

Everyone Can Do Reiki by Fumio Ogawa

Edited by Ninoslav Šafarić

# Preface

The late heads of my family had been involved in Reiki therapy for 40 years. They treated a lot of people everyday and they were cured by the 'magical' power. Some patients said that they had to have Reiki from them everyday. They devoted themselves to familiarizing Reiki by giving Reiju every month to a lot of members.

I think when my father died was the only time when he saw a doctor. He died as if he was going to sleep, without any pain. I guess it was his age. This was such a mercy for family.

After his death, his body didn't become hard. The hands and feet were soft and they didn't feel cold. All the students held his hand and they were surprised.

He used to tell us about his experiences from the treatments.

One can cure the injury very fast if one treats it very fast. It is easier for beginners to see the effect of what they have done.

Only 15 minutes of Reiki treatment popped the patient's shoulder back in

A Middle aged woman who had fibroids used to come for Reiki treatments. She was told to have surgery from the doctor.

The surgeon opened her up and the myoma was just ready to come off. He was so surprised by that. After that, the woman lived long and healthy until around 90.

A Middle aged man who was struggling with an enormous unknown pain asked for a treatment to my father on the phone. His family doctor tried everything to cure him but in vain. When my father gave him Reiki, he felt the need to urinate within an hour. He urinated a lot and was cured after that. He reminisced about this to me later.

There are more stories like this than we can count. I, myself, was also helped by Reiki.

I feel a little uneasy about how much I can describe Reiki Therapy and Hatsurei-ho from the many experiences of my parents, but I decided to write this based on the lessons from the Usui-Sensei and my mentors, along with my personal opinion.

These kinds of arts are supposed to be passed on by word of mouth, but in my opinion, Reiki will flow from anybody through self practice and belief. Reiki doesn't come out from our own body. Rather, our body is just a medium for Rei.

I am already 84. Now I am fine again and I can say I am quite healthy for my age. But life is limited. I would like to collect my thoughts for Reiki while I am fine. I hope at least the people around me who are interested in this will work hard and master this art and treat their families and people around them

After I had finished writing this manuscript, I received a magazine with a piece of paper inside saying "Excuse me for sending this you so late". I realized that it was an interview about Reiki from a magazine writer from the beginning of this year. I decided to include this whole article as a reference since it describes precisely the roots of Reiki. According to the article, Reiki is spreading in America now.

## **Twilight zone 1986 Oct**

Since this version, written in August 1991 is a modification of the one written in Oct. 1986, please note that there are some contradictions with the dates in the contents.

Author

Ogawa Fumio







# Usui sensei's tombstone

## Memorial of Reiki Founder Usui Sensei's Benevolence

It is called 'toku' that people experience by culture and training, and 'koh' that people practice teaching and the way to save people.

Only the person who has high virtue and does good deeds can be called a great founder and leader. From ancient times, among wisemen, philosophers, geniuses and ?

The founders of a new teaching or new religion are like that.. We could say that Usui Sensei was one of them.

Usui "Sensei newly started the method that would change mind and body for better by using universal power. People hearing of his reputation and wanting to learn the method, or who wanted to have the therapy, gathered around from all over. It was truly prosperous.

Sensei's common name is Mikao and other name was Gyoho. He was born in the Tanai-mura in the Yamagata district of Gifu. His ancestor's name is Tsunetane Chiba. His father's name was Uzaemon. His mother's maiden name was Kawai.

Sensei was born in the first year of the Keio period, called Keio Gannen (1865), on August 15th. From what is known, he was a talented and hard working student. His ability was far superior. After he grew up, he traveled to Europe, America and China to study. He wanted to be a success in life, but couldn't achieve it; often he was unlucky and in need. But he didn't give up and he disciplined himself to study more and more.

One day he went to Kuramayama to start an asceticism. On the beginning of the 21st day, suddenly he felt one large Reiki over his head and he comprehended the truth. At that moment he got Reiki "Ryoho". When he first tried this on himself, then tried this on his family, good results manifested instantly. Sensei said that it is much better to share this pleasure with the public at large than to keep this knowledge to our family. In April of the 11th year of the Taisho period (1922) he moved his residence to Harajuku, Aoyama, Tokyo. There he founded "Gakkai." He taught Reiki Ryoho. People came from far and near and asked for the guidance and therapy, and many shoes lined up outside of the building.

In September of the twelfth year of the Taisho period (1923), there were many injured and sick people all over Tokyo because of the Kanto earthquake and fire. Sensei felt deep anxiety. Everyday he went around in the city to treat them. We could not count how many people were treated and saved by him. During this emergency situation, his relief activity was that of reaching out his hands of love to suffering people. His relief activity was generally like that. After that, his learning place became too small. In February of the 14th year of the Taisho period (1925), he built and moved to a new one outside Tokyo in Nakano. Because his fame had risen still more, he was invited to many places in Japan, often. In answering those requests, he went to Kure, then to Hiroshima, to Saga and reached Fukuyama. It was during his stay in Fukuyama that he unexpectedly got sick and died. He was 62 years old.

His wife was from Suzuki family; her name was Sadako. They had a son and a daughter. The son's name was Fuji who carried on the Usui family.

Sensei was very mild, gentle and humble by nature. He was physically big and strong yet he kept smiling all the time. However, when something happened, he prepared towards a solution with firmness and patience. He had many talents. He liked to read, and his knowledge was very deep of history, biographies, medicine, theological books like Buddhism Kyoten (Buddhist bible) and bibles (scriptures), psychology, jinsen no jitsu (god hermit technique), the science of direction, ju jitsu, incantations, the science of divination, physiognomy (face reading) and the I Ching. I think that Sensei's training in these, and the culture which was based on this knowledge and experience, led to the key to perceiving Reiho (short for "Reiki Ryoho"). Everybody would agree with me.

Looking back, the main purpose of Reiho was not only to heal diseases, but also to have right mind and healthy body so that people would enjoy and experience happiness in life. Therefore when it comes to teaching, first let the student understand well the Meiji Emperor's admonitory, then in the morning and in the evening let them chant and have in mind the five precepts which are:

First we say, today don't get angry.

Secondly we say, don't worry.

Third we say, be thankful.

Fourth we say, endeavor your work.

Fifth we say, be kind to people.

This is truly a very important admonitory. This is the same way wisemen and saints disciplined themselves since ancient times. Sensei named these the "secret methods of inviting happiness", "the spiritual medicine of many diseases" to clarify his purpose to teach. Moreover, his intention was that a teaching method should be as simple as possible and not difficult to understand. Every morning and every evening, sit still in silence with your hands in prayer and chant the affirmations, then a pure and healthy mind would be nurtured. It was the true meaning of this to practice this in daily life, using it. This is the reason why Reiho became so popular.

Recently the world condition has been in transition. There is not little change in people's thought. Fortunately, if Reiho can be spread throughout the world, it must not be a little help for people who have a confused mind or who do not have morality. Surely Reiho is not only for healing chronic diseases and bad habits.

The number of the students of Sensei's teaching reaches over 2,000 people already. Among them senior students who remained in Tokyo are carrying on Sensei's learning place and the others in different provinces also are trying to spread Reiki as much as possible. Although Sensei died, Reiho has to be spread and to be known by many people in the long future. Aha! What a great thing that Sensei has done to have shared this Reiho, which he perceived himself, to the people unsparingly.

Now many students converged at this time and decided to build this memorial at Saihoji Temple in the Toyotama district to make clear his benevolence and to spread Reiho to the people in the future. I was asked to write these words. Because I deeply appreciate his work and also I was moved by those thinking to be honored to be a student of Sensei, I accepted this work instead of refusing to do so. I would sincerely hope that people would



not forget looking up to Usui Sensei with respect. Edited by “ju-san-i”, Doctor of Literature, Masayuki Okada.

Written by Navy Rear Admiral, “ju-san-i kun-san-tou ko-yon-kyu Juzaburo Ushida

Second Year of Showa (1927), February

The five precepts

*Inviting blessings of the secret method,*

*Many illnesses of the spiritual (heavenly) medicine*

*Today only, anger not,*

*Worry not. With appreciation*

*Do work. To people be kind*

*In morning at night hands held in prayer think in your mind*

*Chant with mouth.*

*Mind body change it for better Usui Reiki method.*

*Founder*

*Usui Mikao*

# The Origin of Reiki

On the beginning of the chapter, I shall explain the origin of Reiki. The word, Reiki, has its sound like somewhat mysterious or cursed magic; neither is not psychic thing nor for specific people can use. Reiki is a natural healing method given by the Universe. But do not rely on this too much and not to neglect or ignore medical treatment. In its own way, you must respect it. Choso strongly warned about this, too. However, while medical treatment had better developed, our society has got more complicated. Illnesses have more intricate as well. So, to live within the intricate world, we are confident if we have something to rely on, including oneself and family. There are so many evidences that people get well by Reiki Ryoho such as unexpected injuries, sicknesses, pain, suffering, incurable diseases, and chronic disease that require long term medical treatment.

