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 Hatsurei 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 giving 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.

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 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 Zaverganietz (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

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 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)
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.
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**
Same as before (head area), however, treat the source of the disease itself.

**Fever**
eye, inner eye corner, outer eye corner, neck area cranial neck vertebrae C1,2, 3.

**Eye**
nose bone, nose flares, between eyebrows, neck area (cranial neck vertebrae C1,2, 3.)

**Nose**
ear canal, front part and back part of ear, cranial neck vertebrae C1.

**Ear**
top side of tongue, root of the tongue
(most likely from the outside, neck, under the chin).

**Throat**
thyroid cartridge, neck area.

**Lung**
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.

**Liver**
Liver area, Thoracic vertebrae T8, T9, T10.
(e specially right hand side)

**Stomach**
small intestine area, Thoracic vertebrae T4, T6, T7, T8, T9, T10

**Intestine**
as 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.

**Tanden Treatment**
under the navel, also the area 3 finger widths down.
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
4. Digestive System Diseases

Various diseases of esophagus
Esophagus, heart cavity area, stomach, intestines

Stomach diseases
Gastitis, gastric ulcer, stomach cancer, stomach convulsion, dilation of stomach, gastropotosis
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, tandem

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, tandem

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, tandem?

Scurvy
Head area, lung area, heart, kidney, stomach and intestine, half body, tandem

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
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

Uterus, (If you treat the womb, the fetus grows healthy and delivery is easy)

Pregnancy

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)??
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  Head area, neck area, eyes heart, stomach, intestines, kidneys, bladder, spinal cord, (mainly cerebral vertebrae), tanden, hard area, or stiff area
Cerebrospinal Meningitis  Head area, heart area, stomach, intestines, tanden, hard area, or stiff area
Malaria  Head area, heart, stomach, intestines, liver, spleen, tanden, you better treat about 1 hour before convulsion

St. Anthony's Fire  Head area, heart area, stomach, intestines, tanden, affected area (Erysipelas)
Tetanus  Head area, heart area, stomach, intestines, tanden, wound area, pain area.
Poems of the Meiji Emperor
(Meiji Tenno Gyosei)

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01. Tsuki
Aki no yono
Tsuki wa mukashi ni
Kawaranedo
Yoni naki hito no
Ooku narinuru

02. Ten
Asamidori
Sumiwatari keru
Oozora no
Hiroki wo onoga
Kokoro tomogana

03. Ori ni furete
Atsushi tomo
Iwarezari keri
Niekaeru
Mizuta ni tateru
Shizu wo omoeba

04. Ochibakaze
Amatatabi
Shigurete someshi
Momijiba Wo
Tada hitokaze no
Chirashinuru kana

05. Ori ni furete
Amadari ni
Kubomeri ishi wo
Mitemo shire
Kataki waza tote
Omoi sutemeya

06. Ori ni furete
Ten wo urami
hito wo togamuru
koto mo araji
waga ayamachi wo
omoikaeseba

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.

The Heaven (Sky)
I wish my heart could be as clear and broad as the great sky and the
spring green field.

On Occasion (Occassional 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.

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.

