

Reiki: Hayashi Ryoho Shishin (the Hayashi Treatment Guide)

Translation (especially for AETW.org)

by

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THE HAYASHI TREATMENT GUIDE

Just as Usui Sensei is said to have given his students a basic handbook / guide to treating various medical conditions, so too did Hayashi Sensei.

The Hayashi Treatment Guide or *Hayashi Ryoho Shishin* is divided into 9 sections or 'chapters' and - just like the Usui Treatment Guide - is simply that: a *guide* - a brief series of prompts as to suitable areas for topical treatment.

[Takata-sensei had a copy of the *Hayashi Ryoho Shishin* - though few seem to be aware of this fact]

There are several translations of the Hayashi Treatment Guide, however, as (- like the *Usui* Treatment Guide -) it is essentially just a wordlist, there is little variation between one translation and another.

The Hayashi Reiki Treatment Guide

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Section 1: The Head

Brain disorders, Headache - treat: forehead, temples, back and top of the head, back of the neck

Head treatment can be used whatever the condition being treated. For headaches, give specific attention to the actual epicentre of pain

Eyes (All manner of eye disorders, conjunctivitis, trachoma, leucoma, nearsightedness, trichiasis, ptosis, cataract, glaucoma, etc.) - treat: eye balls, inner corners of eyes, outer corners of eyes, back of the head, kidneys, liver, womb, ovaries

Treat both eyes, even though the problem is in only one eye.

Ears (All manner of ear disorders, tympanitis, external otitis, ringing in the ear, poor hearing, etc.) - treat: auditory canal, depression below the ears, raised bone behind ears, back of the head

Treat both ears, even though the problem is in only one ear. Where the disorder follow a cold, eg: tympanitis and parotitis, treat the bronchi, hilar lymph, kidneys, womb, and ovaries

Teeth - for toothache, treat externally at the root of the tooth

Oral Cavity - with mouth closed, treat the lips with the palms

see also disorders of Digestive Organs

Tongue - depress or pinch the affected part of the tongue. Treat externally at the root of the tongue

Alternatively, treat by pressing the arches of both feet forward

Section 2: Disorders of Digestive Organs

Stomatitis/Stomach cancer - mouth, oesophagus, stomach, intestines, liver

Thrush/yeast infection - mouth, tongue, oesophagus, stomach, intestines, liver, heart, kidneys

Saliva (either deficit or excess) - mouth, root of the tongue, stomach, intestines, head

Disorders of the Oesophagus (stricture of the oesophagus, dilation of the oesophagus, oesophagitis, etc.) - oesophagus, solar plexus, stomach, intestines, liver, pancreas, kidneys, apply *Ketsueki Kokan* [blood-cleansing technique]

Where there is cancer of the oesophagus, the prognosis is not very good

Stomach disorders (acute and chronic gastritis, gastric atony, gastric dilation, gastric ulcer, stomach cancer, gastroparesis, neurologic stomach ache, neurologic dyspepsia, gastrospasm, etc.) - stomach, liver, pancreas, intestines, kidneys, spinal cord, apply *Ketsueki Kokan* [blood-cleansing technique]

Where cancer obvious, the prognosis is not very good

Intestine disorders (intestinal catarrh, constipation, appendicitis, vermiform process, ileus, invagination, intestinal volvulus, intestinal bleeding, diarrhoea, etc.) - stomach, intestines, liver, pancreas, kidneys, heart, lumbar vertebrae, sacrum, apply *Ketsueki Kokan* [blood-cleansing technique]

Liver disorders (liver congestion, hyperemia, abscess, sclerosis, hypertrophy, atrophy, jaundice, gallstone, etc.) - liver, pancreas, stomach, intestines, heart, kidneys, apply *Ketsueki Kokan* [blood-cleansing technique]

Within a few days of treatment, gallstones will break down by themselves pass out of the body. Where there is cancer of the liver, the prognosis is not very good