Sicknesses incredibly get cured by only sliding down hands on the affected areas or by placing of hands on there about 20-30minutes. Also, the effects of Reiki is proved by which even a serious injury gets favourably well when the injured person is given Reiki Treatment in the early stage. These are not phenomenal. As I mentioned for my experiences in the preceding chapter, Reiki doesn't use any tools, don't massage on the body, and don't do shiatsu, nor give medicine. Reiki is only to touch the part by hands. So it seems that a being treated person leave a weak impression on Reiki.

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Reiki is colourless, odourless, voiceless, and unscented. Consequently, it is impossible to see Reiki energy and feel it. It is a special sensation of feeling on both healer and client's bodies. Sometimes, I can recognize its effectiveness of Reiki, Ah! It works! Healers must feel something on of hands. When you percept it, its feeling proves you Reiki emanating from the hands. We must wait for elucidation of what Reiki is in the future. A friend of mine, Mr. Masao Ohashi, published the book of a new theory about Hado sei Kagaku (Science of Wave Mechanics) in 1988. Mr. Ohashi said that he would elucidate Reiki Scientifically. We must look forward to its study in the future.

## When Reiki Ryoho Began?

In the modern times, Tanaka Daiseido first used this method for medical treatment. However, Mr. Tanaka ended off this method by himself. Next, Choso Mikao Usui of the Nihon Reiki Gakkai, to which we belong, appeared.

Usui Sensei had a life rich in experiences, as a public servant, office worker, pressman, missionary, and entrepreneur, and travelled to Europe and America several times. And he entered the

Buddhist priesthood. Despite his experiences, he couldn't have a sense of spiritual enlightenment. Being at a loss what to do, he asked his master for it and was said that he once tried to die. After thinking about the words, he decided to ascetic fast on Mt. Kuramayama. On the 21<sup>st</sup> day, the fulfillment of the days, he felt one large enlightenment over his head and fell down. He realized that the reiki energy emanated from his eyes, mouth, and hands. During going down the mountain, he accidentally had a peeled nail. As soon as he touching the part, he got cured. It was written as the first Reiki treatment (the eleventh year of Taisho period, 1922).

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After that, he experimented this treatment for his family members and friends, good results manifested quickly. He decided to openly instruct this method so that everyone could be given a well being fate to have a good health.

Sensei's epitaph is at Saihoji Temple in Tama district, Tokyo. According to it, Usui Sensei was deeply solicitous for many injured and sick people caused by the Kanto Daishinsai, a massive earthquake and fire hit the kanto district. Everyday, he went around place and gave treatment. It was not countable how many people were given the privilege of Reiki that saved them from suffering.

As a result, afterwards, it seemed that the Reiki Ryoho was quickly in widespread, and truly it became very popular. He adopted a style of membership and established branches of the Reiki Gakkai in the religion. At the beginning of the establishment of the Gakkai, talented and high-principled teachers who were directly trained by Choso gave treatment and did Reiju. They made efforts to diffuse Reiki. Reiki was beneficial for many people.

Everybody can emanate Reiki. If one cultivates its mind and trains Reiki on a principle, one will emanate Reiki. This has been the precept since Choso established Reiki.

**Q.** Do I have to believe in Reiki Ryoho to get my symptoms well?

**A.** No. It is not like a psychological method of treatment or a mental method of treatment, such as hypnosis. There is no need to have a neither consent nor admiration. Nonetheless, it will be better to believe it.

**Q.** Can Reiki cure any illness?

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**A.** It can cure mental illness, diseases, or whatever we have.

**Q.** Does Reiki Ryoho only cure illness?

**A.** No. No. It doesn't only cure illness. It cures mental illness, such as agony, weakness, timidity, irresolution, nervousness, and other bad habits can be corrected. Then, you are able to obtain mind of God or Buddha to aim at healing other people. One and others will be able to lead happy life.

**Q.** How does Reiki Ryoho work?

**A.** I already explained about it on the previous chapters, please read it again.

**Q.** If I can cure others sickness, can I cure my sickness?

**A.** If you cannot cure yourself, how you can cure others.

**Q.** I heard that there are several methods of Reiju, what are they?

**A.** Talking about more detailed explanations, there are Shoden, Okuden, and Shinpiden. These include Hasureiho, putting with hands method, stroking with hands method, and pressing with hands method, distance method, and de-programming method.

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## **The Method to Emanate Reiki.**

The fastest way of Reiki practice is to become a member of the Gakkai and get a Reiju from Shihan, but due to circumstances, I will explain the method of self-training for emanating Reiki form my experiences.

Choso of the Gakkai, Usui Sensei said that he felt this Reiki during tasting. Also, there are a variety of evidences about Reiki in which Buddha, Christ, and saints had done. A higher animal exists on the Earth have the heaven-sent healing power. Still, human, as the lord of creation, must be given the remarkable nature power. So, it is important for us to realize the natural power we have by any means, also to apply to put it use for others and ourselves. Reiki Ryoho is the best natural means to cure one and others, and to increase to enjoy well-being together.

We human are called as a little universe. In this concept, we had evolved into human as complicated process as the universe composition. So, human must always to be united and be oneness. The universe, that is, we human, we human, that is, the universe. Someone precepts changes in the universe and gets a headache or sick. But, some doesn't feel anything unusual. It depends on an individual difference and each pearlier difference. It is said that there are animals as many as stars. This theory becomes fundamental of a horoscope, such as your star gets sick, shiny, and produces ideas and romance.

In this chapter, it is not about the fatalism. To avoid getting confused, I stop mentioning it. Anyway, I cannot refuse the ideal of individual phenomenon manifests differently. Reiki must not emanate from one who is self-willed and self-conceited, as if one is alive by oneself.

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Do not forget about the concept of the close-relationship between the universe and human, we are connected by an invisible thread. Let's bend to another will. Let's become humble and gentle. Choso, Usui Sensei felt one large enlightenment over his head and then lost consciousness, that was a sign of unity and oneness of Sensei and the great universe.

Choso taught us the method of practicing of Reiki, in which we could attain of Reiki more easily in our life than he did penance and fast. Practicing by following the method Usui Sensei taught, we will be able to achieve an aim.

# 五戒

招福の秘法

為病の靈藥

今日文には怒るな

心配すな 感謝して

業を付けぬ 人に親切に

朝夕合掌も心に念じ

口に唱へよ

心身 妙善 幻井靈氣療法

摩訶祖

幻井靈氣

## The basic Usui Style Reiki Ryoho is Gakai (the five precepts)

*Only for today, do not be angry*

*Do not be anxious*

*Be grateful*

*Be diligent in your business*

*Be kind to others*

*Do Gassho every morning and evening*

*And keep in your mind*

*And recite*

Here after, I explain the method of practicing Reiki with my personal view.

First, MINDS

Second, ACTION

Up to this time, it has been said that everybody can emanate Reiki, as I said, it is not easy as being said.

Just simply doing seiza (sit straight), chanting the Gokai, and then being given Reiju by a Shihan.

Although many people believe that Reiki naturally emanate from them by repeating this several times, it is not simple.

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There are some people who have been practicing Reiki for five to ten years or longer are not unable to sense Hibiki (the sensation in of hands). It is said that depends on a physical condition. I, however, think that it depends on not only a physical condition but also MINDS. One who intends to emanate Reiki must first aim one's mind; otherwise, one will not progress, even though doing Seiza and with only a form repeatedly. If you have tried Reiki many times, but have not progressed yet, you need to look back at yourself and to put a question to yourself. And practice it over and over again by following my interpretation.

Reiki Ryoho isn't religion; but it is impossible to explain about Reiki because to be calm down is in common fundamentally in whatever spiritual things. In both Buddhism and Christianity, the first step after being converted to them is consciousness that are confession in Buddhism and an admission in Christianity. In short, the above mentioned, it is important to bend to another will, and to sincerely

confess to having had several guilt. Human has a greedy mind, a revengeful and angry mind, and an ignorant or hesitating mind. Having had these minds, how much guilt one has made and how much ego one has made that had been given before the birth unconsciously. One has to confess their sins, past and present's ego. Buddha and Jesus said that it was beyond saving, if one doesn't confess by oneself. As well, in Reiki, Gokai presents the method of this spiritual stability.

Most Buddhist family in Japan have Buddhist altars in which are one or two of Scriptures.

Open and look at them.

I write it for a reference.

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## **A Confessional Letter**

In former days, I did all sort of wrongdoing. Everything attributed misdeeds to a greedy mind. An angry mind, and an ignorant mind. These rise from the body, mouth, and mind. Now, I confess everything I did in front of Buddha.

