

Usui Reiki Hikkei

The Usui Reiki Handbook

For some time now I have known about the class booklet that Usui-sensei gave to his students and I have always wondered what it contained. In the Autumn of 1998, it was Inspiring to read part of it in F. Arjava Petter's book "Reiki: The Legacy of Dr. Usui" .

In June, 1999 I gratefully received a Japanese copy from Akihiko Uechi who had obtained this in Japan. As with the Usui memorial translation, I felt a literal translation of this book might prove useful for Reiki practitioners and as an interesting comparison to Arjava's fine work. I wanted to make this guide available to all Reiki practitioners, mainly because it is one work of Usui-sensei's that we can all share at any Reiki level.

During translation we discovered that Usui-sensei's section on the Method of Healing Guide was indeed very similar to the Healing Guide that Dr. Hayashi shared years later with Mrs. Takata., and which has been translated by a few from the West.

In August, 1999 at a Japanese Reiki seminar here in Vancouver, Arjava told me he had finally put together a complete illustrated book which would be available in the fall of 1999. Just like his previous works, I think this version is well presented and very interesting to have as a comparison of translation styles.

This translation here is from a copy that the former Usui Reiki Ryoho Gakkai head, the late **Mrs. Kimiko Koyama**, handed out to her students. I added the lines that read **Page 01** to indicate from which page in the 68 page document that the translation refers to - **Page 00** being the table of contents page. (**BLANK PAGE** means the original page was empty) While the **Gyosei** section is still in progress, I thought that now I had the first 3 sections complete I should share with you. Near the end, I added in the complete Precepts, and a copy of the Hasurei ho meditation as this seems to be the common place where the Gyosei and Precepts are spoken.

Please share this freely with all, and if you edit this, please leave the copyright with it. Sharing from the Heart,
Richard R. Rivard

I would also like to extend my gratitude to the following who assisted with the translation and corrections.

Translation - **Section 1** - Mari Marchand, (Vancouver, BC, Canada)
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Section 4 - Amy Dean (Ojai, California) 21-125: [in translation](#) (see www.threshold.ca)
Comments by Reiki Master Mr. Hiroshi Doi on the Gyosei
- Myazuki Iwasaki (Tokyo Japan), Andrew Bowling (Folkestone, England, UK)

Version 1.1 - Oct. 25/99 (spelling corrections thanks to Gabriel)

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Version 1.4 - June 12/00 (additions and corrections to Gyosei by Amy Dean; add spinal graphic)

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Usui Reiki Hikkei

The Usui Reiki Handbook

===== translation begins =====

Page 00 (this is the actual Japanese text)

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(Ryoho Shishon)
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(Meiji Renno Gyosei)

改心身
善 白井靈氣療法教義
招福の秘法
萬病の靈藥
今日丈けは怒るな
心配すな感謝して
業をはげめ人に親切に
朝夕合掌して
心に念じ
口に唱へよ

Page 01 (this is the actual Japanese text)

Teachings of Usui Reiki Ryoho for Improvement

The Secrets of Inviting Happiness
Te Spiritual Medicine for All Illnesses
Do not be angry today
Do not be anxious, be grateful
Be diligent, be kind to others
Do Gassho every morning and evening
And keep in your mind
And recite

Explanation Of Instruction For The Public
By Founder of Usui Reiki Ryoho, Mikao Usui

It is an old custom to teach a method to only my descendants, for keeping a wealth within a family. Especially, the modern societies we live in wish to share happiness of coexistence and co-prosperity. So I don't allow my family to keep the method to ourselves.

My Usui Reiki Ryoho is an original, there is nothing like this in the world. So I would like to release this method to the public for everyone's benefit and hope for everyone's happiness. My Reiki Ryoho is an original method based on intuitive power in the universe. By this power, the body gets healthy and enhances happiness of life and peaceful mind. nowadays people need improvement and reconstruction inside and outside of life, so the reason for releasing my method to the public is to help people with illness of body and mind.

below is the actual Japanese text)

公開伝授説明

肇祖 臼井 甕 男

古来能く独自の秘法を創見するや、己か子孫にのみ
教えて家伝と為し之に依つて後世一門の生活安定を計
り、秘法内容の門外不出を唱うるが如きは実に前世紀
の遺習と申すもので、苟も現代の如く人類の共存共栄
を以て幸福の基調となし、併せて社会の進歩を要望す
る時代に於ては、断じて一私するを許しません。

我が臼井靈氣療法は前人未発の創見でありまして、
世上其比を見ません。されば之をば人間公益の爲めに

開放し、何人をも共に天恵に浴せしめ、以て靈肉一如
を期し、人世天与の福祉を得しめんとするものであり
ます。元より我が靈氣療法は宇宙間の靈能に基く靈氣
の独創療法でありますから、此れに依つて先ず人間自
體を壮健にし、思想の穩健と人世の愉悦を増進するの
であります。

今や生活の内外に亘り、改善改造を要する秋に於て
汎く同胞を悩める心と病災の裡より救うべく敢て公開
伝授する所以であります。

Q. What is Usui Reiki Ryoho?

A. Graciously I have received Meiji Emperor's last injunctions. For achieving my teachings, training and improving physically and spiritually and walking in a right path as a human being, first we have to heal our spirit. Secondly we have to keep our body healthy. If our spirit is healthy and conformed to the truth, body will get healthy naturally. Usui Reiki Ryoho's missions are to lead peaceful and happy life, heal others and improve happiness of others and ourselves.

