightened. So, that was very powerful and such an amazing thing. And then when those masters trained other masters, those people were enlightened too. So, something very powerful happened. But unfortunately, when he passed on, the enlightenment part went away. The world would have been a different place if he hadn't gone away, and so it went away. But I think it shows us the potential that Reiki has. If you could become enlightened from an attunement, its amazing. So then before he passed on though, he trained Hayashi, Hayashi Sensei, and asked him to develop it further. So, Hayashi then developed the attunement process to make Reiki more powerful. Then when he was traveling, he taught one and two together. So, he made some changes like that. And then when Mrs. Takata lived in Hawaii and her husband was the accountant of a sugarcane plantation and everything was going fine, they had a couple of children, its fine, but then the husband died. And then the only way that she would earn money was cut sugarcane, but she was a very small person, and you were paid by how much sugarcane you could cut. So, she was working as hard as she could and just, what happened is she got sick, she got an ulcer, appendicitis, and allergies. And she just couldn't hardly, you know, function. Then what happened is her sister died. Now, the tradition would be that the sister, the funeral would be in Japan. So, to go back, she had to sell her

home to get the money. So, she sold her home, went to Japan, and then had the funeral. And then she was sick and so at that time, the hospitals were free and so she went into the hospital, and she was laying on the table and there was going to be an operation. And so, she was sitting on the table, and she heard a voice. Now, she wasn't psychic, so this is very strange. She heard a voice and it said, you do not need this operation. And she looked around and there was nobody there. She didn't understand what was happening and the voice came again, very clearly, you do not need this operation. Then she called Hayashi in and asked him in, is there any way that I can be healed, not Hayashi, called the doctor in, is there any way I can be healed without an operation. This person knew Hayashi and said yes, there is another doctor, and he can heal you without an operation. So, she went to the clinic, and she was on the table and there were two practitioners with their hands on her legs and she would feel vibration and Ki. So, she just thought well there just might be some type of equipment you know it's what she's thinking. But they start looking around the room and there is no equipment anywhere. She saw that they had the big Kimoto sleeves. She said ahh there must be equipment in the sleeves. So, she starts grabbing the sleeves and saying where it is, where is the equipment. Then Hayashi walks in and sees what's going on and explains to her, oh no, this is not a regular medical treatment, this is a spiritual treatment. She had never heard of anything like that. But it was working. So, she thought, well I should keep going with this, and so she did and in about four months, she was completely healed of all her conditions. So, then she thought, well if I go back to Hawaii, there's no one there that knows Reiki and she asked if she could be trained.

Now, there was a certain thing going on in Japan at that time, yeah. It was called male chauvinism. Ah gee, what was that, how did that happen. Anyway, what they said was, only men could do Reiki. But then Hayashi said, well since you're going to be leaving Japan, and going back to Hawaii, that she could learn. So, what she learned, Shoden, Okuden, and part of the Shinpi-den, and the master. And she went back to Hawaii. She thought that she wanted to get the whole master so then she was trying to figure out, how can she get Hayashi over to Hawaii so she can get master. And Hayashi had a young daughter, and the daughter was not married. In Japan at that time, the tradition was, if the daughter is not married, then she is to learn as much as she possibly can and study anything and go travel also and just take advantage of every opportunity to do something like that. Because once she is married, she can't learn anymore. So anyway, Takata knew that. And so, invited the daughter to come to Hawaii and it was almost obligatory that she go, but she needed a chaperone, so Hayashi. So that's how she got Hayashi over there. Then together, they went around Japan teaching Reiki classes and she got the whole master at that time and there is a certificate that she got and so forth. So, it was very, very good. So, then Hayashi was there, and this was before World War II. Then he goes back to Japan. He was in the military, maybe retired but he had been in the military. So, the military people go ahh Hayashi, tell us, where are the good targets, the warehouses, all the places we can kill people over there, where are they. And Hayashi said, well, I am sorry, I cannot tell you because I was just there healing. I helped these people, I love them; I cannot tell you how to kill them. So then because of that, he was ostracized, black ball. In Japan, it called, losing face. That means no one would talk to him and also his family would lose face too. Nobody could talk to the family or him. In Japan, there is one solution for that, its ritual suicide. We might think of that as wrong or bad, but in Japan, it's a very good thing if you do ritual suicide, very honorable because your honor is restored. Then the family would also be restored. So that's what he did, he did ritual suicide, and it was very painful, with a sword in like that and around your gut like that and then died. He died an honorable man and his family's honor was restored also. Then Takata went back for the funeral and met Mrs. Takata, and they were talking about what to do with Reiki and it was