It is very difficult to practice; at least, your intentions are necessary. If you say that you can hardly imagine such a thing, you had better stop practicing Reiki. You are the person, who does not release your ego. You have absolutely noticed with Reiki. Buddha also said that people who are neither kith nor kin of minds couldn't enter the Buddhist priesthood. It means that one cannot help others who don't intend to cling. There is no help for them. Such a person must be an ignorant in the Confession Letter or an immature person regardless one's intellect. Human's arrogance, these tree harms or pride in good time, should be removed as soon as possible. You must realize that you enjoy the benefits of the great universe. When you enlighten your minds, you can enjoy the spiritual power of the universe.

I think that Reiki doesn't belong to us; to the bitter end, it is dependent to others and the life force power of the trans migration of the soul. Making effort to cultivate one's mind is the best way to emanate Reiki.

Person who tries to emanate Reiki must start with own spiritual purification. It does have nothing to do with either the any teaching or religions; indeed, this Buddhist Confession Letter is truly the excellent teaching, too. You must sit straight up, do Gassho and banish worldly thoughts to open your minds and to get connected to the great life of universe.

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There is Jhoshin Kokyu ho (cleansing Breathing) in Reiki Ryoho. Do seiza style when doing the breathing method. Do breathing in a clean mind. You cannot approach the clean mind by rough breathing. Breath in though your nose and focus on the under the naval (the art of abdominal breathing).



Breathe out through your mouth slowly and quietly. Repeat this breathing until you get relaxed. This breathing method is the key point of emanating Reiki. Hakuin Zenshi, called Zenshu Chuko no So, put forward a theory of Naikan no Hiho, a secret recipe of inside body. I shall show it for reference because Hakuin Zenshi told that he could cure not only his illness but also the public.

## **A Secret Recipe of View of Inside Body**

Practicing Naikan no Hiho, you will naturally loose worry, agony, and scary against illness or impatience for recovery from illness; and then, you will get invigorated and fill with great joy of being living. It is obvious that you become more energetic and obtain more natural healing power when you get high-minded. As a sure proof, a person who practice Naikan no Hiho can get good sleep, have a good appetite, have good feeling, have regular movement, and gain weight visibly.

Focus on why Naikan no Hiho increases natural healing power. I will explain the method of Naikan no Hiho.

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First, lie down facing up on the floor. Uses a pillow, its height and softness depend on you feel good. Close your eyes slightly; open your arms and legs suitably; release your tension. Open your mouth slightly; loosen muscles of the arms and the generative organs; release tension of the internal organs. Feeling like to be buried in a mattress without any tension in the body. Next, stretch the both arms and legs, step strongly several times. Put forth your strength into below the hip and breathe quietly. When feeling get calm down, breathe in deeply and slowly. After an inhalation, slightly stop breathing. Then, breathe out silently. The main point of the breathing is that you exhale slightly, slowly and intend to drop the air to lower abdomen and feel power. Keep power in this Kikai Tanden. In Reiki Ryoho, focus on Tanden and breathe in from the nose. Filling energy in Kikai Tanden, the lower abdomen becomes puffed out. Like this way, filling vigour in the lower body, you continue the above-mentioned abdominal breathing, calmly.

At first, you may not do it well; but do not push yourself too much, as you practice it, you will get the point. Doing this breathing method with focusing on the lower abdomen and releasing any thoughts, sensing the four sentences of Naikan in the quiet mind, focusing on the meaning of each sentence. Concentrate on your mind and reflect calmly on your inner-self.

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1. My Kikai Tanden, waist, legs, and mind; indeed, this is my true. However, the face has the nostrils, not at all.
2. My Kikai Tanden, indeed, this is true my land. The land has intelligence, not at all.
3. My Kikai Tanden, indeed, this is true my pure land. The pure land has solemnity, not at all.
4. My Kikai Tanden, indeed, this is true my Buddha. Buddha preaches the Law, not at all.

Without any tension, filling with energy in the lower body, doing the breathing method of Tanden, thinking of this Naikan no Ku. After 30-40minutes practicing, you will get warmer arms and legs, and very good feeling.

(By Hakuin Zenshi, Kenkoho to Itsuwa)

There are several teachings and methods of banishing worldly thoughts and satirizing the minds. ‘ Throughout long trend of the universe and by a mystery connection, I was born to be here. I exist because my body is the result of infinite the causes and the connections. I receive gracious omen that indicates I must return myself to its original place because I have developed sickness due to my incorrect mind and life-style. Now, I return my mind to the root of life. ‘

It is very important to raise awareness of itself by expressing these regret.

## Psychic, Meiji Emperor

As means of banishing worldly thoughts, Usui Reiki Ryoho Gakkai read Gyosei written by Meiji Emperor as mental food. It was said that Meiji Emperor was a great psychic.

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His natural virtue shone all over the country, like the Sun. His feeling was like the ocean. His will was affection ting as the land, and his belief was unshakable. As well, many difficulties happened to Japan and at the end of Edo period were touchstones to grow. Also, he was a great King of genius mature late type.

In Meiji period, most well experienced politicians got sweat when they were at the Imperial presence. It was not by Emperor’s authority, but was by emanating great reiki from Emperor Meiji.

President of the United States of America, Roosevelt, who visited in Japan and met Emperor, said, ‘Great Emperor Meiji, His personality was greatest among ancient and modern ages. Japanese people had to be happy to have such a great Emperor.’ President Roosevelt admired Emperor Meiji.

Also, English Doctor of divinity, John Bachelor came to Hakodate in Hokkaido as a missionary. He established Airin School and Ainu preserve school and wrote a change of times of Ezo. He was a benevolent person. He exerted considerable influences in Hokkaido until the forty years of Meiji (1893). When Emperor Meiji visited at Hokkaido, Emperor heard of his distinguished services and awarded him. Emperor invited him to a cherry-blossom viewing party next year. The doctor was pleased to attend at the party. When he did hand shake with Emperor, he felt being attacked by strong reiki.

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The noble characteristic doctor might be given Reiju from Emperor by shaking hands with Emperor. After that, the doctor became great psychic and cured Ainu people or many people by placing of hands. He couldn't understand why he could cure them though.

Emperor Meiji, high natural virtue person, didn't talk a lot, but wrote a lot of Waka poetry, 100000 poetries, to express himself. Poetry was recognized as great poetry in modern literature history.

After the end of the war of Russia and Japan, Emperor wrote a very famous Waka:  
Yomonoumi Minadohotomouyoni Nao Mamikaze Tachisawaguran  
(In this world, the sea to sea, although everybody is friend, why we fight each other.)  
Reiki Choso, Usui Sensei respected Emperor Meiji, just like child respect parents, selected 125 poets to cultivate the mind. He read one of poets during his Reiki lesson. I will insert 10poets in this book. Please read them carefully. (By Reiki no Shiori)

## **Reiki on Abroad**

Spiritual healing method is very popular in the world. In Japan, there are many methods, such as practice of incantations from Shingon Mikkyo (Buddhism) and psychic medium. There are so many incurable diseases by modern medical science. So we cannot say that the spiritual method is a superstition.

In Britain, spiritual healing method has become very popular, and there are some organizations. Over 2000 members volunteer.

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The Division of Medicine acknowledges its effects. Harry Edwards, the most famous spiritual healer in Britain, concluded the laws of receiving spiritual power in his book, The Elucidation of Spiritual Healing, 1984)

Note: There are some different thoughts between Usui Shiki Reiki Ryoho and Harry Edwards. There are similarities of methods of healing, and maybe, they as it. Also, our thought of healing has in common. I quote some parts from Edwards' book.

Normally, to begin therapy, it is necessary to emanate a significant power of idea. All of life, all of motions, and all of changes happen to by the laws of universe. We see this in evolution into matter; orbits of stars; microbes' generation, birth, growth and death; an origin of a molecule, etc.

Humankind bases on these laws; otherwise, every thing would be in chaos. Every thing doesn't happen to by coincidence. When doing spiritual therapy, eternal truth works.

'Therapy is in consequence of being given a condition by the laws of the universe.' This result teaches us the limit of spiritual healing. That is, therapy must not be against the laws of the universe.

A finger that was cut off will never grow again. An old person will never return to a young. If the cause of illness exists, the illness will exist.

Think about the situation in which a person closes eyes to items on a task, eyes' strain causes to have poor sight. As long as the person does the same way of work, one will never get well. If arthritis-suffering person lives in humid environment or in a wet mattress will never get better ones arthritis.

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These don't mean that spiritual therapy isn't effective at all. Think about the cause of illness, a sick-causing bad situation hasn't been changed. For instance, a person who has a hardening of the arteries by aging cannot be cured by therapy. However, it is possible to relieve the intense pain and to keep good blood circulation.

As same as the physical laws control the Earth, the spiritual world has the similar laws. Indeed, it is impossible to exist under disorder. Under the laws of spiritual world, there are a variety of powers dominated by the Universe.