Q. Is there any similarity to hypnotism, Kiai method, religious method or any other methods?

A. No, there is no similarity to any of those methods. This method is to help body and spirit with intuitive power, which I've received after long and hard training.

Q. Then, is it psychic method of treatment?

A. Yes, you could say that. But you could also say it is physical method of treatment. The reason why is Ki and light are emanated from healer's body, especially from eyes, mouth and hands. So if healer stares or breathes on or strokes with hands at the affected area such as toothache, colic pain, stomachache, neuralgia, bruises, cuts, burns and other swellings with pain will be gone. However a chronic disease is not easy, it's needed some time. But a patient will feel improvement at the first treatment. There is a fact more than a novel how to explain this phenomenon with modern medicine. If you see the fact you would understand. Even people who use sophistry can not ignore the fact.

Q. Do I have to believe in Usui Reiki Ryoho to get better result?

A. No. It's not like a psychological method of treatment or hypnosis or other kind of mental method. There is no need to have a consent or admiration. It doesn't matter if you doubt, reject or deny it. For example, it is effective to children and very ill people who are not aware of any consciousness, such as a doubt, rejection or denying. There may be one out of ten who believes in my method before a treatment. Most of them learn the benefit after first treatment then they believe in the method.

Q. Can any illness be cured by Usui Reiki Ryoho?

A. Any illness such as psychological or an organic disease can be cured by this method.

Q. Does Usui Reiki Ryoho only heal illness?

A. No. Usui Reiki Ryoho does not only heal illness. Mental illness such as agony, weakness, timidity, irresolution, nervousness and other bad habit can be corrected. Then you are able to lead happy life and heal others with mind of God or Buddha. That becomes principle object.

Q. How does Usui Reiki Ryoho work?

A. I've never been given this method by anybody nor studied to get psychic power to heal. I accidentally realized that I have received healing power when I felt the air in mysterious way during fasting. So I have a hard time explaining exactly even I am the founder. Scholars and men of intelligence have been studying this phenomenon but modern science can't solve it. But I believe that day will come naturally.

Q. Does Usui Reiki Ryoho use any medicine and are there any side effects?

A. Never uses medical equipment. Staring at affected area, breathing onto it, stroking with hands, laying on of hands and patting lightly with hands are the way of treatment.

Q. Do I need to have knowledge of medicine?

A. My method is beyond a modern science so you do not need knowledge of medicine. If brain disease occurs, I treat a head. If it's a stomachache, I treat a stomach. If it's an eye disease, I treat eyes. You don't have to take bitter medicine or stand for hot moxa treatment. It takes short time for a treatment with staring at affected area or breathing onto it or laying on of hands or stroking with hands. These are the reason why my method is very original.

Q. What do famous medical scientists think of this method?

A. The famous medical scientists seem very reasonable. European medical scientists have severe criticism towards medicine.

To return to the subject, Dr. Nagai of Teikoku Medical University says, "we as doctors do diagnose, record and comprehend illnesses but we don't know how to treat them."

Dr. Kondo says, "it is not true that medical science made a great progress. It is the biggest fault in the modern medical science that we don't take notice of psychological affect.

Dr. Kuga says, "it is a fact that psychological therapy and other kind of healing treatment done by healers without doctor's training works better than doctors, depending on type of illnesses or patient's personality or application of treatment. Also the doctors who try to repel and exclude psychological healers without doctor's training are narrow-minded."

----- From Nihon Iji Shinpo

It is obvious fact that doctors, medical scientists and pharmacists recognize the effect of my method and become a pupil.

Q. What is the government's reaction?

A. On February 6th, 1922, at the Standing Committee on Budget of House of Representatives, a member of the Diet Dr. Matsushita asked for government's view about the fact that people who do not have doctor's training have been treating many patients with psychological or spiritual method of treatment.

Mr. Ushio, a government delegate says, "a little over 10 years ago people thought hypnosis is a work of long-nosed goblin but nowadays study has been done and it's applied to mentally ill patients. It is very difficult to solve human intellect with just science. Doctors follow the instruction how to treat patients by medical science, but it's not a medical treatment such as electric therapy or just touching with hands to all illnesses." So my Usui Reiki Ryoho does not violate the Medical Practitioners Law or Shin-Kyu (acupuncture and moxa treatment) Management Regulation.

Q. Q. People would think that this kind of healing power is gifted to the selected people, not by training.

A. No, that isn't true. Every existence has healing power. Plants, trees, animals, fish and insects, but especially a human as the lord of creation has remarkable power. Usui Reiki Ryoho is materialized the healing power that human has.

Q. Q. Then, can anybody receive Denju of Usui Reiki Ryoho?

A. Of course, a man, woman, young or old, people with knowledge or without knowledge, anybody who has a common sense can receive the power accurately in a short time and can heal selves and others. I have taught to more than one thousand people but no one is failed. Everyone is able to heal illness with just Shoden. You may think it is inscrutable to get the healing power in a short time but it is reasonable. It's the feature of my method that heals difficult illnesses easily.

Q. If I can heal others, can I heal myself?

A. If you can't heal yourself, how can you heal others.

Q. How can I receive Okuden?

A. Okuden includes Hasureiho, patting with hands method, stroking with hands method, pressing with hands method, telesthetic method and propensity method. I will teach it to people who have learned Shoden and who are good students, good conduct and enthusiasts.

Q. Is there higher level more than Okuden?

A. Yes, there is a level called Shinpiden.

Guide To Method of Healing
(Ryoho Shishon)

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1. Basic treatment of body parts.

Head area Forehead (hairline), general area, temples (temple) general area Back of the head area, neck area, crown area, stomach, intestines.

