

Reiki no Shiori

Introduction

Usui Reiki Therapy is a method of spiritual therapies to keep your mind and body healthy. Even when you do get sick unfortunately, we try to heal sickness hardly relying on medication. Reiki Therapy works in your subconscious level, helps strongly to enhance self - healing ability which exists in your body and tries to heal sickness or prevents from becoming sick.

Because Reiki Therapy improves self - healing ability by using the spiritual energy coming from your own body, it's safe and anyone can do it. Once you acquire this method, you will be surprised to see how wonderful the effect is.

This is a booklet to explain the method of Reiki Therapy based on the masters books, teachings and experiences in order for the young generation to understand easily.

I hope you read this book and master Reiki Therapy to improve your health as soon as possible and share this wonderful method with as many of your friends as possible.

September 1974

Usui Reiki Therapy Association Headquarters
Chairman Toyokazu Kazuwa

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Ethos of our association

The purpose of our Reiki Therapy is to improve and keep yourself and others physically mentally healthy and enhance peace, prosperity and happiness of our family, society, country and world by following five principles, which are the teachings of Master Mikao Usui, the founder of our association. His ideas are hugely influenced by many poems of the Meiji Emperor of Japan, whom Master Usui admired.

History of our association

Master Mikao Usui (1865 – 1926) studied hard and went abroad several times when he was young and gained a variety of life experiences working as an officer, a company employee, a journalist, a missionary worker, a teacher, an entrepreneur and so on. By having many experiences inside and outside of society, he tried to find an answer of the question “What is the meaning of life? ”. He has come up with the answer that the ultimate happiness of life is “to obtain peace in mind in life”.

Since then, he had practised Zen for three years but he couldn’t reach this answer. He, then, asked his Zen master what he should do. The master replied immediately “Try and die”. He struggled to find an answer and decided to go to Mt Kuramayama in Kyoto and started fasting.

At around midnight after three weeks, he felt a strong impulse in his body like getting hit by lightning and became unconscious.

He woke up at dawn and experienced an awesome feeling that he had never felt before. It is presumed that he has attained some kind of strong universal spiritual energy (1922).

On the way down from the mountain, he tripped over a rock, injured his toe and healed it by touching with his hand. He studied this treatment and improved it further and established a method of teaching for many people.

He was unselfish and open minded and was able to reach the boundary of selflessness quickly anytime and anywhere.

When he finished fasting, he gained the feeling of super spiritual power, which both energy (the one that is produced from the power of the universe and the other that is coming out from his own body) are combined: The universe lies in your body and your body lies in the universe. In other words, your body and the universe become one.

He then thought that he should share this pleasure with many others and made the guidelines of this Reiki Therapy and established the association in April 1922.

He says, “Reiki Therapy doesn’t need difficult explanations and you will find the truth around you. Curing diseases by touching with hand has not been scientifically proven, but in reality the diseases *get* cured. People would say, “What nonsense!” but I feel sorry for these people because they don’t realise their ignorance.”

He strongly believes and says, “The time will come someday when Reiki Therapy is scientifically proven. Human intelligence can only understand evidence with explanations.”

In practise, through further development of studies such as molecular science, atomic science and electronics science, some scientists regard Reiki Therapy as a study. Some scholars are tackling this new field of unseen life force energy.

As a result of his great devotion and hard training, there are three great inventions of the treatment left to keep for our association. 1. Method of Blood exchange 2. Method of Detoxification (treated on stomach area) 3, Method of feeling where disease radiations are.

Our Reiki Therapy is a unique, wonderful discovery and a light for those who are suffering and should be spread to everything in the world especially to human beings. It was in Harajuku in Tokyo where Master Usui taught spiritual lessons to his followers.

For fifty years since then he had healed the sick mind and body of those who had been suffering. Members of our association are expanding still today and healing many people.

Organization of our Association

Our organization consists of six ranks.

Rank 6: Beginners

Rank 5&4: Certified by the Master depending on the level of your own training

Rank 3: Mastering Secret/Mystery teachings to become a healer

Rank 2: Nobody achieved except for the founder, Master Usui

Rank 1: Noble status

At Rank 3, you'll be taught Secret teachings in two courses, part 1 and part 2, depending on the level of your training. After completing this, you'll be taught Mystery teachings. You are then qualified as a teacher and given the titles of Teacher, Master and Great Master.

