

## **LingZi or Reiki?**

*Reiki was originally called LingZi Su, which means 'vibration of the smallest particles', and was first discovered by Mikao Usui, who introduced it to Japan in the early 20<sup>th</sup> century. The practice of LingZi Su however goes back to a method of the Taoist school of QianZheng LongMen Pai, which can be dated back to the times of the reign of Genghis Khan.*

*During the late 19<sup>th</sup> century, Usui had spent some time in Manchuria, where he studied and practised with the order of QianZheng LongMen Pai. Later, after he had returned Japan, he found himself in the midst of political turmoil and upheaval and he was forced to escape and hide in the woods, in order to avoid unjust imprisonment. He lived in the forest for around three months. He only could find some wild herbs, berries and mushrooms to eat, and naturally was very hungry. In his predicament, he spent a lot of his time praying for help to the lineage ancestors of the QianZheng LongMen Pai. After about eighty days something special happened: praying, he was chanting the name of QianZheng Tailing, the Taoist school's lineage ancestor, with his hands in the classic prayer position in front of the chest, palms and outstretched fingers touching; he began to feel a strong vibration all over his body, and he experienced spontaneous movement, with his hands, still in the prayer position, moving vigorously up and down, in front of his body. He continued to practise daily and his vibration and frequency dramatically increased dramatically.*

*Once he had returned to civilization he founded the first school of 'TaiLing Dao' (The way of the ancestral spirits) in Japan. TaiLing Dao (Japanese pronunciation: Teirei Dao) offered the opportunity to study and to practise the exercises that Usui had employed during his time of 'praying in the forest'. This technique became known as LingZi or LingZi Su. Usui founded the theory that everything in the universe can be divided into smaller and smaller particles, and LingZi describes the vibrations of the infinitely smallest particles. He felt that it was this cosmic frequency that he had experienced during the prayer exercises. According to Usui, the cosmos and all that is in it consists of LingZi. Today this theory has been confirmed by modern science such as quantum physics and astrophysics, with the emergence of modern understanding of particles much smaller than Molecules and Atoms, etc.*

*LingZi exercises to develop vibration force and to increase a person's frequency were very special: once a student had developed "XianDong" (visible spontaneous body movement), and then "YingDong" (invisible body vibration), they would practise with LingZi wood: thin wooden pieces in rectangular shape stacked in a pile. By sending vibration force through the palm of one hand into the pile one would make one piece move out of the pile. The next higher level was that through a combination of vibration force and mind force, a predetermined piece would have to be moved out of the pile, e.g. the 5th piece from the top, or the second from the bottom. These exercises were very specific and demanded rigorous and regular training. Only once a person had mastered to work and*

*control a stack that contained 60 pieces, were they deemed to have a high enough frequency to treat patients. Treatment happened usually at a short distance by way of frequency information transmission, without the need to physically touch the patient.*

*Today, the original techniques of LingZi are known to and practiced by only very few people in the world. In 1953, Dr Shen Hongxun studied the original LingZi Su with master Ge QiTong, who himself had studied at the TaiLing Dao Centre in Shanghai. The high frequency and vibration of the original LingZi forms the basis of the Buqi Healing and Exercise System. The LingZi exercise is still practiced during every professional Buqi training, to enable practitioners to raise their own vibration quickly and safely. This lesson will concentrate on LingZi vibration exercises and offers an excellent possibility for all healers and therapists to get back in touch with the source of the cosmic forces. Another key ingredient of this seminar is the self-protection of the healer/therapist against any negative effects, when treating patients.*