Lowering Fever Same as before (**head area**), however, treat the source of the disease itself.

Eye eye, inner eye corner, outer eye corner, neck area cranial neck vertebrae C1,2, 3.)

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Nose nose bone, nose flares, between eyebrows, neck area (cranial neck vertebrae C1,2, 3.)

Ear ear canal, front part and back part of ear, cranial neck vertebrae C1.

Mouth cover mouth without touching lips.

Tongue top side of tongue, root of the tongue (most likely from the outside, neck, under the chin).

Throat thyroid cartridge, neck area.

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Lung lung area, back, inside of shoulder blade, Thoracic vertebrae T2, T3, T4, T5 T6.

Heart heart area, cranial neck vertebrae C5, C6, C7. Thoracic vertebrae T1, T2, T3, T4, T5.

Liver Liver area, Thoracic vertebrae T8, T9, T10. (especially right hand side)

Stomach stomach area, Thoracic vertebrae T4, T6, T7, T8, T9, T10

Intestine ascending colon, transverse colon, descending colon area, small intestine area, (navel point area), Thoracic vertebrae T6, T7, T8, T9, T10, Lumber vertebrae L2, L3, L4, L5, buttocks.

Bladder bladder area, Lumber vertebrae L4, L5.

Uterus uterus area and both sides of it, Thoracic vertebrae T9, T10, T11, T12, Lumber vertebrae L1, L2, L3, L4, L5, sacrum, coccyx.

Kidney Kidney area, Thoracic vertebrae T11, T12
Half Body Treatment neck muscles, shoulders, back muscles, both sides of the vertebrae, waist area, hip area.
Tanden treatment under the navel, also the area 3 finger widths down.

2. Nerve Disease

Neurasthenia (Nerve Weakness) **head area**, eye, heart, stomach, intestines, reproductive organs, affected area, **half body**.
Hysteria same as before
Cerebral Anemia head, stomach and intestine, heart.
Cerebral Hemorrhage same
Meningitis same
Encephalitis same
Headache **head area** (especially temples)

Insomnia **head area** (especially back of head)
Dizziness **head area** (especially forehead area)
Cerebral Apoplexy (palsy) **head area** (especially affected side) heart, stomach and intestine, kidney, paralyzed area.
Epilepsy **Head area**, stomach and intestines
Dancing Disease (Chorea) **head area**, heart, affected area, palms, sole of feet, **half body**.
Basedow symptoms: eyes are bulging out) **head area**, eye, thyroid, heart, uterus, **half body**.
Nerve Pain (Paralysis) **head area**, stomach and intestine (improve bowel movement) affected area

Hiccups diaphragm, forehead, cranial neck vertebrae C3, C4, C5
Laryngitis forehead and temples, (mainly left hand side), throat area.
Shoulder Arm Syndrom (if you keep writing - pain in neck), **head area**, elbow, thumb
Tinnitus ears, **head area**

3. Respiratory Diseases

Bronchitis Bronchi, Trachea, coughing, throat, chest area, affected area
Asthma **Head area**, chest area, heart cavity, throat, nose, heart
Tuberculosis **Head area**, lung area, stomach and intestines, heart, tanden
Pleurisy **Head area**, affected area, stomach and intestines, tanden
Pneumonia **Head area**, heart, affected area, tanden

Hemoptysis	Affected lung area
Nose Bleed	Nose
Ozena	Nose, forehead or depression of chin

4. Digestive System Diseases

Various diseases of esophagus

	Esophagus, heart cavity area, stomach, intestines
Stomach diseases	Gastritis, gastric ulcer, stomach cancer, stomach convulsion, dilation of stomach, gastroptosis Head Area, heart cavity area, stomach and intestines
Inflammation of the intestine	intestine ulcer, diarrhea, constipation, et cetera Stomach and intestines
Appendicitis	Affected area (mainly right hip bone cavity), head area, stomach and intestines

Parasites in intestines	Head area, intestine
Hemorrhoids	Anus
Abdominal edema	Head area, Belly area
Peritonitis	Head area, affected area, tanden
Jaundice	Head area, stomach, intestines, liver, heart
Chololithiasis	Liver (where pain is), stomach and intestine
Hernia	Affected area (herniated part), intestine wall

5. Circulatory/Cardiovascular Diseases

Myocarditis	Head area, heart, liver, kidney, bladder
Endocarditis	Heart
Edema	Heart, liver, kidney, bladder
Arteriosclerosis	Head area, heart, kidney, stomach and intestines, tanden
High Blood Pressure	Same as before
Crest Heart Disease (angina)	Head, heart, stomach and intestine, area of pain
Beriberi	Heart, stomach and intestines, leg area

6. Metabolic and Blood Diseases

Anemia	Treat source of disease, head, heart, kidney, stomach and intestine, half body
Purpura	Head area, heart, kidney, stomach and intestine, spots, tanden?

	Scurvy	Head area, lung area, heart, kidney, stomach and intestine, half body, tanden
	Diabetes	Head area, heart, liver, pancreas, stomach and intestine, kidney, bladder (half body, rub upwards against vertebrae)
PAGE 32	Fat (obesity)	Heart, kidney, stomach and intestines, half body
	Gout	Heart, kidney, bladder, stomach and intestine, tanden, pain area
	Heat Stroke	Head area, heart, chest area, stomach and intestine, kidney, tanden?

