

# Dr. Mikao Usui



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." - Dr. Mikao Usui

## The Foundation of Modern Reiki

Usui Reiki Ryoho is the foundation of Reiki. Usui Reiki Ryoho is also called Usui Shiki Ryoho or simply Reiki Ryoho. All modern forms of Reiki have their roots in Reiki Ryoho and would not exist without it. Any healing system with the word "Reiki" in its title is a variation and improvisation built upon the Harmony, Melody and Energy of Reiki Ryoho.

Dr. Mikao Usui is the founder of Reiki Ryoho. Although the Japanese word "Reiki" preceded him, Reiki Ryoho or "The System of Reiki" originates with him. Dr. Usui was born on August 15, 1865; died March 9, 1926. His memorial Stone is located at the Saihoji temple in the Sugunami district of Tokyo. It was erected by Dr. Usui's students shortly after his death.

## Explanation of Reiki Ryoho By founder: Mikao Usui

An Interview with Dr. Usui from Ms. Koyama's own manual. Translated by Andrew Bowling, Usui Master/Teacher: (© Universal Copyright 1999 -- please share freely)

From ancient times whenever someone develops a secret method the one would teach this to the people among family, as a legacy for the later generations of the family living. That idea, not to open to the public and keep that sacred method in the family, is really the past century's bad custom.

In modern days we have to live together. That's going to be the basis of happiness, earnestly wanting social progress. That's why I definitely won't allow to keep this for myself.

Our Reiki Ryoho is a creative idea, which no one has developed before and there is nothing like this in this world. Therefore I am going to open this idea to anybody for the peoples benefit and welfare. And everyone will receive the blessing from God. With this, expect everyone to have soul and oneness.

Our Reiki Ryoho is an original therapy method using the power based on Reiki, which is a universal power in the universe. With this, first for human beings themselves to be strong and healthy. Then to improve the thoughts, to be mild and healthy, and human life to be pleasant.

Nowadays inside and outside of living we need improvement and restructuring away from illness and suffering, many fellows have worrying mind out of illness and accident. I dare to openly teach this method.

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 affect 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 (first teaching) 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.

# Questions and Answers

## Questions:

1. Who is Dr. Mikao Usui?
2. Is Usui Reiki Ryoho the foundation of modern Reiki?
3. In what year was Dr. Usui born and in what year did he die?
4. Where is his memorial stone located and who erected it?
5. Should the teachings of Reiki be kept secret?
6. How does Reiki Work?
7. Can anyone learn Reiki?

## Answers:

1. Dr. Mikao Usui is the founder of Usui Reiki Ryoho.
2. Yes, Usui Reiki Ryoho is the foundation of modern Reiki.
3. Dr. Usui was born August 15th, 1865 and died March 9, 1926.
4. His memorial stone is located at the Saihoji temple in the Sugunami district of Tokyo and was placed there by his students.
5. Our Reiki Ryoho is a creative idea, which no one has developed before and there is nothing like this in this world. Therefore I am going to open this idea to anybody for the peoples benefit and welfare. And everyone will receive the blessing from God. With this, expect everyone to have soul and oneness. (Dr. Usui - interview)
6. Reiki is a gift of Grace from God for the healing of the world. "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." (Dr. Usui)
7. "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." (Dr. Usui - interview)