

# The Nature of Reiki:

## A Path of Inclusion

By: John David Sparks



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**“Reiki is light and Love in motion. When we become aware that each and every cell of our body has within it the *Nature* of Reiki, our life shifts in phenomenal ways.”**

**John David Sparks**

# Preface

There are many schools of Reiki, each with their own unique variations of approaching and using the life force energy. Throughout the years of my Reiki experience, I have watched its teachings shift and change as dedicated people around the world delve further into its truth. These truths have largely dealt with a more accurate history and techniques of the early masters not known in the beginning, particularly with the Usui System. Acknowledging this, I would like to clearly state that this book is not an attempt to write or re-write the story and history of Dr. Usui. There is speculation about the possibility of additional history, but there is also a clear reference to the documented history as it is known today. While this documented history is important to many people, it is not my focus or concern in this book. Though I have honored Dr. Usui because of his role in bringing Reiki to the world, this book is not about him or his techniques. It is about the nature of the energy itself, an energy which has existed long before the word Reiki was even conceived. In fact, it has existed since the beginning of time. This book is a very personal journey of my own search, understanding, and enfoldment into this ever expanding mystery of light and Love. Woven throughout its pages is the spiritual foundation I have come to believe is inherent in its nature. The literal translation of the word is very often glossed over without much thought. Yet, the experiential awareness of Reiki as the connecting thread to all life quickly brings a deeper understanding. Think about it. Through the innate intelligence and fundamental desire in life itself, we are always seeking, and always moving toward recreating ourselves as the next greatest version of who we

are. This inherent desire to “be” it all is really the desire to merge with the Source from which we came; the All That Is, also known as God. Opening to and immersing ourselves in Reiki is opening to the nature of ourselves as a son or daughter of God. To think of Reiki without acknowledging its nature is to think of ourselves without acknowledging our own nature: That of Divinity Itself.

Historical facts and techniques are important for the mind, but the heart of Reiki is what changed my life and put this book in motion. The explosion of new symbols and systems over the past 15 to 20 years is a clear indication that new techniques will always be forthcoming. While they have served to expand the intellectual knowledge base of Reiki, I feel the nature and vastness of its character hasn't been addressed to the degree that I have felt it in my life. This nature is what underlies all the systems and approaches that have been or will be developed. We are all using the same life energy. By understanding its character and quality we enhance whatever system we may choose. By understanding the “Nature of Reiki” we can begin to understand the nature of ourselves since we are here only by the grace of that life force. So this is my contribution, my attempt at expressing and hopefully inspiring others to the joy that comes from this fundamental energy that permeates the universe. As we let go into this sea of Love that surrounds us we begin to feel a joyful connection to life itself. The undeniable beauty of opening to the Reiki energy can be more than a momentary feeling. It can be more than a one-day or two-day workshop. It can, if you choose, become a path. A path that has no boundaries, doctrines, or dogma that you must attach to it in order to find peace within yourself. Continuing to open to the life force brings about synchronistic events that encompass all areas of your life.

Would you like to fit the pieces of the puzzle together? To allow all religions, actions of your friends, and world situations to appear as perfection rather than chaos? Would you like to feel the beauty within your own heart and allow that beauty to express itself freely? These things are possible if we dedicate ourselves to them. The journey of life can become a never ending path of knowledge and mystery when we open to the energy of our own essence. It's time we realized that Reiki is more than a technique. It's the foundation of our existence. It's more than we can comprehend, yet it can be the doorway and path to an ever- evolving experience of ourselves as sons and daughters of God.