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7. Urinary Diseases

	Nephritis	Kidney, heart, bladder, Stomach and Intestines
	Pyelitis	Kidney, bladder, tanden
	Kidney Stones	Kidney, stomach, intestines, bladder, pain area
	Uremia	Head area, eyes, stomach, intestines, heart, kidney, bladder, tanden
	Cystitis	Kidney, bladder
	Bladder Stones	Kidney, bladder, pain area
	Bed Wetting	Head area (crown area) bladder, kidney

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	Anuria	Kidney, bladder, urethra
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8. Surgical and Dermatological Diseases

	Wound	Affected area (if excessive bleeding, use technique to stop bleeding)
	Fireburn, Iceburn	Affected area (treat with a distance until pain goes away)
	Sprain, Blow	Affected area
	Inflammation in Lymph Glands	Affected area, tanden
	Fracture	Affected area (give Reiki over fixed bandage)
	Splinter	Affected area

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	Dislocation	Affected area
	Berriostitis, Osteomyelitis, Arthritis, Muscle inflammation	Affected area, tanden
	Muscular Rheumatism	head area, pain area, stomach, intestines, (enhance the bowel movements)
	Vertebrae, Caries	(TB of the spine) Head area, affected area, tanden
	Scoliosis	affected area

Pain in Vertebrae Marrow (lupus?)

Heart cavity diaphragm, **head area**, tanden, pain and troubled area

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Unconscious-ness Various Rashes, Hives

Heart, **Head area**, drowned person - let them throw up water
Tanden, affected area

Allergy

Stomach, intestines, tanden, affected area

Baldness

Head area, stomach, intestines, affected area, tanden

Hansen's Disease (Leprosy)

Head area, stomach, intestines, tanden, affected area, bladder

Fungus Poison

Head area, stomach, intestines, tanden, affected area

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9. Pediatric Diseases

Colic (night crying)

Head area, stomach, intestines

Measles

Head area, stomach, intestines, heart, rash area

German Measles

Same as before

Whooping Cough

Head area, stomach, intestines, heart, lung, throat, heart cavity area

Polio

Head area, stomach, intestines, vertebrae numbness area

Tonsillitis

Affected area

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10. Gynecological Diseases

Various Diseases in the Uterus

Uterus area

Through Pregnancy

Uterus, (If you treat the womb, the fetus grows healthy and delivery is easy)

Time of Delivery

Sacrum area, lower abdomen area

Morning Sickness

Head area, uterus, stomach, Intestines, diaphragm

Various Symptoms On Mother's Breast

Breast

ExtraUterine Pregnancy)

Head area, uterus, Pain area

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11. Contagious Diseases

Typhoid Fever

Head Area, Heart, stomach, intestines, spleen, tanden, (be careful with attached disease and treat it)

Paratyphus

Same as before

Dysentery

Head area, Heart, stomach, intestines, tanden

Infant Diarrhiea

Same as before

PAGE 41	Diphtheria	Head area , throat, heart, chest area, stomach, intestines, kidney, tanden, (inject blood serum)??
	Cholera	Head area , stomach, intestines, heart, tanden
	Scarlet Fever	Head area , mouth, throat, heart, stomach, intestines, kidney, tanden, scarlet coloured area
	Influenza	Head area , heart, lungs, stomach, intestines, tanden, half body, pain area
	Epidemic Cerebrospinal Meningitis	Head area , neck area, eyes heart, stomach, intestines, kidneys, bladder, spinal cord, (mainly cerebral vertebrae), tanden, hard area, or stiff area
	Malaria	Head area , heart, stomach, intestines, liver, spleen, tanden, you better treat about 1 hour before convulsion
PAGE 42	St. Anthony's Fire (Erysipelas)	Head area , heart area, stomach, intestines, tanden, affected area
	Tetanus	Head area , heart area, stomach, intestines, tanden, wound area, pain area.
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**Poems of the Meiji Emperor
(Meiji Renno Gyosei)**

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01. Tsuki

**Aki no yono
Tsuki wa mukashi ni
Kawaranedo
Yoni naki hito no
Ooku narinuru**

The Moon

**The moon of the autumn night still remains as same as long time ago
but so many people passed away from this world.**

=====
Aki (Autumn) no Yo (night) no Tsuki (moon) wa Mukashi (long ago) ni Kawaranedo
(no change). Yo (this world) ni Naki hito (deceased) no Ooku narinuru (increasing)

02. Ten

**Asamidori
Sumiwatari keru
Oozora no
Hiroki wo onoga
Kokoro tomogana**

The Heaven (Sky)

**I wish my heart could be as clear and broad as the great sky and the spring green
field.**

=====
Asamidori (early green) Sumiwatari (clear away) keru Oozora (great sky) no
Hiroki (large, broad) Onoga (my, own) Kokoro (heart) Tomogana (along with)

03. Ori ni furete

**Atsushi tomo
Iwarezari keru
Niekaeru
Mizuta ni tateru
Shizu wo omoeba**

On Occasion (Occasional Thought)

**You shouldn't be complaining about hot humid weather.
Think about farmers who have to work in rice field in such a severe condition.**

=====
Atsushi (hot, humid) tomo Iwarezarikeru (shouldn't say) Niekaeru (boiling hot)
Mizuta (rice paddy) ni Tateru (stand, work) Shizu (lower class people, farmers)
wo Omoeba (think about)

04. Ochibakaze

**Amatatabi
Shigurete someshi
Momijiba Wo
Tada hitokaze no
Chirashinuru kana**

Wind on Falling Leaves

**It took many days and nights to perfect the color of maple leaves but
only a single gust of wind would blow them away.
Beauty could be fragile.**

