

## REIKI AND PARAPSYCHOLOGY: A BUDDHIST OUTLOOK

By

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### **Abstract**

*There is a huge misconception prevalent in the globalized society that Parapsychology and Reiki both is not the realm of science but of religion. This is perhaps because the western definition of the 'mind' is limited only to what may be called 'normal consciousness', the sub-consciousness and the unconscious dimensions. In the East, however, particularly in India for many centuries we are quite aware and known in the study of mind through practices, which has remarkable dimensions far beyond and above what may be called the normal experience of practice. The traditional forms of Yogā, Patañjali's Yogā śāstra, various forms of meditation and yogic practices clearly describes the paranormal faculties that can be developed as a result of following the practical practices of various discipline of the meditation. These include telepathy, telekinesis, hearing at a great distance and other such faculties that may appear supernatural but are, in fact, a result of continuous rigorous training of the mind so that it transcends the normal barriers. The study of parapsychology, therefore, is as much a subject of rigorous scientific exploration as is classical psychology. It has a very close link between Reiki as well as Buddhist psychological study. The name Reiki was given by Dr. Mikao Usui who lived in Japan during the nineteenth century. It is a meditative path to personal and spiritual growth. Life Force Energy is the foundation of all lives, a sort of subtle cosmic plane that supports, nourishes and sustains the cycle of birth, life and death of all living things. Through prayer, meditation or Reiki practice, practitioners may feel less separate and increasingly whole within self and within the whole of creation. Reiki gives a sense of unity, and become more aware of the role or place in the great scheme of things and at the same time feel supported, safe, open and confident in own abilities to be all that is without doubt or apology. It can be explained that the spiritual journey experiences the Essence of Reiki as opposed to the Form that are the actual physical and mental methods for using and sharing Reiki, Mahāyāna Buddhist practice. In the study of Buddhist Philosophy the Mind plays a very important role in the as according to Gautama, the Buddha all our actions are performed by Mind. To explain the complicated nature of Mind endeavour will be to unfold step by step the different factors of Mind. Mind indeed has close relations to ethics in so far as actions are concerned. Hence, psychology and ethics are closely related to each other in Buddhism. Therefore, parapsychology and Buddhist psychological meditation practice, i.e. Reiki conjointly provides valuable guidelines for*

*pursuing what is surely the most exciting adventure in science today, the study of consciousness itself. In the life of today's world, despite its tremendous scientific and technological achievements, still not been able to tackle the most exciting and enigmatic of all phenomena on the planet- the human mind. UNESCO has famous opening lines that point out that wars began, and not only wars between nations through weapons or chemicals, also biological war in the mode of Pandemic, civil strife, violence, crime, growing stress, the tension in the minds of men. It is, therefore, necessary to mankind to start turning the searchlight inwards to see what it is that moves our thoughts and actions, and whether we can transcend our inner consciousness to dive towards a more holistic and integrated view of life in a scientific as well as spiritual mode without any biases. These are the objectives and also the needs of this study.*

**Keywords:** *parapsychology, reiki, consciousness, practice of mind.*

Present days, there is a great need shown in cross – cultured societies around the world, for healing of the inner self, the need to become unified or whole, in short to reach a state of Emanence. Although many positive changes have occurred, but with these changes wars, famine, diseases, stress, present situation of Covid Pandemic creates mental, emotional disorders and many problems covered large areas of the planet; the distribution of goods is completely out of balance, and overwhelming disregard for ecology through the current destruction of the planet is the present state of affairs. It is quite apparent that politics, religion, science cannot provide all of the answers. Only a total quantum leap in the consciousness of mankind will provide the healing. According to Hermetic Science, man will not realize spiritualism until their body, mind will

not be cleared and purified. In other words, no man will be liberated from the bonds of fear and ignorance, and raise his level of conscious awareness, who has not regenerated his body through Life Energy, and purified his mind by ‘Truth and Love’ (Purely Buddhist Stance).

In this present article I tried to define Life Energy which is known as Reiki from a Buddhist Para psychological approaches to make a privilege for the student of Reiki and Para psychology and made a ‘fine tune’ to greater degrees of Emanence.