decided Takata would teach in Hawaii and Mrs. Takata would teach in Japan. Takata was more or less authorized to take over and lead Reiki, especially in America. So, then she went back, and began teaching. She taught one and two from 1934 up until 1970. And then from 1970 to 1980, she began training masters, she trained 22 masters. There was a man named Robert Fosston, and he was a member of what's called the Reiki Alliance. How many have heard of the Reiki Alliance? Yeah. Well after Takata passed on, then the masters that she trained, created this organization called the Reiki Alliance. An so, one of the things that Takata did, is she said that master level is ten thousand dollars. She charged all of her masters ten thousand dollars and they were very committed like in a sacred sort of way to always charge ten thousand dollars for master. So, they began teaching, but let's see where I was going to go with that. Maybe I need a drink of water.

Okay, so Takata trained her masters and charged ten thousand dollars and so all of them charged ten thousand dollars also. Then what happened is, after Takata passed on, one of them, Iris Ishikuro, decided she would train two people as masters for five hundred dollars. So, she trained her daughter, who actually never taught, but then another man, Arthur Robertson, he became a master for five hundred dollars and then Robertson, this was around 1984, 3 or 4, he became a master. And he was a something for Tibetan chauvinism. So, he already was teaching classes, he was a good teacher, and it was easy for him to teach Reiki classes, and eventually master. So, that's where the five hundred dollars, the lower, the non-ten-thousand-dollar fee came from. The five-hundred-dollar master came through Robertson. So, then he trained quite a few people, he trained a woman named Diane McCumber. And when I got master, basically, you know I got, excuse me. When I got level one, that was on the Big Island, and that was with Bethel Faye, and she had trained with Takata. That's where I got the message that this energy could be developed. Well then Bethel wanted to teach level two, so she called me, and said William, I want to come to Oahu Honolulu, and teach level two. Do you know anyone that can afford the five hundred dollars, and you know that's what it cost for level two? You know back then; five hundred dollars was probably around like thirty-five hundred maybe four thousand dollars now. So, it was like a really high fee. Basically, what happened is, most people had level one and very, very few had level two, that was very rare. And level one, I mean people could do everything, could treat themselves, treat others, you know Takata taught that level. It was a very powerful teaching just for level one. But level two is where you get the symbols. So, I did know people. I started recruiting and thinking well I'll help her out you know. But after a while she said, oh William, you know, guess what. You got enough people; you can take the class free. I go really, wow, because I didn't have anywhere near five hundred dollars. So, I got the class free. In the class, I talked with Bethel, and you know asking about Reiki. That's where I asked, well I said to her, well what's after level two. And she said oh its masters and its ten thousand dollars. I go ten thousand dollars, why is it ten thousand dollars. He says, now don't try and talk me out of it, its ten thousand dollars and I'm not going to change. I said well, I'm not trying to talk you out of it, I just want to understand the philosophy. Why did it go up to ten thousand dollars? She says well Reiki Master is so easy to teach and take, it's just a couple of days, that people wouldn't respect Reiki unless they charged a lot of money. So, I thought about that, and I thought my respect doesn't come from paying money, its from you know, the value of what you get. But I decided at that point, well you know, masters fine, great for whoever can afford the ten thousand dollars. I'm just going to, level two is okay, Ill teach that. But what Bethel said, she said something else though, she said Reiki can heal bee stings and tooth aches and you know headaches and things like that. And it can also go on and even work with cancer, leukemia, and heart disease. But she said there is something even more important than that, she said it can heal your entire life. And she said people are born into this life with