In spiritual healing, we must believe that spiritual power works on the whole of healee by the laws. These two results become connected. Consequently, of spiritual healing is in a proper condition under the laws, the healing is only limited physically and spiritually. While we working as the means of spiritual world, we can observe a variety of treatments.

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For example:

- A. Restore mental balance
- B. Remove vicious tumours
- C. Recover eye sight and other senses

#### D. Change blood element of leukemia

These indicate that several different energy work on patient to cure illness.

Patient has an incurable diseases means that the disease is beyond human knowledge and we can do nothing by medical science. If a patient who had, as incurable disease gets better by receiving spiritual healing, obviously, something high intellectual participated in.

It was not human intellectual, but was coming from spiritual world. Someone say that this knowledge came from human unconsciousness. In the terminal stage, we use our precise knowledge to cure sick intentionally, or we used to have them. This is nothing to prove. We haven't experienced unconsciousness pull out proper knowledge of medical practices. As a result, healing spirit has necessary healing knowledge, and human kind has both physical and physical and spiritual power. Also, on the some situation, it can change the power from spiritual one to physical one.

Human possesses the ability of attuning spirit intelligence. When human emanates a particular notion, healing spirit precepts it. And then, healing spirit manipulates the healing power to adjust energy on sick.

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In the past, medical doctors called the situation of recovering from incurable deceases as natural healing. They neglect it as self-assort ion of nature. However, logical process must exist. If we study this more, we will lead logical and rational hypotheses.

(By Dr. Edwards book)

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### **The Method of Emanating Reiki**

Te above mentioned chapter were for preparation for minds. Now, I explain about Hatsureiho.

Sit on the floor by putting one thumb upon another. Men open knees 45 degrees and women slightly open knees. Keep upper body and neck straight up. Close eyes. Place your focus on the tanden (1 cm below navel). It is very important to release any tensions and keep your back straight up, but not too tight. Gently close your mouth and relax.

If a person cannot do seiza by disable of body, do it comfortably. Sitting on is okay, too. But need to keep focus on the tanden and straight up back.

#### **Ken'yoku**

Ken'yoku is dry bathing or brushing off. It is form of Saikai Mokuyoku. It is purifying body and mind. It is the manner of proceeding Seishin Toitsu (concentration). First, place your right hand on the

top of the left shoulder and draw the hand down across the chest to the right. Next, draw the left hand down from on the right shoulder to the left. Repeat the procedure again on the left side. Then, place the right hand on the left wrist. Draw the right hand to the fingertips. Repeat this process on the right side. After doing Kenyoku, read one of Emperor Meiji Gyosei.

## **Joshin Kokyuhō**

Joshin Kokyuhō is cleansing breathing. It means do breathing with pure mind, and it is most important to Hasurei.

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Place your hands on the lap and slightly curl the both hands as if holding an egg. Focus on the tanden and breathe calmly. As progressing this method, breathing becomes calmer. You will feel as if breathing in from pores and become relaxed as flowing in the air.

(It is good to refer the breathing method of Hakuin Zenshi).

## **Gassho**

Put your hands together in front of your chest, a little higher than the your heart .Do Gassho without straining yourself.

## **Seishin Toitsu**

As doing Gassho, bring your attention to the tanden. Release any attentions. It is necessary to endeavour.

I always say that Reiki practices start from calm mind. By getting off worldly thoughts, your mind gets clear and your body feel comfortable. Close your eyes. At first, it is dark. But while practicing this, it becomes bright.

Also, do Seiza Gassho once or twice a day. If you do it 15-30 minutes each time, you will feel stronger Reiki each time. You will get better, too. When you practice it by yourself, facing darker side is more effective for Seishin Toitsu. Do not neglect. Do put into practice.

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After doing Hatsureiho, chant Gakai.

### **Gokai**

*Only for today,*

*Do not get angry,*

*Do not be grievous,*

*Express your thanks,*

*Be diligent in your business,*

*Be kind to others*

## About Gokai

*Only for today,*

In the art of tea ceremony, there is the word, Ichigo Ichie (one term meeting). Like wise, it is the precept that we must live wisely each moment and each day.

*Do not be grievous,*

Anger is the cause of getting hot-blooded, muddy blood, black blood; toxics are produced, and get sick. It is Shin (anger) in a Confessional Letter. A feeling anger must be cleansed by the spiritual power. As long as having an ego, u must be always controlled by evils. An ego is not only giving displeasure to others, but also harmful for yourself.

American psychologist, Elmer Gates, proved this by experiments. When blowing pure mind air into a pipe that was surrounded by liquid air the air congealed and clistalized clearly. (Just like, write air of breathing outside in winter morning.)

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By applying the principle, Dr. Gates examined exhalation into the equipment.

Feelings	Colours of Crystallization
Test on Animals	
1 The mind of anger	Red
pigs-64 die	Injected the liquid to lively guinea

2	The mind of course and grudge animals-died within 5 minutes	Brown	Injected the liquid to 5 fierce
3	The mind of regret showed Chick symptoms	Pink	Injected the liquid to guinea pigs-
4	The mind of hopelessness showed symptoms of neurosis	Grey	Injected the liquid to guinea pigs-
5	The mind of liveliness pigs-revived all 60pigs	Green	Injected the liquid to dying guinea
6	The mind of refreshing	Blue	Same as above
7	The mind of admiration	Violet	Same as above

As showing the result of the examination, a short temper is disadvantage. If your express anger, its toxins get twice stronger, the damage plus the damage by anger. We should be cautious to get the mind of anger. Consequently, this precept comes first in his Gokai.

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##### ***Do not be grievous,***

Grievousness breaks up calm of the mind, misjudges the proper thoughts, and loses intelligence. Once upon time, a man called Saioh lived in the border land of China. He had a son and a fine horse. One day, the horse suddenly disappeared. Saioh was very sad and worried. The, several days later, the horse came back to Saioh. Surprisingly, the horse brought a better horse together with him. Saioh and his enjoyed riding horses everyday. One day, his son fell from the horse and suffered a fracture. In spite of having gotten the two fine horses, Saioh grieved over his own misfortune and his son's future. Meanwhile, a war happened to the village, and all young men were brought to the war. Later, nobody came back to the village. Only his son had a good long life because he didn't go to the war by the accident.

Good or ill luck is beyond over human knowledge; turn misfortune into a blessing; no cross, no crown. These are similes; do not worry. This story is a famous origin, 'Ningen Banji Saioh ga Uma.'

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In the other story, a man who was overanxious lived in China. He worried in heart and soul for falling the sky. He consented to his friends' idea that the sky was made of gas that never fell. Then, he



got worried about land. He was convinced of land's safety. From this story, Kiyu (to worry much but nothing happen) was coined.

Nest, German scholar, Better Coal studied about microorganism with his assistant, Enmih. As a result of his studies, he insisted that illness were occurred by internal problems and depended on a state of mind.

Meanwhile, Dr. Coppo, bacteriologist, discovered a cholera bacillus and sensationalized the medical world. Dr. Coal objected to Dr. Coppo. To prove his theory, Dr. Coal drunk culture solution for cholera bacterium. People were amazed at his foolishness. Dr. Coal, however, wasn't taken cholera. On the other hand, his assistant, Enmih was seized with cholera because he shipped it with fear. The results of the experiments were differences between their strong faiths.

A worry breaks up calm, causes misjudgement, and be short of intelligence. So, one will lose a brave to do in action.

As a result, it is necessary for us to avoid a worry by cultivating our minds.

### ***Express your thanks,***

The universe gives our lives. We must help each other and cultivate our minds.

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Receiving benefits from the Sun, Moon, water, Earth, society, parents, ancestors, teachers and friends, and more, human is always given life. We always must express our thanks.

### ***Be diligent in your business***

As long as you are diligent, you receive a favour as much as you do. This is a benefit from gods and Buddha, and truth. In a Japanese proverb, muddy water was infested with mosquito larvae. We always need to use our head and bodies to be regenerated. To be diligent in your business is that is our missions.

### ***Be kind to others***

Kind relates to spiritual growth. Many people say that they are poor to be kind others. It is wrong. It is very important to give a peace of advice and go into action rather than giving money and goods. We have an obligation to be kind others as humankind.

Putting into action this fifth admonition everyday needs greater efforts. We can emanate Reiki by intending to make an effort and by cultivating our minds.

## **Precepts**

Usui Sensei left us a lot of precepts. The concepts of Usui Sensei taught us in a strict way were that the laws of the great universe and a little universe had always reunited and oneness. That is the concepts of oneness of God and human. The universe is we human; we human are the universes. You attained the whole understanding as own truth, depending on your training, you would unite the great universe and yourself, and you would naturally manifest its absolute and infinite effects. There is an old Waka. After the fog cleans up, the light comes. But the Moon is already in the sky. Cultivating mind by truth of nature grows us greatly.