Among those who possess strong spiritual power and succeed in many treatments and devote themselves to work for our association, we select our governors as follows:

1 Chairman

5 Directors

14 Delegates

1 Secretary (General Administration/Accountant)

*Ranking mentioned earlier doesn't mean a hierarchy. It can be achieved purely by your hard training. All the chairmen of our association hope to produce more spiritually talented people who exceed all the Masters and even Master Usui and tell people to train themselves limitlessly and improve their spiritual power.

Masters will give Secret/Mystery Teachings to those who are high achievers and passionate about Reiki Therapy. They teach energy release technique, hand healing techniques, treatment for habitual problems in the first part of the course and remote healing techniques in the latter part of the course.

Our methods of Reiki Therapy

(Two purposes)

1. Elimination of your thoughts

Chant the songs of the Meiji Emperor and eliminate all your thoughts.

The reason for chanting the Meiji Emperor's poems

The Meiji Emperor was the one who had an excellent spiritual ability among successive emperors.

His great character was described as that the aura of his virtue shone everywhere like a ray of sun, his affection was as deep as the ocean, and his will was unmovable and yet merciful like Mother Nature.

All the turmoil that occurred in the country since the end of Edo period made him tougher and nurtured him and he became a very successful hero later on.

Successful leaders and officials, who experienced many hardships in those times, also had an excellent quality of personalities, however, when they appeared in front of the emperor, they sweat a lot even in the cold winter.

This was not because he was a noble emperor whom people felt formidable but because the radiance released from his body made them feel hot.

When American president Roosevelt visited Japan and met the emperor, he admired his character and described, "Whether in east or west, you'll never find anybody better, who has got such quality in himself, than the Meiji Emperor. Japanese people are so lucky to have him as the leader of the country for their prosperity, which they are promised to have"

The Meiji Emperor was a quiet man but he expressed his thoughts in his numerous poems and each one of them was highly recognized in modern literature.

He wrote this famous poem after the Russo – Japanese War ended;

Yomo no umi

Mina harakarato omou yoni

Nado nami kaze no tachinaramu

It means that in this day and age, many think that we are all friends in all countries but then, why are the waves of many oceans so disturbed?

Master Usui, the founder of our association, respected the Emperor's virtue like the way a child respects his parents, and chose 125 songs from his poems as a basic guidance for his study of Reiki Therapy.

His principles have been traditionally kept in our association till now and let's continue keeping them!

2. Explanation of Five Principles

The secret art of inviting happiness

The miraculous medicine of all diseases

Just for today,

Do not get angry

Do not worry

Be filled with gratitude

Devote yourself to your work.

Be kind to people.

Every morning and evening, join your hands in prayer.

Pray these words to your heart and chant these words out loud

These Five principles are the most superior teachings for all human beings in the whole world.

Just for today

People often talk about the past. “I should have done this.” “I should have done that.” “I did well last time.” “I didn’t do well at that time.” We often recall the past and moan like these.

In old times, Kiyomori Taira (a leader of the Army) once demanded unreasonably and said, “Bring the sun from west to east!”

Everything, including human beings, is going forward to the future and there is nothing that exists in the past.

Even though how hard you try, how much you regret and how far you long for, you never go back to the past.

A phrase in the book called “Heikemonogatari” starts like this,

“The sound of the monastery echoes impermanent sound....”

The whole universe and the nature are changing minute by minute. So even if we dream for tomorrow, ordinary people like us can never be able to reach the future. Also, we cannot go back to the past.

The world we live in is now. Tomorrow, a week later, a month later, a year later and your whole life are all a continuation and result of today. Thus all you can do is to reflect yourself and live now honestly and modestly.

The principle “Just for today” teaches you to cherish the moment, now and the day.

Do not get angry

Anger is fundamentally an instinct and innate of all animals so it was thought to be not a bad thing to have.