a purpose, but because society has different values, people lose sight of their purpose and they forget about it, and they never actually end up following their life path. But she said, Reiki, if you ask Reiki, Reiki will guide you back onto your life path and help you fulfill it. So, I thought wow, that's pretty powerful. And so, I thought that's exactly what I need. Because I could see that I have been taking a lot of different classes, but there was no path or rhyme or reason to it.

And I thought, I need some direction, so I started saying a prayer. And the prayer was guide me and heal me so that I might be of greater service to others. And then later I changed the guide me and heal me to the I might be of greater service to myself and others. And so, I said the prayer sincerely. Now, I was living in Hawaii, and I ended up getting up what's called a plantation shack. Now that might not sound so cool, but back then it was like totally cool. And the plantation shack, you know the hippy days, were still going on back then. So, the plantation shack were these shacks that they built. They're small houses for plantation workers. They are like two bedrooms, and they are really nice. But when the city moved out past the plantation, they started renting them out. So, I happened to get one of them. And actually, there were three of them there and I moved into the first one with the guy there, oh, and the strangest things happened. There was a couple in the front one and the woman was having an affair with the guy that I was living with. And then one day she told her boyfriend that she was just going to move in with David. He was totally in shock. Then David said your going to move in with Paul. I go what? So anyway, I move in with him. Then there was a couple in the other house and then eventually they moved out and then they said, well you can have that one. So, I got my own house. So, the rent was, it was two hundred and twenty dollars a month, and then they raised it to three hundred thirty. But I had this plantation shack and I thought it was like so cool. But also, you know wondered what I was supposed to do with my life. So, I started saying a prayer. We had a mutual washer and dryer out there, I went out there to get my clothes and it was like midnight. I look up and the stars are blazing and sometimes the atmosphere is a lot clearer than other times, and this was a night when the stars were really, really bright. I just looked into the depths of the universe, and I thought, you know, just amazed by it. And then I go back into the house. Then I'm standing there in the living room thinking about you know, the universe, and then there's a presence, I feel, right next to me. And its tall, and its big. And it says to me, there is a way for you. And when it says that I can see this path going off into the distance. And I go, wow. Then the being says, at first it will be difficult, but if you accept this path there will be help for you, but eventually it will get easier and easier as you continue. I go, wow. Then it says, well you can't just be aware of it, you actually have to accept it. And this is no wired thing. He said you have to really be serious about this because this is a big change in your life. So, I already knew what he was going to say. So, I thought about it, and I said yes, I accept this path.

So then after that, what happened is, then I did get level two and the masters was ten thousand dollars. Now, a friend of mine had moved to San Francisco. How many have heard of Tony Robbins? Yeah, he's like even passed this whole thing now. But back then he was just this guy, twenty-four years old, and he was just getting started and he did what is called the Fire Walk. Where you walk across burning coals, and you don't get burned, it just seemed amazing to me. So, I took his three-day workshop. We did the Fire Walk and everything and it was called fear into power. You write your greatest fear onto a piece of paper, and you stand before the coals barefoot, you throw it into the coals, its burns up, and then you walk across, and you don't get burned, at least you're not supposed to. So, anyway, yeah, he said you have to keep your mind up here. Like he did a lot of different techniques and NLP and hypnosis and all kinds of stuff so that we wouldn't be burned. But he said you have to keep your mind up here, don't