British master writer, Tomas Carlyle (1795-1881) said that a man who doesn't know about own natural power is pity; only a man who knows about the true power is right, beautiful, and flourishes. Applying this to Reiki, the great nature shows us own position of own natural healing power. The great nature says, use the natural healing power as you need.' People who don't know about the use of the power are regrettable.

We are all owed the unlimited spiritual power. We must to be in charge of service for human, ourselves.

Also, Choso, Usui Sensei was well versed in the state of Western affairs, especially in medical science. Usui Sensei admonished, ' nowadays, the modern medical science had remarkably developed. So, do not neglect medical care or medicine nor exclude them. However, you must give treatment for incurable diseases. Reiki can cure all diseased. So you must treat then with your pure spirit and devote yourself to treatment. There is one thing to which medicine or pray of religions cannot cure is the end of natural life. Mankind's life, regardless whether adult or child has a limit of its life. This is destiny and fate that we cannot change. However, when you notice your client's fate, you must heal the person to the very end kindly and seriously. If you do so, it is certain that every body can die peacefully. Put into action!'

Because of the feature of Reiki Ryoho that Reiki accommodates itself to nature, as action against it isn't definitely effective. Furthermore, There are several cases that Reiki energy suddenly stop emanating from people. Our predecessors admonished us actions against improper minds throughout their experiences. Actions against nature are women's abortion, resentment and curse someone, and immoral behaviours. You must do Reiki with pure minds and adjust yourself to nature and be united to nature.

## Natural Healing Power

Originally, human has own Reiki, natural healing power, to cure us without other people's help, medicine, or medical doctors. Animals living in nature cure their sick by using their own natural healing power. Dogs and cats cure a wound by licking it, and when they have a weak digestion, they eat grass distinctly or abstain from food.

Rats ate rat poison eat natural creeping saxifrage to counteract poison. Why we, the lord of creation, cannot cure own ill. We are given natural healing power. We too much depend of progressing of science and medical science. We obstruct the functions of Reiki given by nature.

Our ancestors lived together with the truth of nature so that they could have natural healing power without any worldly thoughts. Throughout an evolution process of human, when we have a pain, we place a hand on the affected part by the works of sub consciousness. This is our ancestors' action that appears at the modern time. I don't intend to write about the meaning of natural healing power. The truth is eternal. We must cultivate our minds and obtain natural healing power.

## The Functions of Reiki (extract from Reiki Handbook)

Mankind and creations are given a life by three Reiki powers.

1. Reiki is motive power of life (natural power of living)
2. Reiki is our spiritual action (natural power of our spirits)
3. Reiki is an ability of natural cure (natural power of body)

Reiki is the power given by the Creation, it is named Universal energy, and it is radial. Therefore, Reiki is human radioactivity. Even though it is invisible, by taking training in Hatsureiho, everybody can see emanating Reiki. Truly, it is human radioactivity. The Reiki energy, including human radioactivity, let human and all creations live in well-harmonized way. As progressing modern science, the effects of human radioactivity have become a serious problem. In medical science, as long as using it in an appropriate way, radioactivity is a good medicine. Otherwise, it will become harmful for human and creations.

Medicine: x-rays, cobalt, isotope

Arms: an atomic bomb, a hydrogen bomb

Nowadays, human intellect has made progresses and science has advanced. We must thank Mother Nature. But going too further, it is possible for us to deny or to demolish the benefits of the Mother Nature. It is said that man is the lord of creation so that human can possess much energy. Especially, Japanese obtains more Reiki. Depend on our practises, we can do energy work as same as gods and Buddha do.

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In other words, it is no exaggeration to say that only human can do energy work just like a gods and Buddha do. Spiritual light emanates from a Buddhists pictures, an image of Buddha, and an image of Christ. Great leaders taught us emanating Reiki though images. It is recorded in various literature that the Buddha and Christ healed sick by putting their hands on. A miracle result comes up from stronger human radioactivity that emanates from a person who has a fine personality. We have a lot of illusions coursed by worldly desires, greediness, irritation, anger, and sadness so; we tend to forget own ability to heal others just like gods and Buddha do and tend to hide the functions of spiritual light. What a waste!

The Gakkai members follow the Gokai to cultivate our minds and practice Reiki so that we can elevate the value of ourselves as able men and psychic. 'A body follows its spirit- to be pure.'

The aim of Gakkai is to improve mind and body. Newcomers' motivation is mostly to treat diseases. It is important. Let us think about the purpose of Gakkai and the necessity of improving mind and body.

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Why can Reiki Ryoho cure oneself and others? Putting hands on the effected areas, we cure them. It hasn't been proved by science yet. However, certainly, due to the effects from something, being destroyed parts in the body system becomes ill. The effected area is a lack of Reiki. (An external wound is same.) When a patient receives Reiki through hands of psychic, the functions of cells of the parts revive.

Talking about how to attain Reiki to emanate, you must abandon worldly thoughts and open up to the Mother Nature as if you were born into there. Definitely, the Mother Nature will accept you and give you strong Reiki. It is important for you to be pure.

It is not the controversial fact for people who are religious or doing cultivating of mind. Incredulities aren't good. At the beginning, you must be incredulous; you will be convinced throughout several experiences. You should put your hands on sick as soon as you can. You become confident and reliable.

World famous philosopher, Emanuel Kant won eternal fame and lead the theory of materialism. Actually, Kant was humpbacked. When he was 17yeras old, his height was as tall as that of 5 or 6 years old and weak.

His parents were worried and brought him the medical doctor. The doctor diagnosed him that he would have a few months to live. The doctor summarized him and told him that he would be okay with 6 or 7 years depend on his care of health. Kant, however, quickly told them that he would not die because he had achieved yet. Kant kept his long life and died at the age of 75 and became the great philosopher. This was the result of his strong willingness. Finally, as the great philosopher, he attained his aim.

(Emanuel Kant, 1724-1804 German philosopher, established modern philosophy)

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## **What is a Great Psychic?**

To become a great psychic, you only need to cultivate your mind. There are several ways of mental cultivation. In Gakkai, we chant poems of Meiji Emperor and try to have pure mind. Following Gokai, we practice concentration and cultivating mind everyday. The practice of Gokai is very difficult. We are easily to be angry, to be worry, to be anxious, to be complaint, to neglect work and to dispute. Indeed, it is difficult to wipe away unrest in mind.

By the way, someone says, until practitioner completely keep Gokai in mind, doesn't Reiki emanate form people?' As long as you make an effort to keep Gokai each day, certainly, you will be a great psychic, strong Reiki will emanate form you.

The human mind is multifarious. Everybody who had had a Reiju in Gakkai emanates Reiki. However, in case someone ignores Gokai or neglects to improve the mind, Reiki suddenly stops emanating. Be cautious!

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In the morning, do Gassho and chant Gokai on the bed. Also, in the evening, regardless how much it is late or you are tired, do seiza on the bed and chant Gokai. Doing this manner becomes to get into the habit. An action on each day is important.

## Treatment Preparation

At a treatment, you must be strict and have the pure mind without selfishness. You should be kind to patient. When a patient who was given up by one's doctor expresses joy, you are pleased, too. When you have time to spare, do give treatment to others after another. You will progress a lot.

## Treatment Regulations

- A. Patient should be in a comfortable position either laying or sitting down or the most comfortable position patient feels. Then, start treatment.
- B. Decide which hand you are going to use for treatment. Use only the hand you had decided. Rightly hold the other hand, just like holding an egg. To charge with Reiki from The Mother Nature. However, for ears and kidney, that have a pair, use the both of hands.
- C. Stretch the palm and put rightly it on the effected area. Do not press the hand on patient, but touch them rightly.
- D. Put the second joint of the third finger on the effected area. Do not put the hand and the arm up side down. Try to give treatment comfortably.
- E. Treat each part for 15 minutes. A treatment should be about 1 hour in maximum. A longer has a good result, but it will be less effective if a sick gets weary or agony with a treatment. On condition that a sick is willing to have more reiki or a healer doesn't get tired, it is allowed to do longer treatment.

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- F. It is necessary for both healee and healer to be comfortable. If healer becomes sleepy during treatment, take a break for a while. Then, starts treatment, again. Chatting, drinking tea, or smoking is allowed, but is not recommended. Try to avoid talking seriously.
- G. Holding the hand over the area is much better, but for the area that cannot touch due to a burn, a skin disease, or dislike being touched, no need to touch the area directly. Reiki flow through anything else, putting the hand on the cloths or a blanket is effective, too.
- H. Healing for a disease, you may put a cloth or a gaze on the area.
- I. When male healer gives a session to a female healee, pay attention for a person for the first time to give treatment except a crosser relationship.