Pancreas disorders (liver cyst, ptosis, hypertrophy, etc.) - pancreas, liver, stomach, intestines, heart, kidneys, apply *Ketsueki Kokan* [blood-cleansing technique]

Where there is cancer of the pancreas, the prognosis is not very good

Peritoneum disorders - liver, pancreas, stomach, intestines, peritoneum area, bladder, heart, kidneys, apply *Ketsueki Kokan* [blood-cleansing technique]

For tuberculous conditions, treat the lung area

Anal disorders (hemorrhoid, anal inflammation, open sores, in area of anus, bleeding piles, anal fistula, anal prolapse, etc.) - the affected area, coccyx, stomach, intestines

Treat anal fistula, in the same way as intestinal/pulmonary tuberculosis

Section 3: Respiratory Disorders

Nasal disorders (acute and chronic nasal catarrh, hypertrophic and atrophic nasal catarrh, etc) - nose, throat, bronchi

Maxillary Emphysema/Pleurisy - nose, depression on upper forehead, chest, throat, kidneys, stomach, intestines, apply *Ketsueki Kokan* [blood-cleansing technique]

Nosebleed (Epistaxis) - nasal bones, back of the head

If nosebleeds occur when menstruation is overdue, treat the womb and ovaries

Sore Throat (Pharyngitis) and Tonsillitis - throat, tonsils, bronchi, kidneys, lungs, stomach, intestines, head.

Tracheitis and Bronchitis - trachea, bronchi, lungs, stomach, intestines, heart, kidneys, head

Pneumonia, Catarrhal Croup - lungs, bronchi, heart, liver, pancreas, stomach, intestines, kidneys, apply *Ketsueki Kokan* [blood-cleansing technique]

Asthma - bronchi, lungs, liver, pancreas, diaphragm, stomach, intestines, kidneys, head, nose, heart

For acute asthma attacks, treat patient in seated position

Lung disorders (pulmonary oedema, abscess, pulmonary tuberculosis, emphysema, etc) - lung area, heart, liver, pancreas, stomach, intestines, bladder, kidneys, spinal cord, head, apply *Ketsueki Kokan* [blood-cleansing technique] unless patient is very sick or weak

Always treat the womb and ovaries, whatever the age of the female patient.

Pleura disorders (both dry and moist) - general chest area, heart, liver, pancreas, stomach, intestines, kidneys, apply *Ketsueki Kokan* [blood-cleansing technique]

Section 4: Cardiovascular Disorders

Heart disorders (endocarditis, heart valve disorders, various pericardial symptoms, various heart symptoms, palpitation, angina pectoris, etc.) - heart, liver, stomach, intestines, pancreas, kidneys, spinal cord, apply *Ketsueki Kokan* [blood-cleansing technique]

Arteriosclerosis, Cardiac Asthma, Aneurysm, etc. - treat as you would heart problems, with addition of bronchi and general chest area

Section 5: Urinary Organ Disorders

Kidney disorders (kidney congestion, anemia, atrophy, sclerosis, hypertrophy, abscess, pyelitis, kidney stones, uremia, filariasis, etc) - kidneys, liver, pancreas,

heart, stomach, intestines, bladder, head, apply *Ketsueki Kokan* [blood-cleansing technique]

Cystitis (urinary retention, uremia, pain when urinating, urgent need to urinate, etc) - kidneys, bladder, urethra, prostate gland, womb, liver, pancreas, heart, stomach, intestines, head, apply *Ketsueki Kokan* [blood-cleansing technique]

Bedwetting - bladder, intestines, stomach, kidneys, spinal cord, head, apply *Ketsueki Kokan* [blood-cleansing technique]

Section 6: Neurological Disorders

Cerebral Anemia/Hyperemia - head, heart

Hysteria - womb, ovaries, stomach, intestines, liver, kidneys, head, eyes, apply *Ketsueki Kokan* [blood-cleansing technique]

Nervous Breakdown, Insomnia - stomach, intestines, liver, pancreas, kidneys, eyes, head, apply *Ketsueki Kokan* [blood-cleansing technique] very gently

Meningitis - head, primarily back of head and neck

Treat areas such as nose, forehead, and inflammation of the head, primarily in order to heal the cause of the disorder, but also in order to effect reflex-healing in remote organs, such as gastritis and erysipelas-based pneumonia. Also treat as for Lung disorders.