ever go down low, keep it up high. So, I start walking across. I don't feel anything. My mind is curious, it gets down to my knees and I go ahh I feel like my feet are burning up. I go up, back up like that, and walk off and I swear my feet got burned up. And then I looked at my feet, they didn't. There was nothing wrong with them. So, I almost felt like they burned and then they healed. It was pretty amazing, the Fire Walk. So, then Tony had his certification training, and it was pretty, I think it was like twenty-five hundred dollars. In this workshop I took with him, you know, that Tony taught, I met this woman, her name was Linda and she lived on the big island, and we got to be friends. And she actually had been a Japanese movie star. She had gone to Japan, she was, you know, she was Caucasian. In Hawaii they call them Hollies, but she went to Japan and was a movie star. But because she was a Caucasian, somehow that was special, and she became a Japanese movie star and made a lot of money, but she wasn't flashy or anything. And she moved back, and she had property on the Big Island, in what Waipio Valley I think, I think it was Waipio Valley, yeah. And Sacred Valley where there is no electric power, everyone has solar panels. This is like, you know all these hippies live there. And anyway I was talking to her on the phone, and I told her about Tony's, you know he had his certification training and its twenty-five hundred dollars, and she says, are you going? And I go, well I'd like to go, but its twenty-five hundred dollars. I can't afford twenty-five hundred dollars. And she says, I'll loan you the money. And in addition, I'll loan you an extra five hundred dollars for expenses. I said oh wow, really. She says oh yeah, don't worry, you know I did really well in Japan, you know I do this for people, so you know, it's nothing, I can do it. I went ahead and did that. And the thing is, I had a friend that moved to San Francisco and also at that time I had to move out of that plantation shack and I was moving around and was having a lot of trouble trying to find a place to live and it just felt like I wasn't supposed to be there anymore. And my friend moved to San Francisco, so I thought okay, what I'm going to do is take the Tony Robin's workshop up in Phoenix and then I'm going to go and move to San Francisco. So, I did that, moved back to San Francisco, and with my friend. He had the whole floor of this old broken-down apartment building, and lived there. And I learned the NLP and then also I knew past life regression therapy, and I knew Reiki, and a few other things. And so, I was giving sessions and I met this woman and she seemed to be physic but she had a lot of problems that she was blocked. So, I was working with her with NLP and past life regression and work through her stuff and she started to be able to do sessions. So, we moved into the same house as friends and then what happened after that was I kind of ended up having no money.

So, I called my parents. Anyone ever heard of this before? I called my parents and I say look, things are going great here. I got this business going and everything and I'm happy and it's all working and I'm helping people. But like all businesses, once in a while you need to borrow some money. I need about a thousand dollars. Can you guys' loan me a thousand dollars to keep my business going? Not my best pitch, so anyway, a week later I called back my mother and I said hey, you know what about, did you guys talk it over or what? She says oh, were really excited, we have this fantastic idea. I talked it over with your father, and we actually can't loan you any money, but we have a way better idea than that. You can actually come back home and live with us. And my mother thought it was just the greatest idea she ever heard of in her life. I thought oh man, no, I can't do that, no, no. So, anyway, then I said a prayer and my connection was getting stronger. And I just said a prayer asking what I should do. And the words came, give it a try. And I go, give it a try, what does that mean, what do you mean give it a try, what's that mean, what is it, give it a try. So, then I start thinking about it, give it a second, give it a try, that must mean there is something there for me. Give it a try. So, I thought oh, well see I was living in San Francisco and I'm from Detroit, so you know, and I had been living in Hawaii, so I thought, do I want to go back to Detroit. So, anyway I thought about what I'm going to do. I'm going to go back to Detroit,