=====
Amatatabi (many times) Shigurete (day turn to night) Someshi (colored)
Momijiba (maple leaves) wo Tada (only) Hitokaze (a gust of wind) no
Chirashinuru (blow away) kana

05. Ori ni furete

**Amadari ni
Kubomeri ishi wo
Mitemo shire
Kataki waza tote
Omoi sutemeya**

Occasional Thought

**Watch and learn from the stone that has been hollowed by raindrops.
Discard the idea that achieving a task is too difficult.
Nothing is impossible**

=====
Amadare (raindrops) ni Kubomeru (hollowed) Ishi (stone) wo Mite (see, watch) mo.
Shire (learn) Kataki (difficult) Waza (task) tote Omoi (idea, thought) stemeya (discard)

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06. Ori ni furete

**Ten wo urami
hito wo togamuru
koto mo araji
waga ayamachi wo
omoikaeseba**

Occasional thought

**How could you resent heaven (God) and blame others if you'd only
recall and admit your own false and mistake.**

=====
Ten (Heaven, God) wo Urami (resent) Hito (people) wo Togamuru (blame)
Koto (act) mo Arajii (none) Waga (own) Ayamachi (false) wo Omoikaeseba (recall)

07. Ori ni furete

**Ayamatanu
Koto mo koso are
Yononaka wa
Amari ni mono wo
Omoi sugoseba.**

Occasional thought

**People in this society worry too much and overly cautious about everything.
We all make mistakes sometimes in our life.**

=====
Ayamatan (made mistake) Koto (thing) mo Kotoare (happen) Yononaka (society) wa
Amari (too many) ni Mono (things) wo Omoisugoseba (think too much)

08. Tomo

**Ayamachi wo
Isame kawashite**

Friend

**It's the true spirit of friendship if each of you point out other's mistake and
remonstrate no matter how close you are.**

Shitashimu ga
Makoto no tomo no
Kokoro naruramu

09. Ganjyo matsu/
iwawo no ue no
matsu

Arashi fuku
Yo nimo ugokuna
Hito gokoro
Iwao ni nezasu
Matsu no gotokuni

10. Nami

Areruka to
Mireba nagiyuku
Unabara no
Nami koso hito no
Yo ni nitarikere

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11. Won no furete

Ie tomite
Akanukoto naki
Minari tomo
Hito no tsutome ni
Okotaruna yume

12. Kyodal

Ie no kaze
Fukisohamu yo mo
Miyurukana
Tsuranaru eda no
Shigeriai tsutsu

13. Kokoro

Ikanaramu
Kotoaru toki mo
Utsusemi no
Hito no kokoro yo
Yutaka naranamu

14. Kusuri

Iku kusuri
Motomemu yorimo
Tsuneni mi no
Yashinaigusa wo
Tsumeyo tozo omou.

15. Ori ni furete

Ikusa-bito
Ikanaru nobe ni
Akasuramu
Ka no koe shigeku
Nareru yo gorowo

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16. Kyouiku/Oshie

Isao aru

=====

Ayamachi (mistake) wo Isame(remonstrate) kawashite (exchange)
Shitashimu (become intimate) ga Makoto (true) no Tomo (friend) no Kokoro (heart,
spirit) naruramu

A Pine Tree on a Rock

**No matter how harsh and stormy this world become, I wish people's heart remain
as solid and undisturbed as a pine tree rooted on the rock.**

=====

Arashi (storm) Fuku (blow) Yo (world) nimo Ugokuna (don't be moved) Hitogokoro
(human heart) Iwao (rock) ni Nezasu (rooted) Matsu (pine tree) no Gotokuni (as, like)

The Wave

**It seems to be stormy one moment but next moment it is calm. The wave in the
ocean and the human society is so much alike.**

=====

Areru (become rough) ka to Mireba (seem) Nagiyuku (calm down) Unabara (ocean)
no. Nami (wave) koso Hito (people) no Yo (society) ni Nitari (alike) kere

Occasional Thought

**Even though you have obtained wealth and problem free life, Please never forget
the moral and obligations of the true human kind.**

=====

Ie (family, manhood) Akanukoto (problems) Naki (none) Mi (self) tomo
Hito (human) no Tsutome (obligations) ni Okotaru (ignore) na Yume (never)

Brothers (Siblings)

**Although many siblings exist in a family, sometime the traditional family values
seem to be lost and people live in disharmony in this society.**

=====

Ie (family) no Kaze (wind) – family tradition in this case. Fukisowan (not in harmony).
Yo (society) mo miyuru (seem to be)kana. Turanaru (connected) Eda (branch) no.
Shigeriai (grow over) tsutsu (continuously)

Heart (Spirit)

**No matter what happens (hardship and misfortune) in their lifetime, I wish
people's heart and soul remain open and abundant.**

=====

Ikanaran (what sort of) Kotoaru (happening) Toki (time) mo Utsusemi (life) no
Hito (people) no Kokoro (heart) yo Yutaka (rich, abundance) naruramu

Medicine

**Instead of seeking many other medicines to cure their illness, I wish people would
always honor their own body's healing ability and take good care of themselves.**

=====

Kusuri means medicines (doctors). Motomemu means seek, want, desire. etc.
Mi (body) yashinaigusa (nourishing herbs - healing ability in this case).