However, from our own deed and experience, we know anger is bad because the anger makes others unpleasant and also does you harm.

This was proven by the experiment of American psychologist, Dr, Elmer Gates.

His experiment was that he put a tube in liquid air (-147 degree) and blew “unemotional breath” into it. This breath was cooled and condensed and produced clear crystals. (It is the same phenomenon that your breath turns white when you breathe out in cold winter.)

We applied this theory and tried to put different emotional breaths into the tube. The data is shown in diagram1.

| Emotions | Colour of crystals | Result of animal experiment |
|---------------|--------------------|---|
| Anger | Red | Injected solutions into Healthy guinea pig 50 died Injected solutions into 5 big animals died in 5 minutes |
| Hatred/Grudge | Brown | Injected solutions into guinea pigs showed Tic Disorder |
| Regret | Pink | |
| Hopeless | Grey | Injected solutions into guinea pigs showed nerve problem |
| Vigour | Green | Injected solutions into nearly dead guinea pigs all 60 guinea pigs recovered |
| Refresh | Blue | |
| Respect | Purple | |

Diagram 1

As this data shows, being angry is a demerit. If you become angry when someone makes you unpleasant, demerit of feeling unpleasant and demerit of feeling angry become two times toxic. So it is better not to be angry. However, when parents scold their children or teachers tell off students, this should be done with passion and encouragement. If you do this with pure anger, without fail, it cannot be anger with compassion. To make matters worse, the relationship between them would become irreconcilable.

We as humans are the leaders of miraculous powers and the spiritual healers so we should not have an idea of “anger”.

You are able to control anger with your spiritual power. If you can control anger, you can lead a very peaceful life.

The principle “Do not get angry” teaches you that If you wish good health and long life you should not get angry as much as possible.

Do not worry

It is said to be that humans are animals with which feelings and all sorts of emotions appear instantly. Especially, when you are concerned, your heart contracts, your movement slows down, the energy of the cells in your body reduces, as a result, you often fail to do your

job. You also may pass urine with blood or have more chance to suffer from diseases.

Also if you fear diseases too much or worry unnecessarily, you can't live healthily.

The meaning of the word "Do not worry" includes too much work or thinking, in other words, agonising thoughts in relation with the past, the present and the future.

In our association, things such as planning for business, planning for life, thinking about benefit or profit, we call these "considerations".

Especially thinking too much about sickness is considered as the most harmful.

First of all, we exist thanks to the blessing of Mother Nature and our mind is uncontrollable on its own.

It is important to try our best to live long and healthily forever but you can't control having diseases sometimes. Even if you think like, "I wish to be saved" or "I hope to get better." and "I wish I could save" or "I wish I could fix". You just have to wait for your destiny after all.

Above all, worries and fears seem a waste of thoughts.

While you fear and are worrying about diseases, you'll never get better. Fear has a power of calling and worry has a power of pulling. If you call, things will come. So it's best to try not to worry.

You may know the word "kiyu". This word originates from a person who lived in Chinese country called "Ki" and he was worrying too much all the time.

One day he thought that the sky would fall down and worried about it without eating and sleeping. His friend told him that the sky would not fall because it was made of air. Then he stopped worrying.

Another day, he started saying that the land would collapse. His friend reasoned him by saying that the land is infinity and eventually he stopped worrying. What a worrier he was!

From this example, the word "kiyu" is used when nothing has happened even you have worried. There are so many people who worry too much or unnecessarily in the world like this story.

Next, there was a German scholar called Dr, Bettenkauhel, who studied microorganism.

After many experiments with his assistant Emmich, he asserted that the majority of causes of disease is determined by an internal condition, that is, the state of your mind.

At the same time, another German bacteriologist, Dr, Koch found Cholera, which gave the medical world a big sensation.

Dr, Bettenkauhel objected him with an opposite theory. To prove his theory, he drank Cholera.

People around him were astonished and said, "How stupid to drink cholera, even though he

believes his theory!”

However, he didn’t get ill after taking cholera. His assistant also took cholera, but on the other hand, he became ill because he feared of taking it.

This proves that the state of mind effects on the different result.