Occassional 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

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 Araji (none) Waga (own) Ayamachi (false) wo Omoikaeseba (recall)
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<tr>
<th>07. Ori ni furete</th>
<th>Occasional thought</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayamatamu</td>
<td>People in this society worry too much and overly cautious about everything.</td>
</tr>
<tr>
<td>Koto mo koso are</td>
<td>We all make mistakes sometimes in our life.</td>
</tr>
<tr>
<td>Yononaka wa</td>
<td>===========</td>
</tr>
<tr>
<td>Amari ni mono wo</td>
<td>Ayamatan (made mistake) Koto (thing) mo Kotoare (happen) Yononaka (society) wa Amari (too many) ni Mono (things) wo Omisugoseba (think too much)</td>
</tr>
<tr>
<td>Omoi sugoseba.</td>
<td>===========</td>
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<tr>
<th>08. Tomo</th>
<th>Friend</th>
</tr>
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<tbody>
<tr>
<td>Ayamachi wo</td>
<td>It’s the true spirit of friendship if each of you point out other’s mistake and remonstrate no matter how close you are.</td>
</tr>
<tr>
<td>Isame kawashite</td>
<td>===========</td>
</tr>
<tr>
<td>Shitashimu ga</td>
<td>Ayamachi (mistake) wo Isame (remonstrate) kawashite (exchange)</td>
</tr>
<tr>
<td>Makoto no tomo no</td>
<td>Shitashimu (become intimate) ga Makoto (true) no Tomo (friend) no Kokoro (heart, spirit) naruramu</td>
</tr>
<tr>
<td>Kokoro naruramu</td>
<td>===========</td>
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<tr>
<th>09. Ganjyo matsu/ iwawo no ue no matsu</th>
<th>A Pine Tree on a Rock</th>
</tr>
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<tbody>
<tr>
<td>Arashi fuku</td>
<td>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.</td>
</tr>
<tr>
<td>Yo nimo ugokuna</td>
<td>===========</td>
</tr>
<tr>
<td>Hito gokoro</td>
<td>Arashi (storm) Fuku (blow) Yo (world) nimo Ugokuna (don’t be moved)</td>
</tr>
<tr>
<td>Iwao ni nezasu</td>
<td>Hitogokoro (human heart) Iwao (rock) ni Nezasu (rooted) Matsu (pine tree) no Gotokuni (as, like)</td>
</tr>
<tr>
<td>Matsuno gotokuni</td>
<td>===========</td>
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<tr>
<th>10. Nami</th>
<th>The Wave</th>
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<tbody>
<tr>
<td>Areruka to</td>
<td>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.</td>
</tr>
<tr>
<td>Mireba nagiyuku</td>
<td>===========</td>
</tr>
<tr>
<td>Unabara no</td>
<td>Areru (become rough) ka to Mireba (seem) Nagiyuku (calm down) Unabar (ocean) no. Nami (wave) koso Hito (people) no Yo (society) ni Nitari (alike) kere</td>
</tr>
<tr>
<td>Nami koso hito no</td>
<td>===========</td>
</tr>
<tr>
<td>Yo ni nitarikere</td>
<td>===========</td>
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<tr>
<th>11. Won no furete</th>
<th>Occasional Thought</th>
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<tbody>
<tr>
<td>Le tomite</td>
<td>Even though you have obtained wealth and problem free life, Please never forget the moral and obligations of the true human kind.</td>
</tr>
<tr>
<td>Akanukoto naki</td>
<td>===========</td>
</tr>
<tr>
<td>Minari tomo</td>
<td>Le (family, manhood) Akanukoto (problems) Naki (none) Mi (self) tomo</td>
</tr>
<tr>
<td>Hito no tsutome ni</td>
<td>Hito (human) no Tsutome (obligations) ni Okotaru (ignore) na Yume (never)</td>
</tr>
<tr>
<td>Okotaruna yume</td>
<td>===========</td>
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<tr>
<th>12. Kyodal</th>
<th>Brothers (Siblings)</th>
</tr>
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<tbody>
<tr>
<td>Le no kaze</td>
<td>Although many siblings exist in a family, sometime the traditional family values seem to be lost and people live in disharmony in this society.</td>
</tr>
<tr>
<td>Fukishohamu yo mo</td>
<td>===========</td>
</tr>
<tr>
<td>Miyurukanana</td>
<td>Le (family) no Kaze (wind) – family tradition in this case. Fukishowan (not in harmony). Yo (society) mo miyuru (seem to be) kana. Turanaru (connected) Eda (branch) no. Shigeriai (grow over) tsutsu (continuously)</td>
</tr>
<tr>
<td>Tsuranaru eda no</td>
<td>===========</td>
</tr>
<tr>
<td>Shigeriai tsutsu</td>
<td>===========</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>13. Kokoro</th>
<th>Heart (Spirit)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ikanaramu</td>
<td>No matter what happens (hardship and misfortune) in their lifetime, I wish people’s heart and soul remain open and abundant.</td>
</tr>
<tr>
<td>Kotoaruto toki no</td>
<td>===========</td>
</tr>
<tr>
<td>Utsusemi no</td>
<td>===========</td>
</tr>
<tr>
<td>14. Kusuri</td>
<td>Medicine</td>
</tr>
<tr>
<td>-------------</td>
<td>----------</td>
</tr>
<tr>
<td>Iku kusuri</td>
<td>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.</td>
</tr>
<tr>
<td>Motomemu yorimo</td>
<td>Kusuri means medicines (doctors). Motomemu means seek, want, desire. etc.</td>
</tr>
<tr>
<td>Tsuneni mi no</td>