Occasional Thought

**As I hear increased sound of mosquitoes, I feel deeply for my solders. How would
they sleep through the night since battlefield must be filled with mosquitoes, too.**

=====

Ikusabito (soldiers) Ikanaru (what sort of) Nobo (field) ni Akasuran (spend night) Ka
(mosquitoes) no Koe (sound) Shigeku (increase) Nareru (become) Yogoro (night) wo

Education

For gracious Japanese ladies, please choose meritorious people for role

Hito wo oshie no
Oya to shite
Oboshi tatenamu
Yamato nadeshiko

model and learn your lifelong lesson from them.

Isao (merit) Aru (posses) Hito (people) wo Oshie (lesson) no Oya (master) to shite Oboshitatenamu (grow up) Yamato (Japan) Nadeshiko (pink flowers/women)

17. Mizu no ue no Ochibana

A Flower on the Water

Ike no omo
Ni nozomeru hana
No ureshiki
Wa chiretemo mizu
Ni ukabu narikeri

It's wonderful to see flowers that grow over the pond. It'll float on the water and still beautiful even after fell off from the stem.

Ike (pond) no Omo (surface) ni Nozomeru (be sighted) Hana (flower) no Ureshiki (pleasurable) wa Chirite (fell off) mo Mizu (water) ni Ukabu (float) narikeri

18. Tsukimae Hotaru

The Moon and the Firefly

Ike no omo
Wa tsuki ni yuzurite
Ashi no ha no
Shigemi gakure ni
Yuku hotoiro kana

The moon reflects so beautifully over the pond, a humble firefly compromises its existence by flying behind the bushes of reed leaves.

Ike (pond) no Omo (surface) wa Tsuki (moon) ni Yuzurite (surrender) Ashi no ha (Reed leaves) no Shigemi (bush) Gakure (hide) ni Yuku (going) Hotaru (firefly) kana

19. Tama

Jewell

Isasaka no
Kizu naki tama mo
Tomosureba
Chiri ni hikari wo
Usinai ni keri

Even a perfect scratch-less jewel could lose its beauty and brightness by a little dust. Human heart and soul needs constant polishing in order to be kept clear.

Isasaka (a little) no Kizu (scratch) Naki (none) Tama (Jewel) mo Tomosureba (tendency of) Chiri (dust) ni Hikari (shine, brightness) wo Ushinai (lose) ni keri

20. Ori ni Furete

Occasional thought

Ichihayaku
Susuman yorimo
Okotaruna
Manabi no michi ni
Tateru warawabe

For youthful students, do not hurry to get ahead. Do not neglect your work. True leaning take a long and constant studying.

Ichihayaku (faster, ahead of others) Susuman (progress) yorimo (rather) Okotaruna (do not neglect) Manabi (learning) no Michi (path) ni Tateru (standing) Warawabe (children)

Pages 48-67 (to come)

26. Mizu

Water

Utsuwa niha
shitagai nagara
iwagane mo
tosu ha mizu no
chikara narikere

Water does not oppose any vessels and it is stayed as the vessel form. Water seems to be obedient, flexible, and not self-assertive. However, water can break rocks with its consecutive concentrated drops. So people should also have flexibility for any situation such as thought and human relationship, and have consecutive concentration to do something important.

75. Yuube

Evening

Kurenubeku
narite iyoio
oshimu kana
nasukoto nakute
sugishi hitohiwo

Today I had nothing to do and I find that now is evening. I felt sorry for that at first, but I changed my mind that this is not so bad, is it? Yes, it is BAD because any moment is very precious for people and I waste my precious time today. Well, however, I should not regret my passed day for so long. Now I try to live my new day without regret.

88. Hito

People

Nanigoto mo
omouga mamani
narazaru ga
kaerite hito no
mi no tameni koso

No one can always live at his/her own will. People get disappointed and feel discontent when things do not go as they expected. The expectation and desire, however, cannot be satisfied completely but grow more if a desire is satisfied, and at last, it will result in ruin. So I think that reality with much unintentional
XXXXX

106. Kami

God

Me ni mie nu ka-
mi ni mukaite haji-
zaru wa hito
no kokoro no mako-
to nari keru

111. Matsu

Yuki ni tae
arashi ni taeshi
nochi ni koso
matsu no kurai mo
takaku miekere

You have a right pure soul if you have nothing to be ashamed of in front of God, whom you cannot see, who knows you all. I wish everyone had such soul.

Pine Tree

People have been liked pine tree because it is said that pine tree bring good luck. And people evaluate the shape and balance of pine tree, but the real worth is different. When the coldest winter came after the lapse of many years, pine trees could survive deep snow and storm though other trees died all. Pine trees showed their toughness and people evaluated the great pine trees.

Page 68

121. ?

Hito no koko-
ro o kagami ni
hashite

122 ?

Yo watari no
michi no toutome
ni okotaru
na kokoro ni kana
fu-asobi aritemo

123?

Waga kokoro
ware to o ri o ri-
ka e ri miyo,
shirazu-shirazu mo
mayofu koto mo ari

O ri ni furete
Ware mo mata sara ni
migakamu

124?

Yo mono umi
mina hara hara to
omo fu yo ni
nado nami kaze no
tachi sawagu ramu

125. Kagami

Ware mo mata
sarani migakamu
kumori naki
hitono kokorowo
kagami ni ha site

?

A person's feeling is
flowing out through
a looking glass or mirror.

?

The path that we follow
in the world and the task
we try not to do, do we
have to turn pur back,
though in our heart they
don't give us pleasure.

?

The self-centered and we have reasons, and these reasons we think about
yet you don't know,
yet you don't know,
you'll still get lost.
Yet you'll feel the reasons and truth.
We will still improve

?

In this world all, from
the sea to the plain,
and the rest, the waves
and nature have their
own noise, sound.