have an open mind. Be looking for the lesson because obviously there must be a lesson there for me to learn. Learn it as fast as I can, get out of there, and go back to Hawaii. So, I went back, and I lived with my parents and that ended up, more or less got kicked out. Because I wasn't earning my living doing the normal thing that everyone is supposed to do. There is a certain thing everyone is supposed to do and a certain way you were supposed to earn your living and I wasn't doing it. And so that's wrong. And so, I had to move out. So, I moved into this other house called the Health Force House. And health force sounds like reiki, right? So anyway, they wrote a book called Health Force Book. And they were into healing and all kinds of stuff like that. So, I was hanging out with those people and I starting writing for Phenome News, which was for a local metaphysical paper. So, I didn't know how to write. I went over to the editors, and I said look, I've got a lot of experiences but what do I do. I'd like to write but how do I do it. They said oh, don't worry about that, most of our writers can't write anyway. You know, what we do is, we edit it. What you read isn't what they wrote. It's the edited version, get it? So, they said, they said just write the best you can and don't worry, we'll fix it, don't worry. So, I did that. Then I saw the end result. And I said oh, I see what they did, moved stuff around and changed it. I thought oh, so next time I wrote again and then they had to do less and less and pretty soon they said oh, well you're writing so well now, we don't even have to edit anything. I go wow, I'm a writer, fantastic. So, I became a writer. And then also, I knew how to do past life regression therapy, NLP, astrology, and a few other things, and I started what they called my Spiritual Development Training. And because I was writing for Phenome News, when I advertised it, a lot of people knew me because of what I was writing about. And so, my classes were very successful. In fact, at one point, I had two classes going at the same time on like Tuesday and Thursday. They were going really well, and I realized wow, I can teach too, woah, this is cool. So, I learned how to write, I learned how to be a teacher, and then I heard someone was advertising the master level of Reiki for five hundred dollars. And I thought, oh that can't be the real Reiki, its supposed to be ten thousand dollars, how could it be five hundred dollars. So, I went, and I talked to her, and she says oh no, it's the real Reiki. And she told us the story about Iris Ishikuro that I was telling you and Arthur Robertson and her, how she became the master and it's the real deal, and it's the same thing that Takata taught and all that. So, I said yes, sign me up. So, I became a Reiki Master in 1989. Easy to transition from my Spiritual Development Training into Reiki classes and then I eventually taught master. And uh, that picks up where I left off and you know, seeing the Janis Jones, and getting the upgrades, and getting the Holy Fire®, and so forth. So anyway, the message I want to leave with you is that Reiki is something that can be developed. And because of that, its possible to go on and continue with the whole process. And you know, Holy Fire® Reiki is a takeoff from that. So, does anyone have any questions? Yeah, we've got a mic for you. Yeah, there you go.

Audience - So do you have to, is there a certain level of Reiki that you have to get to before you take the Holy Fire®?

William – Well there was when we first started it. Basically, you have to have level two. Because I was teaching it at first at the master level. And that's where you actually get the Holy Fire® flame and all that. So, you need to at least have level two and then you can go to the master class. And then you actually get the Holy Fire® flame installed and then you can do Holy Fire® Reiki and teach it as well. But then eventually like I was saying, I was able to teach level one and two. So, in those classes you would get Holy Fire®, but on a practitioner level, not a teacher level. So, you wouldn't get the higher level of the master, but all you need for that is to already be a level two and you can take the master. Any other questions?

Audience – What year did you say you took mastership?

William – That was 81.

Audience – Thank you.

William – Alright, anything else? Yeah.

Audience – That was some really interesting historical information with Usui and everything else. I was wondering, you know how you gathered that information. And I apologize, I have not read any of your books, so maybe citations are there. It's fascinating.

William – Yeah, how we gathered it. Well, what happened was, Takata said that Usui had been the president of Doshisha University in Kyoto, Japan. And also, that he had been president of the University of Chicago. So, Detroit isn't too far from Chicago. So, I go ah, has anybody ever researched that because if he had been there, you'd get so much, all these other interesting facts about Usui. So, I thought, I'm going to find, I'm going to do that, I'm going to research it. I wrote a letter to the University of Chicago. I said, I understand one of your presidents was Mikao Usui. Can you tell me what year he was president and are there any facts or details or are there any papers or documents or anything? And they wrote back and said, we got your letter and we wondered about it, and we looked into our archives, and we even talked to our chief archivist. We did some extensive research because of what you were saying about that and in fact, we can find no one by the name of Mikao Usui that had been the president. No one by that name had ever been an instructor nor have there ever been a student at our university. And I thought, oh wow, because I thought I was going to reap this, you know harvest this information about Usui. I thought oh darn, that's too bad. And I thought, oh wow, he was the president of Doshisha University. So, then I wrote them a letter and unfortunately, eventually they wrote back, and it took them a while because they had to translate it to Japanese and talk about it for about four months and then they wrote back and said the same thing. That he had never been the president of Doshisha University either. So, then I wondered, what happened? I thought is Reiki real. Did Takata make the whole thing up or what? And I just thought, maybe I shouldn't even practice this if that isn't true. And then I thought, but wait a minute, Reiki works. It is real, it works. So, then I just thought, I decided I'm going to keep practicing and then do my own research about the history and see what I can you know keep my eyes and ears open and see what comes up.