- J. The method of cleansing treatment is necessary for every body. It is important to know that each disease has a different reaction to treatment. But for a sensitive person, you may explain the effects of healing to a person's family, and ask them to say the patient no need to feel anxiety to a healee. (Chronic diseases often get reactions.)
- K. Healer must carry an alcohol container for disinfections.
- L. Psychic isn't infected with infectious diseases. This is the reason for psychic has strong enough spiritual power to heal it (However, healer must not be frightened.)

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## **The Aspects of Reiki Ryoho**

1. When putting the hand on the area, healer feels something from there. It is called **Byosen**. The sense of the touch differs from a kind of diseases, degrees, or a state of disease. You must know it throughout experiences.

Normally, younger people have a sensitive feeling with Byosen. Don't worry for the insensibility. You may develop the more sensibility as you put on the hand many times.

Byosen is various: energy flowing, like eaves, being bitten, numbing, and pain. The area a person has a symptom of an illness must have Byosen. Byosen is more sensible before a person gets symptoms of an illness, a couple of days before diagnosis by the medical doctor. By paying attention, if you treat patients before being taken ill, it will not be too late.

Also, after the doctor determines patient's recovery, there are often Byosen. As long as treating the area completely, patient will not have a second attack of disease. Byosen can be felt on the effected area and the other area of the body. For example, Byosen of a mouth ulcer can be felt on the sole of the foot. Stomach disease is on the forehead, round worms disease is on under the nose; liver disease is on the eyes, etc.

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## **2. Hermitage Treatment**

Putting the hand of **Tanden** (three fingers under the navel), keep your desire in mind, 'to be detoxified.' Continuing treatment about 13 minutes, any toxic will be cleansed, such as meat food poisoning, poisoning of medicine, skin disease, after an injection treatment, and after an acupuncture treatment. In particularly, for long-term care sick, you must give sick this treatment to cleanse the poisoning of medicine. When it is effective for patient, urine becomes white muddy, and excrement

becomes black and stink. Also, it is a sign of the effective treatment is that sick will feel comfortable with dullness. Until the treatment takes effect, give more treatments. This is good treatment for eye diseases and skin diseases.

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## **1. Koketsuho**

This is the method of exchanging blood and is effective for lymphatic constitution, convalescent, and old aged. They will get better without knowing their recoveries form diseases. Continue to do Koketsuho a half-month, one month, or one year.

### **Hanshin-Koketsuho**

This is the method of Koketsuho on a half body. The upper part of healee is made nakedness. Rub down on the upper back from the centre to the right and the left 10-15 times. Then, touch the backbone by two fingers, and rub down from the top to the below of the huddle bone, and then, push there strongly (there is a place no pain felt.) Repeat this 10-15times as well. Healer must hold breath during this treatment. It is very effective for children after taking hot bath.

### **Zenshin-Koketsuho**

This is the method of Koketsuho on the whole body. Treat on the head (five places), the both wings, heart, stomach, and intestines. Rub down the both legs, ankles, and toes within 30 minutes in the t



# 1. Nentatsu

This is the method is for sending a desire to the other. Using the forehead of the healee to send your thoughts. Be possessed with an idea.

For example, for a critical patient, try to do Nentatsuho ‘ a patient will get better.’ Also, do Nentatsu with the Gokai. Do it one to two minutes. For a critical patient, it is helpful to Nentatsuho each treatment.

Generally, Reiki Ryoho is psychic therapy. The state of a patient’s mind exerts an influence upon the effects of healing. It is very important to strengthen and to be pleasant patients mind.

To get picture of other person’s mind is proved by psychology. When doing Seishin Toitsu, we can visualize thoughts of the person standing next to you. Reiki and spirit are going beyond time and space, regardless of far or near. When closing eyes, the distance between us disappears, and we become free in the spiritual world. This is the work of our intuitions that is based on unconsciousness.

These are examples that people have presentiments that a child senses the parent’s death or we feel uneasy. Nentatsuho is the method of the transmission for patient. For not serious illness, at the beginning of treatment, putting the hand on the effected area, patient becomes relieved when Nentatsuho works. Without affirm belief of healer, patient feels uneasiness, without a true heart of healer, patient dislikes having treatment. Doing treatment with a true heart of healer, patient becomes reliable, relieved, and grateful. A wicked heart doesn’t lead a good result. From ancient, the reason of effectiveness of treatments from famous Buddha and wisdoms are that a man of noble character reflects sick mind.

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### 1. Practice Reiki a Lot

The aspect of Reiki Ryoho is that some people can emanate Reiki very well from the first Reiju.

However, it is important to practice Reiki many times. Comprehension of Reiki belongs to you. And, it is necessary to have the knack of doing Reiki, and to get the ability of doing early diagnosis throughout your experiences. Restrain yourself from being arrogant. You don't cure someone; Reiki cures them.

The reason for Gakkai intending to cultivate mind is this. No matter how well experienced healers; they shouldn't slander each other among their fellow pupils.

Although Reiki emanates from the whole body, the strongest ray is out from the mouth, eyes, and palms. The position of the strongest emanating Reiki from palm differs from each person. But do not forget focusing on Tanden.

### 2. The Three Biggest Causes of Illness

- Heredity- illness is passed on from parents or progenitors.

Mind- it is a doubt. People who create and get sickness y themselves. Caroused by forgetting about the dignity of Nature, they become in doubt, which is mind of illness. **Page63**

- Environment- because of being over cared, a person who is not sick becomes true sick. This sort of person pretends being sick or worries oneself too much. Illness can be caused by wrong state of one's mind or circumstances. People who do Reiki must focus on you and keep healthy in mind, body, and body.

### 3. Reaction

After having Reiki treatment, some people temporally get their symptoms worse. This is called a reaction. Don't worry about it; actually, it is the result of the effective treatment. Usually, chronic disease temporally shows acute symptom. For example, arthritis and rheumatism show a symptom of strong pain 2-3 days by receiving Reiki treatment. The morsels show a symptom of a red rush. The difference between a reaction to treatment and illness taking turn for the worse is that a reaction feels good for sick so that we can easily recognize it. As the result of treatment, all symptoms the ill appears from the body. In this case, sick will get complete recovery quickly.

## **Attention to the Medical Doctors**

Medical doctors try to recover sick by using medicines for stimulating metabolism. In surgery, after a surgical operation, they use a disinfectant solution to help for recovery of metabolism. The aim of surgical method is similar to Reiki Ryoho. So, it may be allowed to use both method of medical treatment and Reiki Ryoho.

The modern Medical Science has quickly progressed. It is not proper that sick dislike having medical treatment. Medical treatment should be respected. Indeed, after a proper diagnosis by medical doctor, you must give Reiki treatment for sick.

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## **Reiki Ryoho is Effective for not only Human but for All Creations**

Reiki Ryoho is effective for horses, dogs, cats, gold fishes, birds, plants, and seeds.

1. For weakened gold fishes, perform healing from the outside of the water tank, or put the hands into the water tank and hold fishes slightly to give Reiki. They soon get well and start swimming.
2. Holding a chick breathing its last between palms and give Reiki. Next day, it will be able to walk cheerfully.
3. For Birds, hold the hands over the cage, or hold them in both hands gently. They liven again. (Experiment on a paddy bird)
4. Giving Reiki on eggs of silkworms, good silkworms are born and make treat, heavy cocoons. (Tsumura Shihan Experiment at Naguri Keikoku.)
5. To preserve flower, cutting stems in water is necessary. Giving Reiki cut stems, so materials keep very long.
6. Lotus is very difficult to preserve. Giving Reiki to lotus, so plants preserve very well, and they are obviously different from other lotus that was not given Reiki.
7. When planting a cutting, give Reiki on a surface of cut plant. (Experiment on a sasaki.)
8. Unhulled rice being given Reiki has good quality and harvests a lot.

Uncountable examples were sent from the members. The effects of Reiki are not only on human but also on all creations are proven.

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### EARS

1. Place the middle fingers inside the ear-holes on each side. Place the rest of fingers in front and back of the ears. When you feel the pulse at your fingertips, often illness has gone.
2. The dip right below the ears and the hump behind the ears need to be treated for Tympanitis.
3. Blow air lightly into the ear-holes when the fingers are released.
4. Ears and Kidneys relate strongly so it is beneficial to treat them together.

### NOSE

1. Pinch nostrils lightly with thumb and middle finger and place forefinger between eyebrows.
2. The neck.
3. The spleen (upper left quadrant)... A blocked nose can be treated for 15 minutes. Though empyema takes longer, it can also be treated. Nose and gynecology are connected deeply.

### TOOTHACHE

1. Don't only treat the area of pain, treat the lymph nodes located behind the mandibles.
2. Mumps (parotitis) is often the cause when you feel a pulse in the gums.
3. You will detect signs of disease with the ring and little fingers.