### **A Description of Reiki:**

Reiki is a Japanese Mahāyāna Buddhist meditational process, emerged from the Mahāyāna Vaipulya texts, namely, Saddharma Puṇḍarika Sūtra, Praṅṅā Paramita Sūtra. ‘Rei’ and ‘Ki’ are two

different kanji (Japanese alphabet); define 'Rei' as universal, transcendental essence and 'Ki' as the vital life force energy. Therefore these two words conjointly represent the universal life force energy. It is very similar to the Chi of Chinese acupuncture, lights of Christians, Bioplasmic energy to Russian researchers and prāṇa of India. We all have Reiki energy (Universal Life Force Energy) for it is our birthright. Reiki is different from other healing methods, through its attunement process which learners are experiencing in the various level of Reiki classes. Anyone can lay their hands on another person and help accelerate the healing process by transferring universal energy. A person who has been through the process of Reiki attunements, however, has experienced a very ancient technology for fine tuning the physical and etheric bodies to a higher vibratory level. These energy centers, also known as chakras, are opened to enable the person to channel and vibrate higher amounts of Universal Life Force Energy.

Reiki cannot send, it is only drawn through the channel. Another greatest benefit of Reiki is the possibility of self – treatment. Self-treatment is an extremely effective technique for total relaxation and stress release. It

amplifies the life force energy within the body that helps to create balance in the physical, mental and etheric bodies as well.

Reiki is not a religion, as it holds no creed or doctrine. Indeed, it is very ancient science hidden for thousands of years, until Dr. Mikao Usui rediscovered this old “technology” stored in Buddhist Sanskrit scriptures at Tibet. Researchers at Stanford using highly sensitive instruments, which measure the flow of energy forces entering the body, determined that Reiki energy enters the healer through the top of the head (or crown chakra) and that flow comes down through the forehead (third eye chakra), then the neck (throat chakra) and so on. Lastly, this energy flow exit through the palms of both hands. Once the Reiki energy starts flowing, it seems to flow in a counter clockwise spiral motion, much like the double helix in DNA. Whatever, things are there, as a Reiki healer and master it must mentioned that it is a wonderful tool to help one develop conscious awareness, the very key to enlightenment. As in most things in life, Reiki must be experienced to be appreciated.

### **Para psychology:**

Para psychology is the scientific discipline that studies psychic

phenomena such as the ability to have information and to interact with environment by means that do not seem to involve no known energy transfer or exchange. More precisely it is the scientific study of interactions between living organisms and their external environment that seem to transcend the known physical laws of nature. Para psychology is a component of the broader study of consciousness and the mind. Five major areas are mostly discussed in the study of Para psychology.

Telepathy – Mind to mind communication through a means other than the normal senses.

Clairvoyance or Remote – viewing – Knowledge of objects, people or events that are hidden via space or time. For example, an object hidden in a box at different room, photography sealed in an envelope, an event that is occurring to a loved one who is thousands of miles away, or the characteristics of a room that only existed in the past.

Precognition – Knowledge of an event that has not yet occurred, or information that appears to be transferred from the future into the present.

Psycho kinesis – Mind interacting with matter at a distance. Mind interactions

with living systems (including energetic healing) are sometimes included in this category.

Survival Studies – The nature of human consciousness and an examination of whether consciousness survives the physical form. This includes medium ship research, reincarnation, out of body experiences, apparitions and Para normal activities.

### **Relation between Buddhism, Reiki and Para psychology:**

Buddha's teaching is the path to purify the socio – psycho – ethical way of life. Thus, Gautama, the Buddha, pointed out more importance on purification of mind, because all actions are performed by mind itself. Human conducts according to Buddha are to be explained and determined by the nature of mind. In Buddhist psychology, the passive state of mind is compared to a wave in the sea. Wave rises up on the surface of the sea and falls again on it, giving rise to another wave. When these waves are coming ups and down, the karmic action and rebirth theory is also conjoint within this process. This theory is known as 'Dependent Origination'.

According to this Dependent Origination theory the doctrine of karma and rebirth are accepted and it

is central to various school of Buddhism. In Milinda Pañha Nāgasena is saying “it is through a difference in their karma that men are not all alike”. Actions devoid of craving, desire and infatuations do not produce effects in the present life or later lives. In fact the potency for rebirth is latent in the act of craving without which actions would have no fruits- good or bad. Karma finds its scope for giving fruit only through desire. With the cessation of desire, there is nothing which can determine rebirth. Karma (kamma in Pāli) is the predisposing factor that is assumed to be responsible, not only for a continuing cycle of birth and death, but also for one’s state of being at any given time. Rightly speaking, karma is the law of cause and effect in the ethical sense. Karma is volition and of three, e.g. body, speech and mind (cetanāhaṃ, kammaṃ vadāmi cetayitvā kammaṃ karoti kāyena-vācāya-manasā, Aṭṭhasālinī, p. 88).