Worries usually deprive you of peace of mind, sensible judgement and clear understanding. Under that situation, you hesitate to do things that you would normally do.

The principle “Do not worry” teaches us to try and avoid worrying by controlling and training.

Be filled with gratitude

The one who can show his gratitude all the time is a happy person.

It is a shame for the one who cannot be thankful for anything because he can’t lead a

fulfilled and peaceful life.

Talking about “thankful”, people often might think that it was used when someone did your favour or when you received a present.

Of course you should be thankful in such situations. However, let’s think about the opposite of being thankful. For example, if no one does your favour or no one gives you anything, then, is it alright not to be thankful?

What we cherish the word “gratitude” means is not that you are grateful for the material things but that you feel thankful for everything given by the Mother Nature.

As I mentioned earlier, because humans are the leaders of miraculous powers, we can achieve the level as high as God or Buddha who has a superior ability depending on your hard training. Then you would express your gratitude “Thank goodness” or “More than I deserve”.

I can’t help feeling so grateful from the bottom of my heart that I have a good life blessed in good health and without many difficulties. And also I am thankful to flowers, trees, mountains, rivers, birds, animals and everything in the world.

Here is an old poem.

Kyo mo mata hoki toru teno ureshisayo

Hakanaku narishi hito ni kurabete

It means that today I am grateful to be able to clean again, thinking about the one who stopped cleaning (died). It implies that you should appreciate the moment you live in and work hard.

We can only survive under the blessing of whole universe. So we must help and support each other to live in our society. Even the rich or high status people cannot live without other’s help.

We should be thankful for people’s help. In Christianity, it teaches three appreciations; an appreciation for the light of the sun, an appreciation for the water of the moon and an appreciation for the blessing of motherland. In Buddhism, It teaches four appreciations; an appreciation for the country, an appreciation for the parents (and ancestors), an appreciation for the teachers and the friends and an appreciation for the society.

Since the materialistic civilization developed, the more science technology progresses the more people there tend to be, who would arrogantly say, “I did it.” And then the world

becomes rough and unkind.

If you can obtain better quality in yourself by giving appreciations to nature and other people, then you will get peace in the country, society and the world, happiness of your family and also your bright future.

The principle “Be filled with gratitude” teaches us not to forget appreciation because we as humans can’t live without the Mother Nature.

Devote yourself to your work

No matter who they are, we humans are given a work to do depending on the level of your job. Everything including humans plays an important role in its job, ruled by the order of God / Buddha.

Therefore, people who work hard and are faithful to their work are bound to get an appropriate standard of life and happiness in their family. This is a blessing from God and it is the truth.

It is not exaggerating to say that being lazy is a misfortune for that person and an offense to society. The life without truth always goes with difficulties.

Recently, many people are misunderstanding being lazy for having a rest. Laziness makes your will escape but the rest makes your will recharged to do better.

Try to work whenever you can even if you become old, then you’ll have a stable life and you can live long.

As people may say a puddle is full of germs if it’s not drained or grass will over grow if it’s not maintained. It is necessary for us to stimulate our brain, have a good metabolism and keep fit to be able to do our job well.

Thomas Carlyle once said that all men would wish for great success and fame, however, nothing would be awarded if you didn’t do anything. So bear in mind that if you keep working faithfully then you have success in the end.

The principle “Devote yourself to your work” teaches us to work hard and make an action with a sense of purpose for our job.

Be kind

Recently, I've seen some people who were doing something helpful for others under the name of "Little Help Campaign".

We need to appreciate that we are existing as a part of society and nature. And to be recognised as a great member of our society, firstly you need to establish yourself.

No one can impress themselves or even live on their own. You can establish yourself only with other people and by supporting each other, a society will be made up and a system of social welfare will be developed. Therefore, those who are extremely selfish are considered to be destructive for society.

Since you exist thanks to the others, you should be kind to others just the same as you are kind to yourself.

Here I need to point out that being kind must come from your heartfelt thoughts. There are so many people who would say, "I 'm not rich so I can't afford to be kind". This is very wrong.

Helping with money is a part of your kindness but just helping with money or gifts can make you feel that you've done something so that you want something in return. Helping with material things often makes people act hypocritically.

