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The **Hatsurei ho** described in Mr. Doi's book (Iyashi No Gendai Reiki Ho - see my web site at [www.threshold.ca](http://www.threshold.ca)) is a slightly modified version of **Usui Sensei 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 given 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.

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===== 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 breathe 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.