And so, after that, there was some research done by a couple of other people and they said they have found the grave site, Usui's grave site. So that was something. And then it opened up ever more, and then a man named Arjava Petter was married to a woman named, Achetnakobeioshi who was Japanese. Chetna actually knew a lot of the Reiki people and the Gakkai. So then took Arjava around and introduced them to these people and Arjava started writing his book called Reiki Fire. I was in I think England life when I came up. My staff sent me pages, printed, you know copies from his book, it was like thing big thing, Reiki Fire. He uncovered a lot of facts about Usui, and about Reiki and the history and everything. So that was really something. His email address was in his book and so I emailed him and said wow, this is fantastic. And he said, well if you come to Japan, I'll show you around. I go really, wow. So that was '97. So, in September of '97, Laurelle Ashanti Gya. How many are aware of Laurelle? Know about Laurelle? And that she passed on. Yeah, she was very active and so together we both went to Japan. Arjava met us and showed us all over Japan and we went to the grave site and went to Mount Kurama and around Kyoto and Tokyo. So that was really something to start to get more information

about that. Arjava uncovered a lot of facts and there were a few other researchers and then, on that visit I actually met Hiroshi Doi and he speaks only Japanese. I met him in a restaurant but then later what happened, some things developed and I got to know him a lot better, and he had written a book which was only in Japanese. So, I offered to translate it to English. And he was very, very, happy about that. So, I translated it to English, and he just thought it was, that I was the greatest guy in the whole world. So, his book was in English and printed it with royalties and all that. So, then I went back there again and let's see, what happened, I was teaching at Mount Kurama and then I got a notice that Doi had done something phenomenal. That he started to fund because in the birth village of Usui there is no monument that commemorates Usui for discovering Reiki. So, he started a fund and I donated to it and a lot of other people did. Then it just so happens that when I was in Japan teaching, the day I had off between my classes, he was going to have a ceremony. So, I got to go to that ceremony back at the keno of the monument he put up. So, we got to know him quite well and then like I say, I translated his book. And so, then a lot of additional facts and information came from Doi Sensei. Because he was a Gakkai member and had access to the archives of the Gakkai and was Japanese and could easily do research there and then got ahold of some notes that one of Usui's students had taken. So that would be the source. Those are the sources. And Doi who added a lot to all that. One time what happened was, I'll tell you this funny story. I was in, I was in a Reiki Retreat down in, uh it was fairly close to here, spring, uh, okay, anyway I'll think of the name. Anyway, we were at a Reiki Retreat and there was a man named Yuki Yamamoto. He was a Japanese Reiki master and so you know, I went to hear him talk. And when I'm walking with him to the main retreat center. He goes oh Doi sensei, he knows many, many things about Reiki, he does. But first you must get him drunk. I was like what, I'll remember that, okay, all right. But yeah, I never thought that would happen but anyway so then I go to visit Doi Sensei and then we go to lunch. And were sitting there, you know, having lunch and afterwards, he orders Saki. I go ah, good. So, then he starts drinking Saki and he gets a little you know, off there and he starts telling information, you know, about Usui. Some of the things I was sharing with you earlier. So yeah, that's where a lot of it came from. And then actually because I had published his book, I could ask him questions. So, for a long time, all these questions, and he had a translator, Fumi, she would translate back and forth. I had all my questions answered and then finally I said does Doi, does he have anything else, and says no, Doi says that he told you everything that he knows. I go, okay. You know, a little bit disappointed, but you know, otherwise, good. So, that's where a lot of it came from is Hiroshi Doi Sensei and then the work of Arjava Petter and some of my own research. So, anything else? Any other questions?

