

## 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. Last year (Fall, 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 that we can all share at any Reiki level.

During translation we discovered that Usui Sensei 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. Based on his past work, I think this version will again be 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, 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. 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 Hasureiho 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

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I would also like to extend my gratitude to all those who assisted with the translation.

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- 11 - 125 -- still in translation (see for latest version)  
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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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3. Method of Healing Guide  
(Ryoho Shishon)
4. Poems of the Meiji Emperor  
(Meiji Renno Gyosei)

Page 01 (this is the actual Japanese text)

口	心	朝	業	心	今	萬	招	改心
に	に	夕	を	配	日	病	福	善身
唱	念	合	は	す	丈	の	の	白
へ	じ	掌	げ	な	け	靈	秘	井
よ		し	め	感	は	薬	法	靈
		て	人	謝	怒			氣
			に	し	る			療
			親	て	な			法
			切					教
			に					義

### Teachings of Usui Reiki Ryoho for Improvement

The Secrets of Inviting Happiness

The 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 the method to only my descendant for keeping a wealth within a family. Especially the modern societies we live in, wish to share happiness of coexistence and coprosperity. So I don't allow my family to keep the method to ourselves.

My Usui Reiki Ryoho is an original, it's 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, 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)

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。

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公開伝授説明  
肇祖 白井 甕 男

古來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實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榮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。

我が白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

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Page 04 to 17

**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 6<sup>th</sup>, 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. 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.

**R. 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.

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Guide To Method of Healing  
(Ryoho Shishon)

PAGE 19

**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.

**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.

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**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.

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**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.

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## 2. Nerve Disease

**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

\_\_\_\_\_ ? same

**Headache** head area (especially temples)

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**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.

**Morbus 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

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**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

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## 3. Respiratory Diseases

**Bronchitis** Bronchi, Trachea, coughing, throat, chest area, affected area

<b>Asthma</b>	Head area, chest area, heart cavity, throat, nose, heart
<b>Tuberculosis</b>	Head area, lung area, stomach and intestines, heart, tanden
<b>Pleurisy</b>	Head area, affected area, stomach and intestines, tanden
<b>Pneumonia</b>	Head area, heart, affected area, tanden????
<b>PAGE 27</b>	
<b>Hemoptysis</b>	Affected lung area
<b>Nose Bleed</b>	Nose
<b>Ozena</b>	Nose, forehead or depression of chin
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#### 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

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**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

**Choleolithiasis** Liver (where pain is), stomach and intestine

**Hernia** Affected area (herniated part), intestine wall

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#### 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??**

Head, heart, stomach and intestine, area of pain

**Beriberi**

Heart, stomach and intestines, leg area

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### 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)

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**Fat \_\_\_ (obesity)?**

Heart, kidney, stomach and intestines, half body

**Arthritis?**

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 (five 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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**Unconsciousness** Heart, Head area, drowned person - let them throw up water

**Various Rashes, Hives**  
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

**Mycosis** 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, affected 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 Diarrhea** Same as before

**Diphtheria** Head area, throat, heart, chest area, stomach, intestines, kidney, tanden

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**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

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### 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)

Page 44

01

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.

02

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.

03

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.

04

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.

05

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

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06

Isasaka no kizu naki tama mo  
tomosureba chiri ni hikari wo  
usinainikeri

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

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.

07

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.

08

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.

09

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

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Kurenubeku narite iyoiyo oshimu kana  
nasukoto nakute sugishi hitohiwo

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.

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.

**Pages 46-67**

Poems 11-120 to come

**Page 68**

121

Hito no kokoro o kagami  
ni hashite

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

122

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

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

123

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

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.

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

Yoru nami ni uchi o  
agerarete \_\_\_\_\_  
hana, saki ni keru  
harana deshiko.

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.

At night when the waves  
get free and the flowers  
bloom, these silenced  
the disciples of the earth.

( End of Usui Reiki Hikkei)

### Emperor Meiji Gyosei (explanation by Mr. Hiroshi Doi)

#### 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 122<sup>nd</sup> 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. 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. 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. GYOSEI (samples and explanation by Hiroshi Doi)

(1) "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) "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) "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) "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) "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) "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) "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) "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) "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) "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.

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### 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 Shuyo ho

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 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 Hasurei-ho" to your subconscious.

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

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

招福の秘法  
萬病の靈藥  
今日又けは怒るな  
心配すな感謝して  
業をけめ人に親切に  
朝夕合掌と心に念じ  
口に唱へよ  
心身改善  
臼井靈氣療法  
隆祖  
臼井靈氣

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)