Epidemic Cerebrospinal Meningitis - primarily treat spinal cord, back of the head and neck. Also cover: heart, stomach, intestines, liver, kidneys, bladder

Myelitis - spinal cord generally, stomach, intestines, liver, bladder, kidneys, head, apply *Ketsueki Kokan* [blood-cleansing technique]

Cerebral Hemorrhage (intracerebral bleeding, cerebral thrombosis, etc.) - head, heart, kidneys, stomach, intestines, liver, spinal cord, area of paralysis

Polio - spinal cord, stomach, intestines, kidneys, sacrum, area of paralysis, head, apply *Ketsueki Kokan* [blood-cleansing technique]

Neuralgia (Palsy, Neural spasticity, Migraine, etc.) - affected area, liver, pancreas, stomach, intestines, kidneys, head, spinal cord, apply *Ketsueki Kokan* [blood-cleansing technique]

Also focus on the womb and ovaries

Beriberi - stomach, intestines, heart, liver, pancreas, kidneys, edematous or paralyzed area, apply *Ketsueki Kokan* [blood-cleansing technique]

Graves' Disease - womb, ovaries, stomach, intestines, liver, pancreas, heart, thyroid, eyes, kidneys, spinal cord, apply *Ketsueki Kokan* [blood-cleansing technique]

Epilepsy - liver, pancreas, head, stomach, intestines, kidneys, spinal cord, apply *Ketsueki Kokan* [blood-cleansing technique]

Convulsion - liver, stomach, intestines, kidneys, spinal cord, shoulders, arms, area around elbow, wrist, head

Huntington's Disease/Chorea - liver, stomach, intestines, kidneys, spinal cord, spastic area of arms and legs, head,. apply *Ketsueki Kokan* [blood-cleansing technique]

Sea/Motion Sickness - stomach, solar plexus, head

Food or other Poisoning, Chemical Dependency - stomach, solar plexus, liver, pancreas, intestines, heart, kidneys, head, apply *Ketsueki Kokan* [blood-cleansing technique]

Section 7: Infectious Disorders

(Para)typhoid - liver, pancreas/spleen, stomach, intestines, heart, kidneys, spinal cord, head

Dysentery, Cholera - stomach, intestines, liver, pancreas, kidneys, heart, head, apply *Ketsueki Kokan* [blood-cleansing technique]

Measles - throat, trachea, bronchi, stomach, intestines, heart, kidneys, spinal cord, head

Scarlet Fever - throat, chest, kidneys, stomach, intestines, bladder, head, apply *Ketsueki Kokan* [blood-cleansing technique]

Shingles, Varicella (Chicken Pox) - stomach, intestines, kidneys, affected area, head, apply *Ketsueki Kokan* [blood-cleansing technique]

Influenza - nose, throat, trachea, bronchi, lungs, liver, pancreas, stomach, intestines, kidneys, head, apply *Ketsueki Kokan* [blood-cleansing technique]

Pertussis, Whooping Cough - nose, throat, bronchi, apex of the lungs, stomach, intestines, kidneys, apply *Ketsueki Kokan* [blood-cleansing technique]

Diphtheria - throat, trachea, nose, lungs, heart, liver, stomach, intestines, kidneys, apply *Ketsueki Kokan* [blood-cleansing technique]

Weil's(?) Disease [acute leptospiral infection] - liver, pancreas, spleen, stomach, intestines, bladder, kidneys, spinal cord, head,. apply *Ketsueki Kokan* [blood-cleansing technique]

Malaria - pancreas (spleen), liver, heart, stomach, intestines, kidneys, spinal cord apply *Ketsueki Kokan* [blood-cleansing technique]