Mirror

I wish my mind clear like great people unknown but have great mind and soul. Though I am the Emperor, I am not a great as a human.

(End of Usui Reiki Hikkei)

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Emperor Meiji Gyosei (explanation by Mr. Hiroshi Doi)

1. 1. **Purpose of Usui Reiki Ryoho** (from brochure of Reiki Ryoho)

The practitioners of Usui Reiki Ryoho use 125 Gyosei written by Emperor Meiji, who was the 122nd Japan Emperor and made a lot of Gyosei (Japanese WAKA poetry), as mental food. They also keep the GOKAI (For today only, do not anger, do not worry. Be grateful. Endeavor your work. Be kind to all people everyday, make an effort for your own mind & body growth, aim at keeping health, and aim at increasing peace, prosperity and happiness in family/society/nation/world.)

2. 2. **Traditional Reiki Ryoho (treatment) Seminar**

Shuyokai, which means seminar, is held by Traditional Reiki Ryoho master in order to encourage the growth of mind and spirit of all attendants. Reiju is given by the master at that time. Hasureiho is taught in the Level 2 to practice Reiki by oneself.

At the beginning of Shuyokai and Hasureiho, GYOSEI is read aloud to clear idle thoughts. GOKAI is read aloud three times at least. This was started by Usui-sensei and Traditional Usui Reiki practitioners perform it still now.

3. 3. **The Purpose of GYOSEI**

It is said that Emperor Meiji was a great psychic. His goodness was generated to all over the country like sun, his feeling was broad-minded and plentiful like the ocean, his will was strong, his belief was full of love and as broad as the land.

In Meiji era, most politicians were so called great people who experienced much difficulties in the changing era from Edo SAMURAI period to Meiji democratic period, but they got strained and sweat when they were meeting Emperor Meiji, not by Emperor's authority but by Reiki power.

USA president F. Roosevelt said, "Japanese people must be happy to have such a great Emperor. Japan will progress and develop with the Emperor Meiji. "

Emperor Meiji did not talk a lot but wrote a lot of WAKA poetry to express himself. These poetry's are recognized as great poetry in Japanese literature.

Usui-sensei respected the Emperor Meiji, selected 125 WAKA poetry as GYOSEI to use in Reiki lesson.

4. 4. **GYOSEI** (samples and explanation by Hiroshi Doi)

- (1) (1) # 106 "Me ni mie nu kami ni mukaite hajizaru wa hito no kokoro no makoto nari keru"

You have a right pure soul if you have nothing to be ashamed of in front of God, whom you cannot see, who knows you all. I wish everyone had such soul.

- (2) (2) #125 "Ware mo mata sarani migakamu kumorinaki hitono kokorowo kagami ni ha site"

I wish my mind clear like great people unknown but have great mind and soul. Though I am the Emperor, I am not a great as a human.

- (3) (3) #6 "Ten wo urami hito wo togamuru kotomo araji waga ayamachi wo omoikaesaba"

I have consecutive unhappiness and pain that I cannot control. Easy to think that there is no God, I tend to think that the other person is to blame for it. Is this really blamed on other person? Am I always right without any fault? No, I can remember that I also have many faults. This is blamed on me, I know that this is the result I bring, and now I

am free from ill feeling.

- (4) (4) #2 "Asamidori sumiwatari taru oozora no hiroki wo ono ga kokoro tomogana"
I stand at the spring green field, looking up at the clear blue sky, and I wish I could get
the broad sky in my mind.

- (5) (5) #88 "Nanigoto mo omouga mamani narazaru ga kaerite hito no mi no tameni
koso"

No one can always live at his/her own will. People get disappointed and feel discontent
when things do not go as they expected. The expectation and desire, however, cannot
be satisfied completely but grow more if a desire is satisfied, and at last, it will result in
ruin. So I think that reality with much unintentional XXXXX

- (6) (6) #19 "Isasaka no kizu naki tama mo tomosureba chiri ni hikari wo usinainikeri"

If you get a beautiful, bright and scratch-less jewel, without constant polishing and
cleaning, it will lose its brightness by a little dust. So human heart also, beautiful and
pure heart cannot be kept without constant polishing.

- (7) (7) #13 "Ikanaramu kotoaru toki mo utsusemi no hito no kokoro yo yutaka
naranamu"

Human, that is manifestation of a God, should always have hope, bright and broad-
minded heart as God has, whatever may happen.

- (8) (8) #26 "Utsuwa niha shitagai nagara iwagane mo tosu ha mizu no chikara narikere"

Water does not oppose any vessels and it is stayed as the vessel form. Water seems to
be obedient, flexible, and not self-assertive. However, water can break rocks with its
consecutive concentrated drops. So people should also have flexibility for any situation
such as thought and human relationship, and have consecutive concentration to do
something important.

- (9) (9) #111 "Yuki ni tae arashi ni taeshi nochi ni koso matsu no kurai mo takaku
miekere"

People have been liked pine tree because it is said that pine tree bring good luck. And
people evaluate the shape and balance of pine tree, but the real worth is different. When
the coldest winter came after the lapse of many years, pine trees could survive deep
snow and storm though other trees died all. Pine trees showed their toughness and
people evaluated the great pine trees.

- (10) (10) #57 "Kurenubeku narite iyoiyo oshimu kana nasukoto nakute sugishi hitohiwo"

Today I had nothing to do and I find that now is evening. I felt sorry for that at first, but
I changed my mind that this is not so bad, is it? Yes, it is BAD because any moment is
very precious for people and I waste my precious time today. Well, however, I should
not regret my passed day for so long. Now I try to live my new day without regret.