<td>Mi (body) yashinaigusa (nurishing herbs - healing ability in this case).</td>
</tr>
<tr>
<td>Yashinaigusa wo</td>
<td></td>
</tr>
<tr>
<td>Tsumeyo tozo omou.</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>15. Ori ni furete</th>
<th>Occasional Thought</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ikusa-bito</td>
<td>As I hear increased sound of mosquitoes, I feel deeply for my soldiers.</td>
</tr>
<tr>
<td>Ikanaru nobe ni</td>
<td>How would they sleep through the night since battlefield must be filled with mosquitoes, too.</td>
</tr>
<tr>
<td>Akasuran</td>
<td>Ikusabito (soldiers) Ikanaru (what sort of) Nobe (field) ni Akasuran (spend night) Ka (mosquitoes) no Koe (sound) Shigeku (increase) Nareru (become) Yogoro (night) wo</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>16. Kyouiku/Oshie</th>
<th>Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isao aru</td>
<td>For gracious Japanese ladies, please choose meritorious people for role model and learn your lifelong lesson from them.</td>
</tr>
<tr>
<td>Hito wo oshie no</td>
<td>Isao (merit) Aru (posses) Hito (people) wo Oshie (lesson) no Oya (master) to</td>
</tr>
<tr>
<td>Oya to shite</td>
<td></td>
</tr>
<tr>
<td>Oboshi tatenamu</td>
<td>Shite Oboshitatenamu (grow up) Yamato (Japan) Nadeshiko (pink flowers/women)</td>
</tr>
<tr>
<td>Yamato nadeshiko</td>
<td></td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>17. Mizu no ue no Ochibana</th>
<th>A Flower on the Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ike no omo</td>
<td>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.</td>
</tr>
<tr>
<td>Ni nozomeru hana</td>
<td></td>
</tr>
<tr>
<td>No ureshiki</td>
<td>Ike (pond) no Omo (surface) ni Nozomeru (be sighted) Hana (flower) no</td>
</tr>
<tr>
<td>Wa chiretemo mizu</td>
<td>Ureshiki (pleasurable) wa Chirite (fell off) mo Mizu (water) ni Ukabu (float) narikeri</td>
</tr>
<tr>
<td>Ni ukabu narikeri</td>
<td></td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>18. Tsukimae Hotaru</th>
<th>The Moon and the Firefly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ike no omo</td>
<td>The moon reflects so beautifully over the pond, a humble firefly compromises its existence by flying behind the bushes of reed leaves.</td>
</tr>
<tr>
<td>Wa tsuki ni yuzurite</td>
<td></td>
</tr>
<tr>
<td>Ashi no ha no</td>
<td>Ike (pond) no Omo (surface) wa Tsuki (moon) ni Yuzurite (surrender) Ashi no ha (Reed leaves) no Shigem (bush) Gakure (hide) ni Yuku (going) Hotaru (firefly) kana</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>19. Tama</th>
<th>Jewell</th>
</tr>
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<tbody>
<tr>
<td>Isasaka no</td>
<td>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.</td>
</tr>
<tr>
<td>Kizu naki tama mo Tomosureba</td>
<td></td>
</tr>
<tr>
<td>Chiri ni hikari wo</td>
<td>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</td>
</tr>
<tr>
<td>Usinai ni keri</td>
<td></td>
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</tbody>
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<thead>
<tr>
<th>20. Ori ni Furete</th>
<th>Occasional thought</th>
</tr>
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</table>
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 learning 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)

26. Mizu
Utsuwa ni ha 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
Kurenubeku
narite iyoiyo
oshimu kana
nasukoto nakute
sugishi hitohiwo

Evening
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
Nanigoto mo
omouga mamani
narazaru ga
kaerite hito no
mi no tameni koso

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

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

God
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
Yuki ni tae
arashi ni taeshi
nochi ni koso
matsu no kurai mo
takaku miekere

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.

121. ?
Hito no kokoro-
o kagami ni
hashite

A person's feeling is flowing out through a looking glass or mirror.
122
Yo watari no
michi no toutome
ni okotaru
na kokoro ni kana
fu-asobi aritemo

The path that we follow
in the world and the task
we try not to do, do we
have to turn 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
O ri ni furete
Ware mo mata sara ni
migakamu

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

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
kumori
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
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
Kenyoku - brushing off
Joshin Kokyu - Soul cleansing breathing: meditation focusing on "tanden"
Gassho
Seishin Toitsu - continue to meditate (this is when "Reiju" - an empowerment or attunement - is given by teachers 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. 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.
The Original Usui Gainen
from a copy given to Doi-sensei by the late Mrs. Kimiko Koyama

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 hihiou
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)