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Reiki Ryoho Hikkei

The Usui Reiki Ryoho Gakkai Handbook

In the late 1990's I was surprised to discover that Mikao Usui was credited with having created a manual of sorts for his Shoden students. It was assumed this may have been something that was shared near the end of his teaching days, but became an integral part of the society he left behind – Usui Reiki Ryoho Gakkai.

In June 1999, I gratefully received a Japanese copy from my friend, professor 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, especially now that there are a couple of more colloquial versions available. I also wanted to make this guide available to all Reiki practitioners since it is one of the few surviving documents from the early days of Reiki.

During translation we discovered that the section on the Method of Healing Guide (Ryoho Shishon) was 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.

Mr. Hiroshi Doi, a Gakkai member, explained to me the Gakkai lore that early on, Usui 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. In the Gakkai, the hikkei or booklet was basically a beginner's guide, intended for those who had not yet learned the advanced Shoden techniques of Byosen Reikan Ho (a form of scanning) and Reiji (a way to have Reiki guide you to the area of greatest need). Proficiency in these 2 techniques allowed the student to progress to Okuden training. As you can guess, this was not the way that Dr. Hayashi preferred to teach, as his Shoden and Okuden classes were sometimes even held together over 5 consecutive days (2 hours per day). His version of the Shishon became a focal point for "Takata" style Reiki.

This translation 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 original 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 feel that the handbook as is will still be of interest. 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.

In November, 2002 my Usui-Do sensei Dave King shared some information he had received from one of Usui Sensei's then living students, a 105 year old Tendai nun who worked closely with Sensei from 1920 until his death. She reported that the Hikkei was not part of the Usui dojo training material as no notes were given in any classes. Also, she said it does not seem likely that Usui Sensei himself provided the Gyosei since she did not find him to be a Meiji supporter. It is more likely that the Hikkei was put together for the newly formed Usui Reiki Ryoho Gakkai after Sensei's passing. Some of his students would have had more appreciation for the Meiji Emperor, such as the admirals who ran the Usui Reiki Ryoho after his death and especially Usui's senior student, Toshihiro Eguchi, who later made the Gyosei a very important part of his Teno Hira Ryoji school.

Also, in May 2007 while reviewing some of the Hikkei with a Japanese student, we discovered that the heading page for Koyama-sensei's version actually reads "**Reiki Ryoho Hikkei**," NOT the "Usui Reiki Hikkei" as I had previously been told. I have changed this document to reflect this.

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Sharing from the Heart,
Richard R. Rivard

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

Translation - Version 2.0 (July 2007)

Section 1 - Mari Marchand, (Vancouver, BC, Canada)

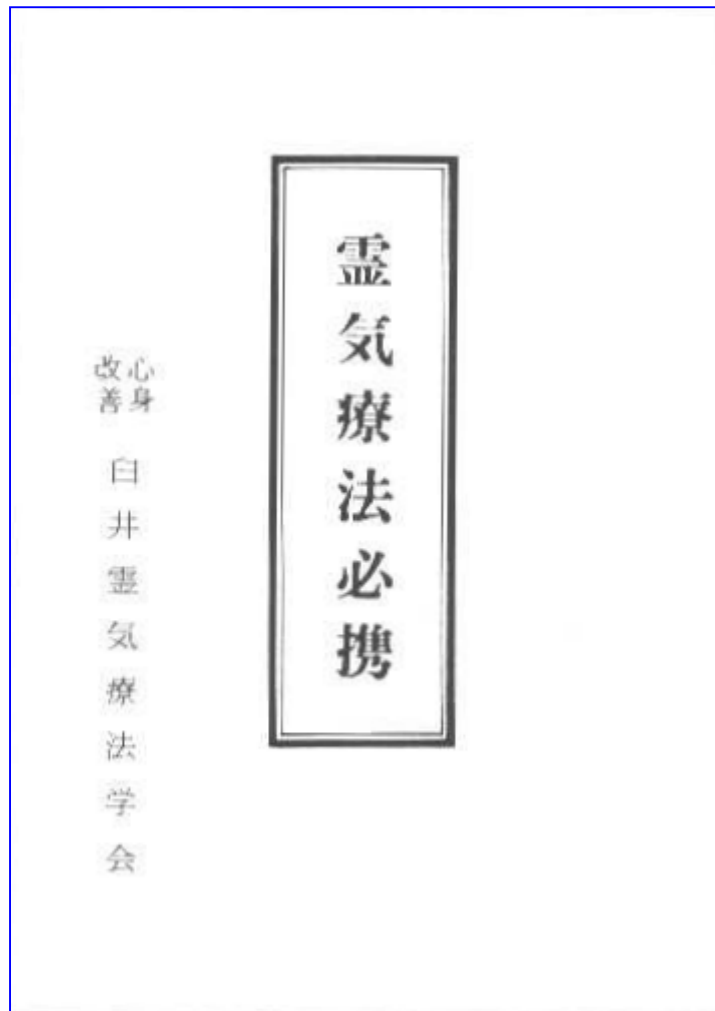
Section 2 - Mari Marchand, (Vancouver, BC, Canada)