The doctrine of karma is one of the fundamental principles of Buddhism and it plays an important role in it. According to Buddhist psychology, actions or karmas determine the prospects of one’s future life and existence. Our present existence is the outcome of past act and the present act produces the future. So Buddhism

inculcates that good or bad deeds yield good or bad result.

In the Aṅguttara Nikāya (III, p.414) the Buddha says, “Volition (cetanā), O Monks, is what I call action (cetanāhaṃ bhikkhave kammaṃ vadāmi), for through volition one performs action by body, speech or mind. There is karma (action), O monks, that ripens in hell, karma that ripens in animal world, karma that ripens in the heavenly world.....”

Now the functions and efficacy of karma are so important and overspreading in Buddhism that its effect and influence have been described and discussed in several Pāli and Sanskrit texts both, canonical and non – canonical. In the Vinaya Piṭaka (I, p.6) there is mention of two types of action, namely, low and high (kammam nāma, dve kammāni, hīnañca ukkaṭṭhañca). Many discourses of the Nikāyas describe how beings including mankind are reborn after death in the hell and suffer severely and heaven and human world and live happily. The entire Jātaka book and Peta – Vimānavatthus promulgate the Buddhist doctrine of karma and so on. These karma theories are also promulgated in Reiki practices. Therefore sometimes Reiki is sending to neutralize the karmic imbalances.

Thus, Reiki masters always reminds in their classes to the learners that actions, deeds, karmic balances or imbalances is a major part in the practice of Reiki. Thus, chakra balancing, psychic surgeries, past life balancing practices are given a great emphasizing on higher level Reiki practice. Through all these practices a practitioner can neutralizes all karmic imbalances and stepped out for enlightenment. Sometimes it has observed that some problems are not got healed with normal practices. Then a Reiki master can understand through 'scanning' method where the problem lies – in such type of cases mostly it has been observed that 'karmic imbalances' are the root cause of those problems. Then healer started to treat on that particular area and problems are also healed.

Here echoing the stances of Buddhist theory of Dependant Origination that the effects of karma continue even after death. When a person dies his physical organism ends but the psychical existence is believed not to terminate but to continue. The continuity of action is maintained between two lives separated by the phenomenon of death. Successive lives are linked by a chain of causal action. The resulting character produces a new individuality. Therefore, the

Mahāyāna Buddhist meditational tool Reiki admits the remembrance of former births and rebirths according to law of karma. It consists of five aggregates, namely, material elements, sensation, perception, predisposition and consciousness. Only karma is make a bridge between old and new beings and that migrates from the being to another.

Sounds and symbols are helping here to understand the invisible bridge. 'Distance Reiki Symbol' makes the bridge and 'Emotional Symbol' and the 'Power booster Symbol' helps to understand the nature of different phenomena, which are occurring in the mind of a 'subject'.

Though the concept of Para psychology is emerged from the Western point of view; but Reiki, Buddhist psychology and karma theory, rebirth and causal effect theories are closely related with the concept of Para psychology. But to realizes, understands and analyses with the Para psychological or Para normal approaches with the practice of Buddhist meditation processes, such as, Reiki, ones need more sincere practice, concentration, capability to read and understand of different thoughts. Not only Buddhism, also Vedānta, Sāṃkha, Jaina, Cārvāka and other orthodox field of Indian

philosophical schools are pointing towards the concept and theories of karma, rebirth, vāsanā, clinging (upādāna), existence (bhava), janma (birth) and maraṇa (death). But the name and processes are varying.

In conclusion, the Buddhist doctrine of rebirth is similar to that of its Vedic origins (Bodhi, 1978), but denies all attempts to build an essence (soul, ātman) to such a process. A person's unique history suffices to distinguish being 'A' from 'B'. The causal chain from moment to moment is unbroken at death and re-becoming occurs. This causal chain only be stopped for an enlightened being (nibbāṇa). There is

also recognition of shared personal histories in Buddhism, emphasized in particular in the Sanskrit sūtras (Reat, 1993). Buddhist doctrine of Compassion (love) is the base for all – Buddhist followers, Reiki practitioners, Para psychologists towards 'subject', that is the cornerstone of the Bodhisattva ideal. Then only Reiki practices make a form of fine social motif as an alternate to individualism. In the present situation can help the World by practices of proper meditation with medication and this Parapsychological approaches of Buddhist Meditation therapy, Reiki is heal the world with Self.

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