

## THE HISTORY OF REIKI



Dr. Mikao Usui was born in Japan in 1865. He died in 1926.

Dr. Mikao Usui is the founder of a healing technique called *Usui Reiki Ryoho*.



Dr. Mikao Usui taught Dr. Chujiro Hayashi.



Dr. Chujiro Hayashi taught Mrs. Hawayo Takata.

Mrs. Hawayo Takata took it to the West.