Section 3 - Emiko Arai, Richard Rivard, Nadya Zaverганиetz (Vancouver, BC, Canada)

Section 4 - Amy Dean (Ojai, California) 21-125: in translation (see www.threshold.ca)

Comments by Reiki Master Mr. Hiroshi Doi on the Gyosei

- Miyuki Iwasaki (Tokyo Japan), Andrew Bowling (Folkestone, England, UK)



Reiki Ryoho Hikkei

Shin shin kaizen

(improve the mind-body)

Usui Reiki Ryoho Gakkai

Reiki Ryoho Hikkei

The Usui Reiki Ryoho Gakkai Handbook

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

四	三	二	一	
明治天皇御製	療法指針	公開伝授説明	臼井靈氣療法教義	目次

Page 00 (this is the actual Japanese text)

Contents

- 1 Teachings of Usui Reiki Ryoho
- 2 Explanation of Instruction For the Public
- 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		して	め	感	は	薬	法	靈
			人	謝	怒			氣
			に	し	る			療
			親	て	な			法
			切					教
			に					義

**Teachings of Usui Reiki Ryoho for
Mind-Body Improvement**

The Secret Method of Inviting Blessings

The Spiritual Medicine of Many Illnesses

Today only, anger not, worry not.

Do your work (karmic) with appreciation.

Be kind to people (empathy)

In your life, perform gassho as your mind recalls (these Gainen)

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)

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。

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

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 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. 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. 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.

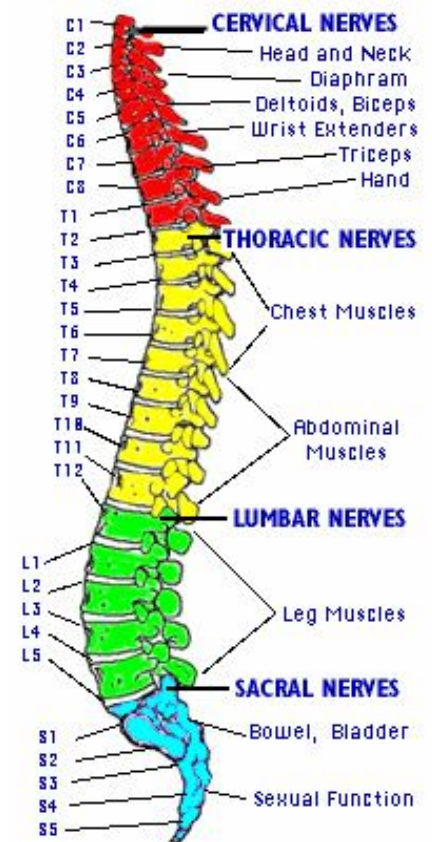
Head area	Forehead (hairline), general area, temples (temple) general area Back of the head area, neck area, crown area, stomach, intestines.
Lowering Fever	Same as before (head area), however, treat the source of the disease itself.
Eye	eye, inner eye corner, outer eye corner, neck area cranial neck 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 cartilage, 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

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)

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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.
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
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

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Hemoptysis	Affected lung area
Nose Bleed	Nose
Ozena	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

Chololithiasis 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 (angina) 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
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	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
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
Diphtheria	Head area, throat, heart, chest area, stomach, intestines, kidney, tanden, (inject blood serum)??