Tetanus - jawbone, back of head, throat, lungs, affected area, stomach, intestines, kidneys, spinal cord

for puerperal tetanus, treat the womb. Where the woman is carrying her first child, treat the navel also

Articular Rheumatism, Muscular Rheumatism - affected area, heart, chest, liver, pancreas, stomach, intestines, kidneys, spinal cord, head

Rabies - affected area, heart, liver, kidneys, stomach, intestines, spinal cord, throat, head, apply *Ketsueki Kokan* [blood-cleansing technique]

Section 8: Whole Body Disorders

Anemia, Leukemia, Scurvy - heart, liver, pancreas, stomach, intestines, kidneys, spinal cord, apply *Ketsueki Kokan* [blood-cleansing technique]

Diabetes - liver, pancreas, heart, stomach, intestines, bladder, kidneys, head, spinal cord, apply *Ketsueki Kokan* [blood-cleansing technique]

Dermatological disorders - stomach, intestines, liver, kidneys, affected area, apply *Ketsueki Kokan* [blood-cleansing technique]

Obesity - liver, pancreas, heart, stomach, intestines, bladder, kidneys, head, spinal cord, apply *Ketsueki Kokan* [blood-cleansing technique]

Goitre, Scrofula - affected area, stomach, intestines, liver, heart, chest, kidneys, spinal cord, apply *Ketsueki Kokan* [blood-cleansing technique]

Section 9: Other Disorders

Infantile Convulsion - heart, head, stomach, intestines

Congenital Syphilis in Children - affected area, head, intestines

Improperly positioned foetus - womb

Pregnancy - ongoing treatment of the womb will ensure healthy foetus growth

Delivery - sacrum, lumbar region of spine

Treating these areas will result in an easy birth after twelve labour pains. To ensure easy afterbirth, continue to treat these areas once the baby has emerged.

Death of Foetus - treating the womb will result in the natural evacuation of the dead foetus no later than the following day

Cessation of Lactation - breast area, especially mammary gland. The mother will soon start lactating

Morning Sickness - womb, stomach, solar plexus, intestines, kidneys, head, spinal cord

Streptococcal Infection/Erysipelas - affected area, stomach, intestines, liver, heart, kidneys, spinal cord, apply *Ketsueki Kokan* [blood-cleansing technique]

Hyperhidrosis - kidneys, affected area, apply *Ketsueki Kokan* [blood-cleansing technique]

Burns - hold one hand an inch or two above the affected area, eventually placing the hand on the burn site as the pain is alleviated

Cuts - treat while pressure is applied to the cut with a thumb or a palm to stem bleeding.

Unconsciousness (due to by falling, an electric shock. etc.) - apply *katsu* (a pressure-point technique), treat: heart, head

Drowning - assist the patient to disgorge water from the lungs, apply *katsu*, treat: heart, head

Menopause, Period Pains - womb, ovaries, cranium

Hiccup - diaphragm, liver, pancreas, kidneys, stomach, intestines, spinal cord, head

Stuttering - throat, head, singing practice

Practice singing:

(a) *Mukou no koike ni dojo ga sanbiki nyoro nyoro to.* (Thee loaches are wiggling in the pond over there.)

(b) *Oya ga kahyo nara ko ga kahyo. ko kahyo ni mago kahyo.* (The father is Kahyo, his child is Kahyo. Son, Kahyo and grandson, Kahyo.)

If the patient can sing these songs, he can be healed

Pain in the fingertips - affected area

Vomiting - stomach, solar plexus, liver, spinal cord at the level of the stomach, head, kidneys

Splinter - affected area

As the pain desists, the splinter should rise of its own accord and should be withdrawn at this time

Gonorrhoea - urethra, perineum, bladder, womb

where there is chronic testicular inflammation, apply your hand lightly to the testicles

Painful Spasms, Stomach Cramps - stomach, on back at the level of the stomach, liver, kidneys, intestines, head

Hernia - affected area, stomach and intestines. Hernia should contract automatically when touched lightly

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