### MOUTH

1. Pinch the upper and lower lips with two fingers, top and bottom.

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### CHEST

1. Pneumonia may recover quickly
2. Lung disease - ask doctor for exact origin of illness if you are a beginner reiki practitioner (treatment may take longer). The second and third stages need to be treated with extra effort. Remember to place hands on the back also.
3. Treatment of airways. Place hands above the clavicle.

### HEART

1. The heart is extremely sensitive so pay extra attention.
2. Treat the bottom left side of breast and spine. Start with short treatments and gradually increase the length of treatments.
3. Avoid placing hands directly onto the heart and approach from the side of the body or back.
4. If client's heartbeat increases due to the reaction of treatments, use cold compress during the treatment.
5. Weak children often have some kinds of problem with their heart. It is therefore necessary to treat the heart.

### BREAST

1. Place hands position as if covering the breasts
2. Remove breast milk - treat breasts by holding as if scooping from the bottom (it may be painful when breast milk comes out.)

### STOMACH

1. Treat the solar plexus for acute stomach problems.
2. Chronic problems – Place hand at the body of stomach by locating with your right thumb up and lay down your fist. ???

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3. Gastroptosis (stomach appears lower than normal) is treated the same way.
4. Origins of problems may be from the liver.
5. Apply Blood Exchange Method. ???
6. Treat between the scapulas.
7. Be Cautious of pain at bottom left area of the stomach as stomach cancer or ulcer maybe present.
8. Head treatment applies when there is a stomach ulcer.
9. Once the practitioner is familiar with the client, observe the conditions of disease and treat head, the stomach (for mild conditions), and the kidneys (for serious condition).
10. Slim people can be treated from behind.

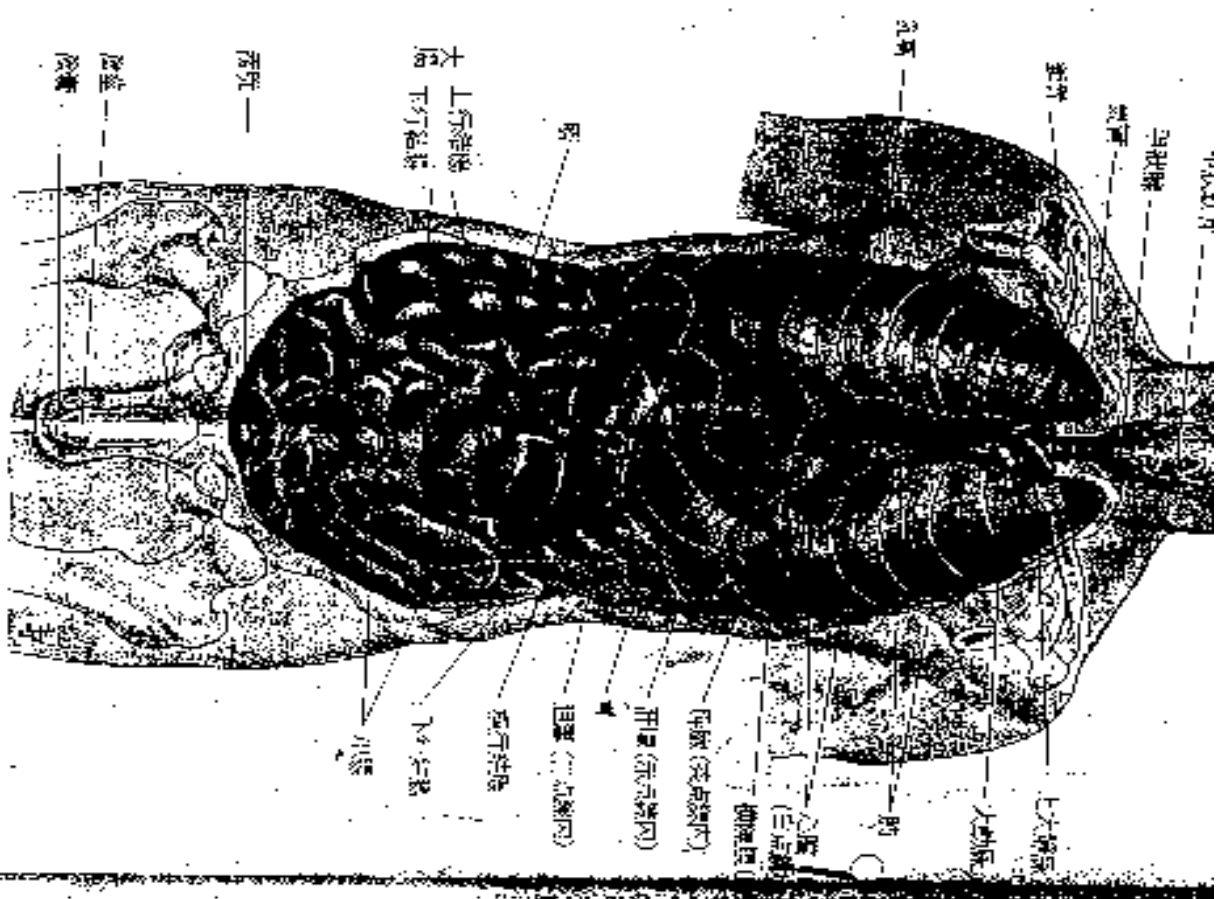
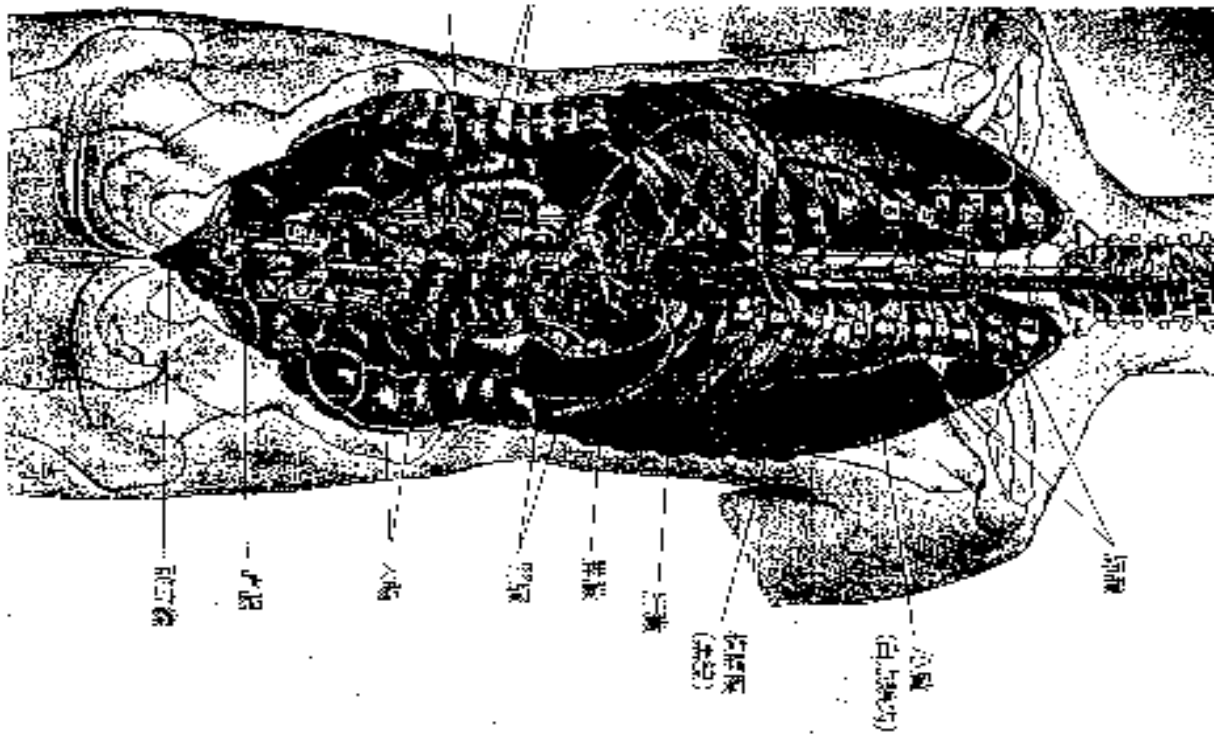
## SPLEEN

1. Located upper left quadrant, left of the stomach. It produces blood cells.
2. Place hands here for any nose conditions.

## INTESTINE

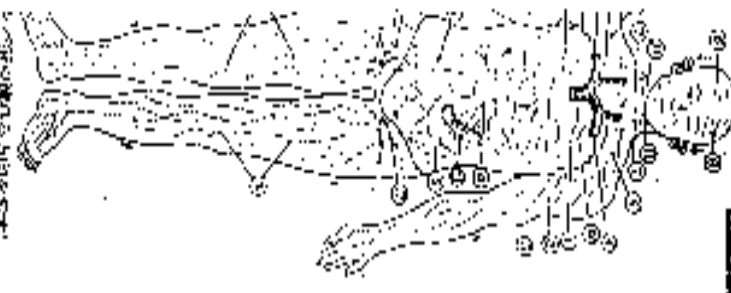
– diarrhea, constipation occurs at this organ. Blood is produced here therefore, do not neglect to treat.