=====

[Richard's comments:](#)

The Usui Reiki Hikkei was, and still is, given out to all level one students of the Usui Reiki
Ryoho Gakkai. Concerning the [Guide to Method of Healing](#) table, I asked Mr. Doi why would
Usui-sensei give out such a long and complex guide to his new students. He explained that early
on, Sensei did not have such a guide, but he soon discovered that some people were unable to
sense where to place their hands for certain (or all) illnesses. He decided to provide instructions
that could be followed until such time as they no longer required this.

The Gyosei is often spoken or sung before the Japanese Hatsurei ho meditation used in Japanese Reiki classes or gatherings, and has a syllable beat of 5 - 7 - 5 - 7 - 7. At the end of the gathering the Precepts are also spoken; mainly the Gokai - the 5 well known statements.

Usui-sensei's Shuyo ho

The **Hatsurei ho** described in Mr. Doi's book (Iyashi No Gendai Reiki Ho - see my web site at www.threshold.ca) is a slightly modified version of **Usui-sensei's original**. How it is done originally is also described on page 162 of his book.

Hatsurei-ho is called "**Shuyo ho**" when it is done together in a group. It goes like this:

Clear one's mind by singing **Gyosei**

Seiza - sit on the floor in zen style

Kenyoku - brushing off

Joshin Kokyu - Soul cleansing breathing: meditation focusing on "tanden"

Gassho

Seishin Toitsu - continue to meditate (this is when "**Reiju**" - an empowerment or attunement is give by teachers - this is done to all at every Reiki gathering)

Gokai sansho - say 5 principles aloud three times

(Source: book "Iyashi No Gendai Reiki Ho " - "Modern Reiki Method for Healing" by Hiroshi Doi)

Hatsurei-ho

Here is a translation of a Hatsurei-ho on Pages 207-209 of Japanese Reiki Master Mr. Hiroshi Doi's book 'Iyashi no Gendai Reikiho' (Isbn. 4-9006631-34-7c0077) or "Modern Reiki Method for Healing", this section translated by Yukio Miura, Kyoto, Japan - Mr. Doi has given permission to print this. This technique is from a Taoist Qigong movement and is still taught in the Japanese Reiki society.

===== translation begins =====

Hatsurei-ho is a way to enhance your Reiki channel and help you grow spiritually.

I. Kihon Shisei (standard posture)

Sit on the floor (Seiza style - on your knees, sitting on your legs) or chair. Relax and close your eyes. Place your focus onto your Hara-line (3-5 centimeters below navel. Put your hands on your lap with palms down.

II. Mokunen (Focusing)

Say in your mind "I will start Hatsurei-ho" to your sub-conscious.

III. Kenyoku (Dry bathing or Brushing off)

(Note: you should breath out as you brush - as you exhale, say "aaaaah" or something similar - i.e. make a sound. Brushing can be either with contact (touching) or in the aura (not touching).)

1. Place the fingers of your right hand near the top of the left shoulder, with the fingertips over the indentation just in from the edge of the shoulder (where the collar bone meets the shoulder). The hand is lying flat.
2. Draw the flat hand down across the chest in a straight line, over the "V" of the sternum (where the rib cage meets) down to the right hip.
3. Repeat this procedure on the right side, using the left hand. Draw it flattened from the shoulder, in a straight line, across the sternum, to the left hip.
4. Repeat the procedure again on the left side.
5. Place the right hand on the edge of the left shoulder, fingertips on the edge pointing outwards.
6. Draw the right hand, flattened, down the outside of the arm, all the way to the finger tips, all the while keeping the left arm straight and at your side.
7. Repeat this process on the right side, with the left hand on the shoulder and drawing it down the right arm to the fingertips.
8. Repeat the process on the left side again.

IV. Connect to Reiki

Raise your hands high up in the air, visualize and feel the vibration/light of Reiki flowing into your hands and run through your whole body.

V. Joshin Koku ho (Cleansing Breathing)

1. Put your hands on your lap with your palms up and breath naturally through your nose. Focus on your Hara line and relax.
2. When you breath in, visualize the white light of Reiki coming in through your

crown chakra, on to your Hara line and expand to whole of your body, melting all your tensions.

3. When you breathe out, visualize that the light that filled up your whole body, expands to outside of your body through your skin, onto infinity in all directions.
4. Repeat (2),(3) for a couple of minutes or as long as you like

VI. Gassho

Put your hands together holding them in front of your chest (like praying hands) a little higher than your heart.

VII. Seishin Toitsu (Concentration)

1. Keep the Gassho. Imagine that you are breathing through your hands.
2. When you breath in, visualize that the light of Reiki flows in through your hands on to your Hara line, your Hara being filled with light.
3. When you breath out, visualize that the light stored in your Hara line radiate out through your hands.
4. Repeat (1), (2) for a couple of minutes or as long as you like

VIII. Mokunen

Put your hands back on to your laps with your palms down. Say in your mind that "I've finished Hatsurei-ho" to your subconscious.

===== translation ends =====

**The Original Usui Precepts -
from a copy given by Mrs. K. Koyama**

**The Secret Method to Invite Happiness
The Miracle Medicine for All Diseases**

**For today only, do not be angry.
Do not be anxious, and be grateful
Work hard and be kind to others.**

**Gassho and repeat them in your mind
at the beginning and the end of each day.
Usui Reiki Ryoho - Improve your mind and body
Founder
Mikao Usui**

(Note: this is one of many translations to be found - the [middle section](#) is the part called the Gokai)