

The Usui Reiki Center (URC) is a non-profit, 501(c)(3) volunteer organization and is funded 100% by annual dues, and donations from its members & supporters. We are committed to honoring the original teachings of Reiki and to upholding its integrity.

Reiki Master John Crundall began teaching in 1991 with his beloved wife and spiritual teacher – Denise Crundall. Denise & John established the Usui Reiki Centre in Melbourne, Australia in 1991.

Denise & John's work in the AIDS community & with those facing life-threatening illnesses, has inspired dignity & compassion in all those they have touched. Denise and John's wisdom & insight have helped many to find the self-respect and love to heal themselves & discover their own spirituality. Together they have inspired people around the world: teaching in Australia, USA, Canada, Austria, Germany, Russia & Thailand.

In June 2002, Denise made her transition, and now, John with the assistance of Reiki Master Ellen Rose, carries the Light of Reiki in Her name. Their journey continues through dedication & commitment to the Lineage and Love of Reiki. John and Ellen's warmth, wit & wisdom make them gentle and powerful teachers.

URC approved by California Board of Registered Nursing BRN Provider #13428 for fourteen contact hours for Reiki I and sixteen contact hours for Reiki II. The Associated Bodywork & Massage Professionals, recognizes awards their Certified Members up to thirty required hours upon completion of Reiki I and II (our ABMP Member #616917).

The mission of the Usui Reiki Center is to facilitate broader & more in-depth understanding of wellness at all levels, i.e., physically, emotionally, mentally and spiritually. It is our intent to do this by providing Reiki & comprehensive courses to enhance healing universally. Reiki treatments are available by appointment and by donation.

**For more information contact:**

*Usui Reiki Center*

P.O. Box 41606, Santa Barbara, CA 93140-1606

Phone/Fax number: (877) 814-6895

Website: <http://www.UsuiReikiCenter.org>

E-mail: [SantaBarbara@UsuiReikiCenter.org](mailto:SantaBarbara@UsuiReikiCenter.org)

[Facebook](#). Join Usui Reiki Center Facebook Fan Page & enter [Usui Reiki Center](#) & look for Non-Profit Organization.

## ***REIKI PRINCIPLES***

***JUST FOR TODAY  
DO NOT WORRY.***

***JUST FOR TODAY  
DO NOT ANGER.***

***HONOR YOUR  
PARENTS, TEACHERS  
AND ELDERS.***

***EARN YOUR LIVING  
HONESTLY.***

***SHOW GRATITUDE TO  
EVERY LIVING THING.***

*Reiki*

和  
靈  
氣

Reiki is Universal Life Energy. When activated, it addresses body, mind and spirit accelerating one's ability to heal one's self. The body is reminded of its ability to heal physical ailments, the mind opened to the causes of disease, and the spirit to the opportunity of taking responsibility for one's life and the joys of balanced wellness.

This hands-on healing modality is an ancient art now being revived around the world. Energy channeling through the hands was rediscovered by a Christian scholar, Dr. Mikao Usui, in Japan last century after many years of researching the healing ministries of great healers including Jesus and the Buddha. Reiki (literal translation – soul power), as laid down by Dr. Usui has a simple set of procedures to follow, which were passed down to each of the Reiki Masters who follow his teachings, together with a simple set of Reiki ideals.

Reiki is experienced through the hands as a powerful yet unobtrusive flow of healing energy. It can be learned by people ages 6 to 96, taking approximately 18 hours (usually Friday night, Saturday and Sunday). This includes four fine tunings (energy transmissions) which are the bricks on which Reiki is built.

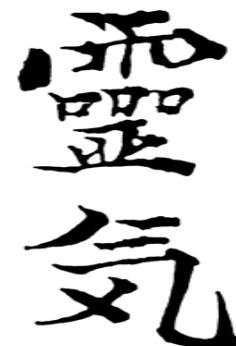
The fine turnings are the awakening of a memory, a spiritual heritage that has been forgotten by most; the opportunity to participate fully in one's own healing by placing the hands strategically on the body.

Many people have sat at the bedside of a loved one and felt helpless and hopelessly inadequate. The channeling of Reiki energy is of genuine benefit to both the practitioner and the recipient. Reiki channels are not using "their" energy per se, but are via Reiki, tapped into the universal supply and therefore cannot become depleted or run down.

It is important to note that the Reiki energy is not a mind power. It is spiritual in nature, and therefore cannot be directed or manipulated in any way. Reiki by-passes the symptom and goes to the cause of the problem to allow healing. Reiki works on the assumption that each of us knows more about what is necessary for our healing than anybody else. It works with that innate 'knowing' part of ourselves that has created, caused or participated in the problem and therefore knows the antidote. Thus Reiki is totally complementary to any other form of healing or medication being undertaken.

Metaphysics is an exciting way of looking at illness and of extracting the little self from the problem to get an overall picture of the greater scenario. While metaphysics may form part of a Reiki weekend, Reiki is by its nature an oral tradition with very little objective information written. As such, it is interpreted by Reiki Masters and teachers, and presented in its best light scenario from their own life's experience. Receiving a Reiki treatment is undoubtedly the best way to experience this natural flow of healing energy.

Reiki teaching varies around the world. In searching out a teacher, as in any other field, ask lots of questions. Reiki is an ancient tradition so question the lineage of the teacher, and generally the more direct the line back to Dr. Usui, the less cluttered it will be.

The image shows the Japanese characters for 'Reiki' (霊気) written in a bold, expressive calligraphic style. The characters are arranged vertically, with '霊' (Rei) on top and '気' (Ki) on the bottom. The brushwork is thick and dynamic, with varying line thicknesses and some ink bleed-through, giving it a sense of movement and energy.