1. Constipation – do not only treat lower quadrant but also treat sacrum for about 15 minutes. It works for babies immediately.
2. Colitis – Treat ascending, transverse, descending colons, especially their corners.
3. Small intestine – Place hand below the navel. Do not forget to treat spine.



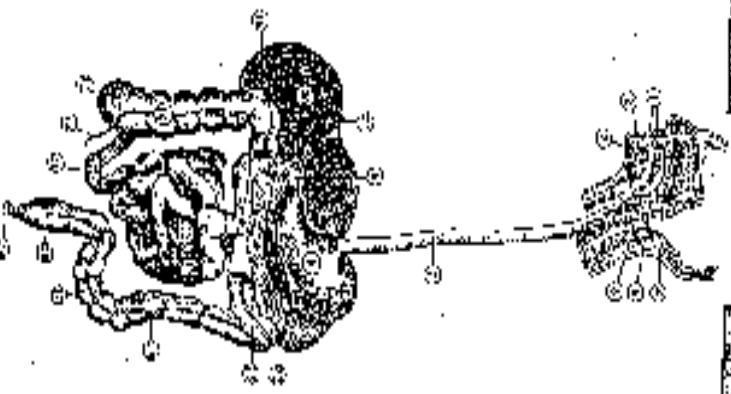
人體解剖學

1. 人體全身圖



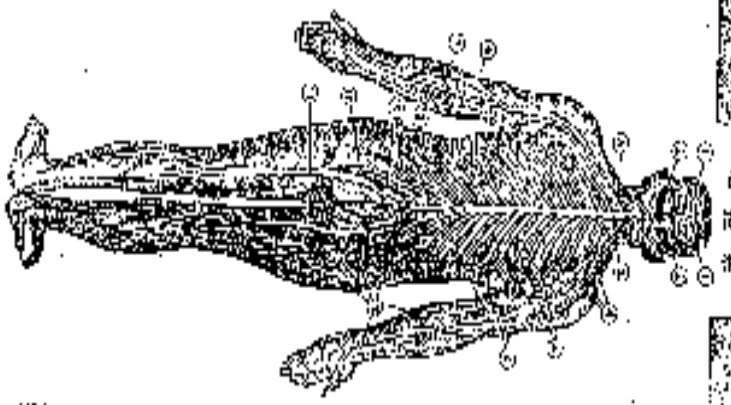
- 人體全身圖
- 1 頭部
  - 2 頸部
  - 3 胸部
  - 4 腹部
  - 5 盆部
  - 6 四肢
  - 7 軀幹
  - 8 皮膚
  - 9 骨骼
  - 10 肌肉
  - 11 內臟
  - 12 血管
  - 13 神經
  - 14 腺體
  - 15 泌尿
  - 16 生殖
  - 17 呼吸
  - 18 消化
  - 19 排泄
  - 20 循環

2. 人體內臟圖

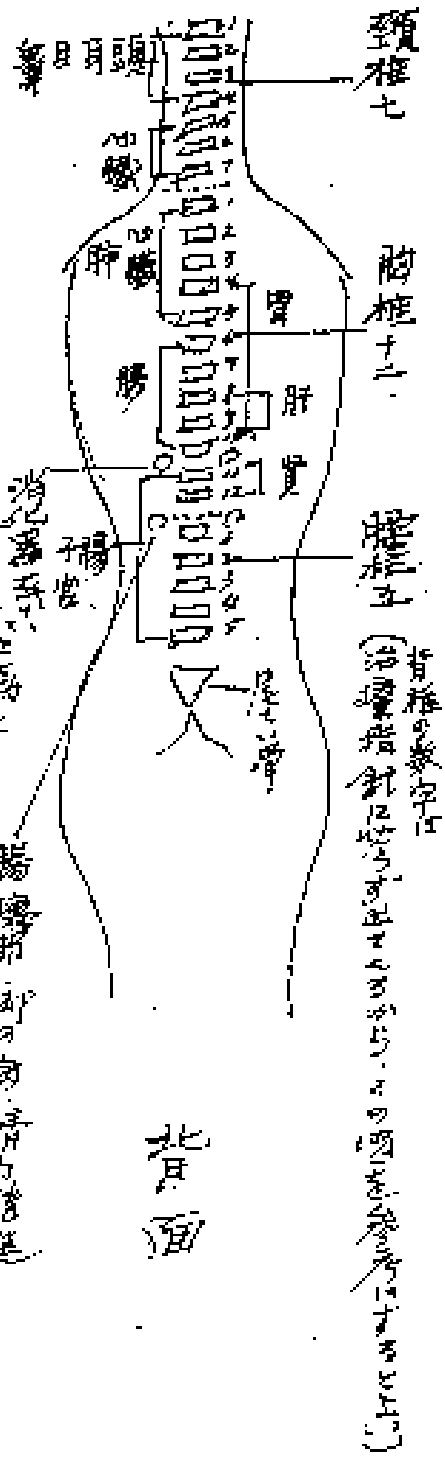


- 人體內臟圖
- 1 心臟
  - 2 肺
  - 3 胃
  - 4 腸
  - 5 肝
  - 6 脾
  - 7 腎
  - 8 膀胱
  - 9 子宮
  - 10 陰莖
  - 11 睪丸
  - 12 前列腺
  - 13 胰
  - 14 膽
  - 15 脾
  - 16 腎
  - 17 膀胱
  - 18 子宮
  - 19 陰莖
  - 20 睪丸

3. 人體肌肉圖



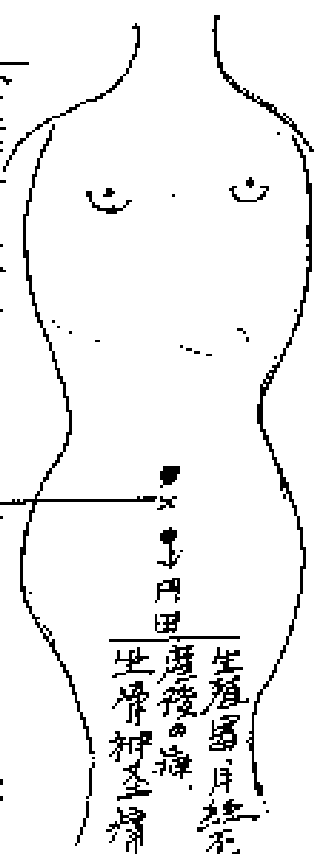
- 人體肌肉圖
- 1 頭部
  - 2 頸部
  - 3 胸部
  - 4 腹部
  - 5 盆部
  - 6 四肢
  - 7 軀幹
  - 8 皮膚
  - 9 骨骼
  - 10 肌肉
  - 11 內臟
  - 12 血管
  - 13 神經
  - 14 腺體
  - 15 泌尿
  - 16 生殖
  - 17 呼吸
  - 18 消化
  - 19 排泄
  - 20 循環



背面

腸胃部、肝臓、精力増進

消化腺  
胃腸部、肝臓、脾臓



前面

消化腺  
胃腸部、肝臓、脾臓

肝臓は、消化腺の中心として、消化作用を司る。  
腎臓は、尿を濾過し、排泄作用を司る。  
膀胱は、尿を貯蔵し、排泄作用を司る。

消化腺  
胃腸部、肝臓、脾臓



耳のまが治療の部



脊髄、神経系、一切

痛、脱肛

邪による頭痛、めまい、(コメカミも治療)  
血の充血はれ

頭痛

むねのこぼり

鼻出血

頭重

言語障害

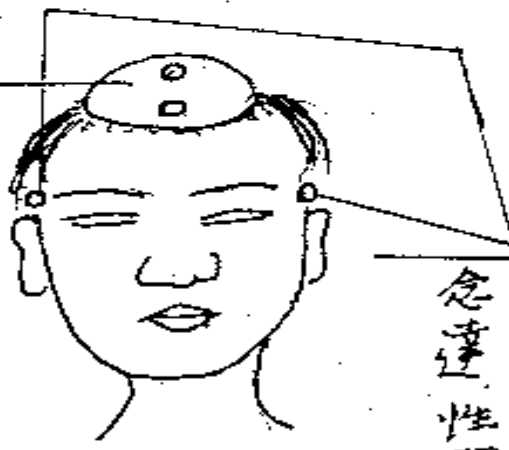
舌炎

眼(左右)

鼻、耳、脳、神経

耳(左右)

鼻、耳、脳、神経



前頭部

コメカミ

頭痛、言語障害

念達性辟治療

めんかん、人事不省

鼻カタル、蓄膿症

頭痛、メマイ

目、鼻の病

言語障害