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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 Tenno Gyosei)

Page 44

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 Iwarezarikeri (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 Arai (none) Waga (own) Ayamachi (false) wo Omoikaeseba
(recall)

07. Ori ni furete

Ayamatamu
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 Omisugoseba (think too much)

08. Tomo

Ayamachi wo
Isame kawashite
Shitashimu ga
Makoto no tomo no
Kokoro naruramu

Friend

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

=====

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

09. Ganjyo matsu/
iwawo no ue no
matsu

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

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)

10. Nami

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

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

Pages 46

11. Won no furete

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

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)

12. Kyodal

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

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)

13. Kokoro

Ikanaramu
Kotoaru toki mo
Utsusemi no

Heart (Spirit)

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

=====

Hito no kokoro yo
Yutaka naranamu

14. Kusuri

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

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).

15. Ori ni furete

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

Occasional Thought

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

=====

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

Pages 47

16. Kyouiku/Oshie

Isao aru
Hito wo oshie no
Oya to shite
Oboshi tatenamu
Yamato nadeshiko

Education

For gracious Japanese ladies, please choose meritorious people for role
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

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

A Flower on the Water

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

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

The Moon and the Firefly

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

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

Jewel

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

It is better
for things to end
when things
do not go
our way.

106. Kami

God

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

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.

111. Matsu

Pine Tree

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.

Page 68

121. ?

?

Hito no koko-
ro 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 pur back,
though in our heart they
don't give us pleasure.

123?

Waga kokoro
ware to o ri o ri-
ka 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.
Yet you'll feel the reasons and truth.
We will still improve

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

?

I wonder why
it becomes wavy
and windy (troubled)
in the seven seas
where everybody is friends.

125. Kagami

Ware mo mata
sarani migakamu
kumorinaki
hitono kokorowo
kagami ni ha site

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

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 Japanese Emperor, and who wrote many Gyosei (Japanese WAKA poetry) as mental food. They (the practitioners) 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.)

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 (Reiki attunement) is given by the master at that time. Hatsureiho is taught in the Level 2 (Okuden) to practice Reiki by oneself. At the beginning of Shuyokai and Hatsureiho, 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.

The Purpose of GYOSEI

It is said that Emperor Meiji was a great psychic. His goodness was generated to all over the country like the 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 many 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 his 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 (100,000) to express himself. This poetry is recognized as great poetry in Japanese literature.

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

Usui-sensei's Shuyo ho

According to Mr. Hiroshi Doi's book (Iyashi No Gendai Reiki Ho – Modern Reiki Method for Healing) the **Hatsurei ho** mediation process used by Usui Sensei and the Usui Reiki Ryoho Gakkai (learning society) was a modified version called **Shuyo-ho** and was performed in a group setting. The following is how it was originally performed (and still is by the Gakkai). The explanation for each technique is explained further on in the **Hatsurei Ho** section.

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

Seiza - sit on the floor in zen style

Kenkyoku - 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 present - this is done to all at every Reiki gathering and newcomers will receive Reiju from at least 2 Shihan or teachers).

Gokai sansho - say 5 principles aloud three times

Hatsurei-ho

Here is a translation of a Hatsurei-ho from Mr. Doi's book. He has given permission to print this. This technique is from a Taoist Qigong movement and is still taught in the Japanese Reiki society.

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. **Kenkyoku** (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.

The Original Usui Gainen

from a copy given to Doi-sensei by the late Mrs. Kimiko 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
業をはげめ人に親切に
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
臼井靈男

The Gainen are read from right to left, top to bottom

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

For today only, anger not,
Worry not. With appreciation,
Do your work. Be kind to people.

In your life, perform gassho as your mind recalls
(the Gainen).

Usui system for connecting with your ancestral
self through the body-mind

Founder
Mikao Usui

Shou fuku no hiihou
Manbyou no Rei yaku.

Kyo dake wa, Ikaruna,
Shinpai suna. Kansha shite
Gou ou hageme. Hito ni shinsetsu ni

Chou seki gassho shite kokoro ni neji
Kuchi ni tonaeyo.

Shin shin kaizen Usui Reiki Ryoho.

Chosso
Usui Mikao

(Note: this is one of many translations to be found - the middle section is the part often called the Gokai by the URR Gakkai)

