

## REIKI'S HAWAIIAN ROOTS



Reiki was rediscovered by Mikao Usui in Japan but spread to the west through the lineage of Hawayo Takata. Many Japanese immigrants came to Hawaii in the 1800's in search of a better life, most worked on the sugar and pineapple plantations. In 1853 indigenous Hawaiians made up 97% of the islands' population, but by 1923 for various reasons, their numbers had dwindled to only 16% with the largest percentage of the population then being Japanese.

Mrs Takata was born on Christmas Eve in 1900, on Kauai, Hawaii's "Garden Isle." Her mother decided to name her after the Big Island, Hawaii, but as girls names end in '0,' she was named 'Hawayo'. When she was 12 she began to work on a sugar plantation. It was hard work, but as she was always diligent, respectful and positive, she was offered work by several local people, (although 'local' is relative – for a time she walked 14 miles a day to get to her work in a shop.) When she was 17 she was invited to work for the daughter of a plantation owner and that is where she met her husband, who was the plantation accountant. They had 2 daughters and were very happy together for 14 years until his death with lung cancer at age 34.

Five years later, between her grief and the strain of trying to keep the family going on her own, her own health seriously deteriorated. She was near a nervous breakdown and could not walk upright due to strong, persistent abdominal pain from a uterine tumour and gall bladder problems. She also had emphysema from asthma, which made being treated locally by surgery difficult. Her parents had returned to Japan, so when Hawayo's sister died she decided to

go and see them as it would be kinder to break the news in person. This would also allow her to take her husbands ashes to Ohtani Temple and to get treatment in the Tokyo clinic where her husband had gone.

We know the rest of the story – Hawayo refused surgery and instead was successfully treated at Dr. Hayashi's Reiki clinic. She was determined to learn this fantastic healing ability for herself and completed a year of internship before taking her second degree level, 'Okuden'. She returned to Hawaii with no intention of practicing Reiki other than for herself, family and neighbours. However, before the end of that year, due to demand from people who heard about the good results Reiki was having, she was guided to set up a healing room in Kapaa, Kauai.

Dr. Hayashi and his daughter came over to support Hawayo and help promote Reiki in Hawaii. They held talks and healing sessions from their base in Honolulu, Oahu. Before he left in 1938, he initiated Hawayo as a Reiki Master. They seemed to have very close links, Hawayo later travelled back to Japan to work at Hayashi's clinic and was with him at his transition in 1940.



By this time Hawayo was regularly invited to other Hawaiian islands to teach and perform healings. On a visit to Big Island, (her namesake!) in 1939 she found the people to be very open and receptive to Reiki. She gave talks at Pahoa and in Hilo. When in Hilo, she had a conversation with an elderly man which resulted in her, almost accidentally, purchasing a house. This became her Reiki Centre for the next 10 years. She did great work throughout the island, even

managed to attune most of the ‘paniolos’, or cowboys on the still famous Parker Ranch. They began to use Reiki on the cattle, for any injuries or problems and also each new born calf was wrapped in a blanket and given a session – one paniolo told her that they had not lost a calf since learning Reiki!

For the next 30 years she continued to teach and practice. By her transition in 1980 she had attuned 22 other Reiki Masters. Hawayo of Hawaii had ensured the continuation of the Reiki tradition and its spread worldwide, from one of the most beautiful areas of the planet.

Hawaii has mothered another of our techniques. One key aspect of the extremely powerful psychic surgery taught during the Advanced Reiki (Master Practitioner,) course originated on Hawaii. This wonderful method of effectively and permanently removing negative or inappropriate energy from the psyche and energy field was originally taught to William Rand during his years on Hawaii by a Kahuna, or Hawaiian Shaman. William discovered that combining it with NLP and Reiki created an awesome stand alone technique that often cuts to the core of a problem and can often clear it completely in a surprisingly short time.



William Rand outside the building that was Mrs Takata's Hilo clinic

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