Okay let's see, I think I've mentioned everything. All right, well, oh another question.

Audience – I just had a question, I keep thinking about like the idea of the Holy Spirit as you know like the fire, the flame, right? Would you say that its kind of like all the same thing? Do you think that like its necessary to have all these trainings formally or that like everyone could inherently do this as just as part of our makeup and this is like, I don't know? Just curious what your thoughts are on that.

William – good question, yeah, the thing is this, what I've learned. At first, I thought, Reiki is Reiki, everybody's Reiki is the same. No one has Reiki better than anyone else, it's all the same; and that was more of a political statement I think because we didn't want to have arguments, my Reiki is better than your Reiki. But then as time went by and then the Reiki that I was giving the Holy Fire® was significantly better, I thought well, what do I do hear. I thought well, the value of this is so great that it's better to

actually promote it in that way. But to say basically, it's only for people who are guided to take it. Not that its better than any other Reiki but it's for people who are guided to take it. So, for the people who are guided to take it, it is better. You know, it's because it's their path. So, what I learned though, what I feel is true is that there is a multitude of different frequencies of healing energy and that there is no limit to healing. And that it can always get stronger and stronger and stronger and stronger and stronger. And because of that, it's a path that you can be on to heal ever more deeply and become a better healer. But remember what Usui said, the most important thing for a Reiki practitioner to do is to continually seek to improve the quality and quantity of Reiki energy that you channel. So, he was saying right there, it's possible that you can get more and more and more. And so that was my path. Because I was open to it, now like I say, like the Reiki Alliance was saying, no, that's reiki one, you got that, that's it. You can't develop it. But I was told by the energy that it could be developed so that's why I was always open to it and seeking help. And because the Kahuna told me always find someone else that you can get advice from in healing. So that's how it all evolved, is just those two concepts.

Audience – I have a question. How much does the Holy Reiki Fire cost?

William – The Master level is \$1,025.00 (as of 3/1 this class is now \$1045.00USD).

Audience – Okay, thank you. And that's online?

William – Yeah online. We teach it online. You know we were teaching it in person and then we went to online. Like I say, seasoned Reiki masters who took it, are saying it's even more powerful than the Reiki they had before. So, I think if your guided to take it, yeah. But yeah, Its online. Teach the master level. So, that means anywhere, you don't have to travel, you don't have to get a hotel room, you don't have to you know, it's just in the comfort of your own home, and you can take it. It's the same for me too. I can teach in my own home, so I don't have to travel. So, you know I have traveled in the past about sixty thousand miles a year for about thirty years. You know, traveled all over. But now I'm like woah, this is like completely different and I'm very happy for the change because obviously you know, it's reaching a lot more people. At first people thought were going to take this, but we would rather have it in person, but were going to do online because you know, right now you can't travel, and you can't meet in groups. But then, now people are saying, well we'd probably keep taking it even after you know, Covid's gone because it worked so well, and you know it's very convenient. Like I say, it's not something that I invented, it's something that was channeled. I was given the energy to teach like that. And then were following, I don't try and think of, what can we do next (Audience – It comes to you), yeah, it comes to me, and what they say is, just work with what you've got, and work on that. We'll take care of the next step. Don't think about it. Just, we gave you this. Work on it. Use it. Then you'll be ready when we do have the next step. So, just like if you're in third grade but you're always thinking about fifth grade. You don't learn what their teaching you in third grade and never get to go to fifth grade, so this is a no. Focus on what you've got and use it. Learn how to use it. So, anyway, any other questions? All right. I guess that's about it. Yeah. Yeah, thank you.