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# Reiki News

Vol. One, Issue Three

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## Magazine

HONORING ALL LINEAGES AND SCHOOLS

Reiki and  
the Human  
Energy System

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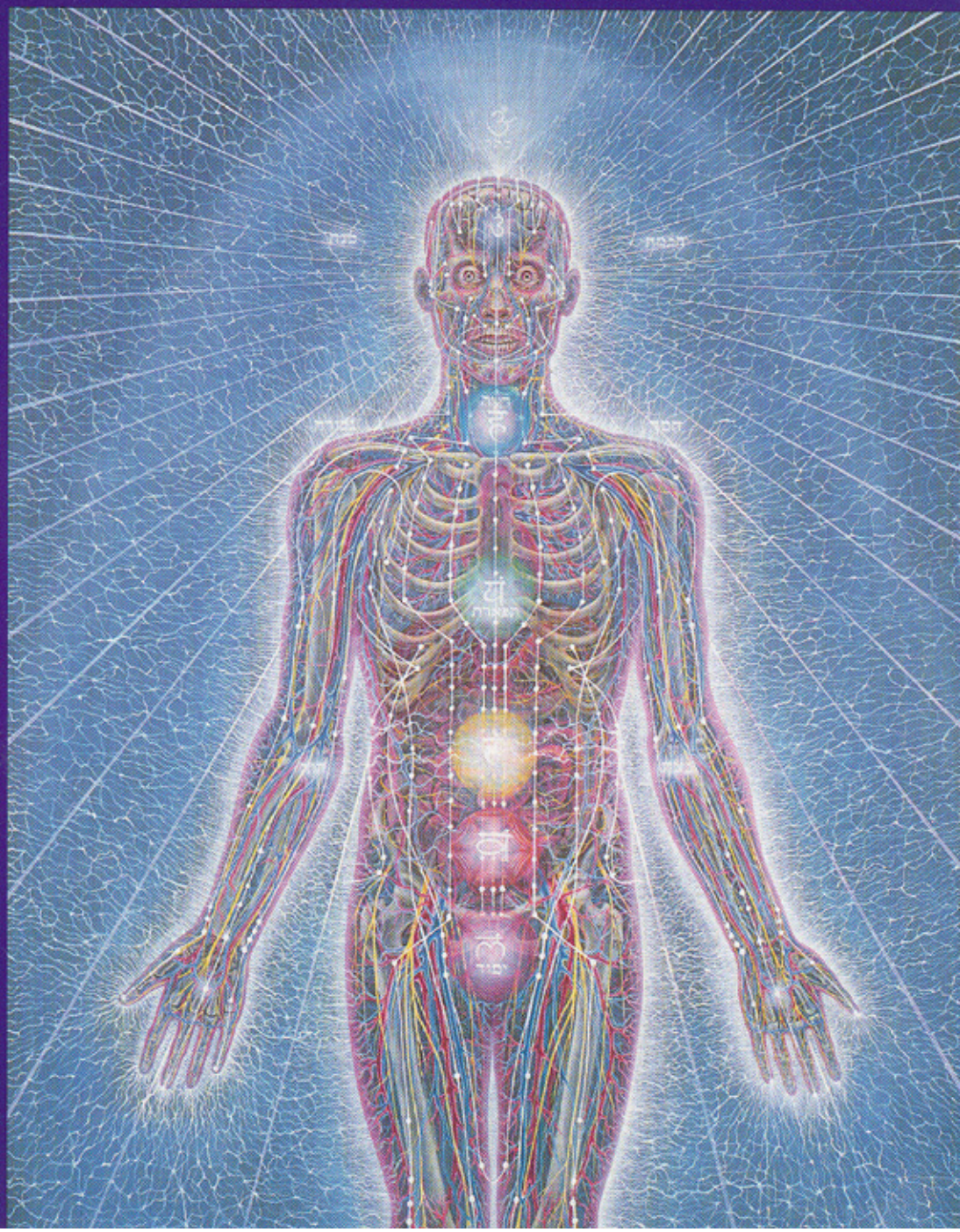
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William Lee Rand

# Welcome . . .

. . . to the third edition of our magazine. We've continued to improve and have worked hard on this issue. In fact the magazine has expanded by 50 percent to include over 35 pages of articles! All written by accomplished Reiki authors and teachers who are providing you with some of their best experiences and thinking on the subject of Reiki.

One of the areas of interest that often comes up in Reiki classes and in the emails I receive involves the human energy system (HES). People want to know what it is, why it is important, and most of all, what role it plays in the practice of Reiki. Questions about this topic come up a lot, but there doesn't seem to be much information available. One reason is that the original hand positions taught in the West involve placing the hands on the body and not in the aura. This was fostered by Mrs. Takata, who didn't include information in her classes about the chakras or the aura or how to treat them with Reiki. The same is true in Japan; with the exception of byosen scanning, not much attention is given to the aura and chakras there, either.

This is puzzling as Reiki, being a subtle energy, works directly on and through the HES. The value of this cannot be overstated, as the HES forms the very basis of our health and creates the foundation of our consciousness. A good understanding of this important, but little-mentioned, aspect of Reiki healing can greatly enhance your use of Reiki. At the same time, it can also increase your comprehension of life itself.

Included in this issue are a number of articles written by well-known Reiki authors, which we hope you will find to provide a very thorough description of the HES. Diane Shewmaker gives us an exceptionally clear overview of the HES and explains how to restore balance and harmony by treating the aura with Reiki. Walter Lübeck continues with his article on the chakras and includes information on healing stones and how to use them to treat the chakras, along with other interesting techniques. Penelope Quest shows us how to detect the aura and chakras with dowsing rods and with our hands, and even how to see them. Doing this provides us with a personal experience of the HES by allowing us to interact with it directly which is necessary if we are to use Reiki to heal it. Laurelle Shanti Gaia introduces us to the Soul Chakras, which adds greater depth to our understanding of the HES and additional healing possibilities. The interview with James Oschman, Ph.D. grounds our understanding of the HES in the world of science and provides new perspectives on healing and how Reiki works. This interview provides one of the most interesting explanations of healing and Reiki I have ever read. This information will be most helpful to anyone wanting to work with the medical community as it provides proof that Reiki exists and has value! Mari Hall shares her experience using Reiki to help an infertile couple conceive and give birth to a child. And finally, our Reiki Stories section gives inspiration and hope that Reiki can help us solve serious difficulties.

I invite you to take the time to read and study the material offered here and to experiment with it. As we improve our use of Reiki, not only do we help others, we also make the world a better place to live. May you be blessed by the love and healing that flows through you to others.

Peace and joy,

*William Lee Rand*

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## Cover artwork

Psychic Energy System by Alex Grey  
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