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 Hatsurei 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)
- Section 2 - Mari Marchand, (Vancouver, BC, Canada)
- Section 3 - Emiko Arai, Richard Rivard, Nadya Zaverganetz (Vancouver, BC, Canada)
- Section 4 - Amy Dean (Ojai, California) 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)
Version 1.2 - Nov. 25/99 (naming corrections in Healing Guide)
Version 1.3 - Feb. 17/00 (terms corrected from "The Original Handbook of Dr. Mikao Usui" - F.A. Petter)
Version 1.4 - June 12/00 (additions and corrections to Gyosei by Amy Dean; add spinal graphic)
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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)
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
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.
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 Hatsureiho, 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)

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.
Kidney

Kidney area, Thoracic vertebrae T11, T12

Half Body

neck muscles, shoulders, back muscles, both sides of the vertebrae, waist area, hip area.

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)

heart, stomach and intestine, head area, 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
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)

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?

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

Anuria  Kidney, bladder, urethra

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

Dislocation  Affected area

Beriostitis, 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 Diarrhhea
Same as before
<table>
<thead>
<tr>
<th>Disease</th>
<th>Affected Areas</th>
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<tbody>
<tr>
<td>Diphtheria</td>
<td>Head area, throat, heart, chest area, stomach, intestines, kidney, tanden, (inject blood serum)??</td>
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<tr>
<td>Cholera</td>
<td>Head area, stomach, intestines, heart, tanden</td>
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<tr>
<td>Scarlet Fever</td>
<td>Head area, mouth, throat, heart, stomach, intestines, kidney, tanden, scarlet coloured area</td>
</tr>
<tr>
<td>Influenza</td>
<td>Head area, heart, lungs, stomach, intestines, tanden, half body, pain area</td>
</tr>
<tr>
<td>Epidemic</td>
<td>Head area, neck area, eyes heart, stomach, intestines, kidneys, bladder, spinal cord, (mainly cerebral vertebrae), tanden, hard area, or stiff area</td>
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<tr>
<td>Cerebrospinal Meningitis</td>
<td>Head area, heart area, stomach, intestines, liver, spleen, tanden, you better treat about 1 hour before convulsion</td>
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<tr>
<td>Malaria</td>
<td>Head area, heart, stomach, intestines, liver, spleen, tanden, affected area</td>
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<tr>
<td>St. Anthony's Fire</td>
<td>Head area, heart area, stomach, intestines, tanden, affected area</td>
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<tr>
<td>Tetanus</td>
<td>Head area, heart area, stomach, intestines, tanden, wound area, pain area</td>
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</table>
Poems of the Meiji Emperor
(Meiji Renno 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.

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.

03. Ori ni furete
Atsushito mo
Iwarezari keri
Niekaeru
Mizuta ni tateru
Shizuwowo moeoba

On Occasion (Occasional Thought)
You shouldn’t be complaining about hot humid weather.

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.

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.

06. Ori ni furete
Ten wo urami
Hito wo togamuru
Koto mo ara ji
Waga ayamachi wo
Omoikae seba

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

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.

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.
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| 46   | **Shitashimu ga Makoto no tomo no Kokoro naruramu**<br>**09. Ganjyo matsu/iwawo no ue no matsu**<br>**Arashi fuku**<br>**Yo nimo ugokuna**<br>**Hito gokoro**<br>**Iwao ni nezasu**<br>**Matsu no gotokuni**<br>**10. Nami**<br>**A Pine Tree on a Rock**<br>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.<br><br>**Arashi (storm) Fuku (blow) Yo (world) nimo Ugokuna (don’t be moved) Hito (human) Iwao (rock) ni Nezasu (rooted) Matsu (pine tree) no Gotokuni (as, like)**<br>**The Wave**<br>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.<br><br>**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**<br>**Occasional Thought**<br>Even though you have obtained wealth and problem free life, Please never forget the moral and obligations of the true human kind.<br><br>**Ie (family, manhood) Akanukoto (problems) Naki (none) Mi (self) tomo Hito (human) no Tsutome (obligations) ni Okotaru (ignore) na Yume (never)**<br>**Brothers (Siblings)**<br>Although many siblings exist in a family, sometime the traditional family values seem to be lost and people live in disharmony in this society.<br><br>**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)**<br>**Heart (Spirit)**<br>No matter what happens (hardship and misfortune) in their lifetime, I wish people’s heart and soul remain open and abundant.<br><br>**Ikanaran (what sort of) Kotoaru (happening) Toki (time) mo Utsusemi (life) no Hito (people) no Kokoro (heart) yo Yutaka (rich, abundance) naruramu**<br>**14. Kusuri**<br>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.<br><br>**Kusuri means medicines (doctors). Motomemu means seek, want, desire. etc. Mi (body) yashinaigusa (nurishing herbs - healing ability in this case).**<br>**Medicine**<br>**15. Ori ni furete**<br>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.<br><br>**Ikusabito (soldiers) Ikanaru (what sort of) Nobe (field) ni Akasuran (spend night) Ka (mosquitoes) no Koe (sound) Shigeiku (increase) Nareru (become) Yogoro (night) wo**<br>**Occasional Thought**<br>For gracious Japanese ladies, please choose meritorious people for role
model and learn your lifelong lesson from them.

17. Mizu no ue no Ochibana  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.

18. Tsukimae Hotaru  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.

19. Tama  Jewell

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.

20. Ori ni Furete  Occasional thought

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

26. Mizu  Water

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.
Me ni mie nu kami ni mukaite hajizaru wa hito no kokoro no makoto nari keri

**111. Matsu**

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.

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<tr>
<td><strong>121. ?</strong></td>
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<tr>
<td>Hito no kokoro o kagami ni hashite</td>
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<tr>
<td>A person's feeling is flowing out through a looking glass or mirror.</td>
</tr>
</tbody>
</table>

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

| **125. Kagami** |
| 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. |

(End of Usui Reiki Hikkei)
This page is left blank on purpose
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. **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. Hatsureiho is taught in the Level 2 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.

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) #106 "Me ni mie nu kami ni mukaite hajizaru wa hito no kokoro no makoto 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.

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

(8) 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) 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) 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
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)