You should keep in mind that one piece of useful advice or a warning can be a greater help than much money.

The principle "To be kind" teaches us that it's our duty, as human beings, to try our best to be kind to others since we can't live without them.

How to strengthen your spiritual energy (Practices at our association)

There are two ways to maximise your spiritual energy.

1. Mental training

For the members of our association, please keep this in mind that the more you have a higher virtue in yourself the stronger your spiritual energy becomes. It is said that all living things are made and developed by the great spiritual force energy which is filled in the whole universe.

Humans are called the little universe and since we are part of the whole universe, we all possess this spiritual force energy. Therefore, you must keep training yourself mentally to be able to receive this energy as much as possible.

2. Receiving spiritual energy

Receiving spiritual energy is a ritual and should be done as follows:

- Eliminate your thoughts

Read out the poems of Meiji Emperor and empty your mind

1. Kneeling

Kneel with your toes touching each other and open your knees (45 degrees for men and slightly open for women). Sit with your back and neck straight, close your eyes and concentrate your mind on your stomach (around your belly button). It's important not to be tense here. Loosen up your shoulders. Don't grind your teeth. Tighten your anus.

Relax yourself and be natural. If you cannot kneel you can sit cross-legged or even you can use a chair.

2. Purifying

This is a form of purifying your mind and body before entering meditation.

First, touch a person's left shoulder with your right palm, slide towards his neck and down his arm.

Next, touch his right shoulder with your left palm, slide towards his neck and down his arm.

Then, do the same thing with your right hand one more time.

Finally, rub hard his left palm with your right palm and his right palm with your left palm. And then, do the same with your right palm once more.

3. Breathing

Make a circle with your both hands by putting one hand on top of another and place on your lap.

Concentrate your mind on your stomach and breathe quietly.

If you get better at this, you don't notice whether you are breathing or not as if you are breathing through your skin.

Also you feel comfortable and light, feeling like floating in the air. After you breathe deeply 2 or 3

times, then you pray with hands together.

4. Pray

Put your both hands together in front of your chest. Try and relax when you do this.

5. Meditation

Go back to the position with a circle with your hands on your lap, you start meditating with your mind focused on your stomach.

It usually takes at least 2 to 3 weeks to be able to empty your mind and become selfless.

The harder you try to concentrate the more you may think. So it might be quicker to achieve by thinking like “Stuff this!” At the beginning, counting up or reading the poems in your mind might also help.

If you are thinking one thing after another, that means that you are still not concentrated.

As long as you have your ears all the noises come in automatically, however, try not to be disturbed. Your mind is like when you have a black out.

If you eliminate your thoughts completely, the blood in your brain circulates and you feel lighter.

Close your eyes. You might see just black at first but if you progress in training, you’ll see brightness. Also you start feeling that time passes quickly.

If you do this once or twice a day (the best time to do is before sleeping and 15 to 30 minutes after waking up), you’ll notice that your spiritual energy is getting stronger and stronger each time.

Meditation not only makes your spiritual energy stronger but also cures illnesses and helps to get rid of fatigue.

It’s advisable to do meditation sitting against a wall in a dim room.

6. Your master will help spiritually guiding you to reach this state of mind.

7. Read out the Five Principles 3 times.

After all these rituals, you read “The Five Principles” 3 times.

Your Master reads first time.

We all read together second time.

You read this with faith third time. Then, you pray for the health of yourself and others and peace in the world.

Strict teachings and rules of Master Usui

One of the most strict rules which he taught us is that your spirit as a small universe has to be always united with the spiritual power of the whole universe as one. In other words, you lie in the universe (God) and the universe lies in you.

Moreover, if you hold this truth in yourself, depending the level of your training, you can become a part of the whole universe and have a definite and unlimited power against the nature, which is what humans should be in the first place.

Here is an old poem.

Kumo wa harete nochino hikari to omounayo

Motoyori sorani ariake no tsuki

It literary means: Do not expect the light shone just because the clouds had disappeared. The light of the moon had been shining from the beginning. This implies that we also have a light like this moon (God) in ourselves from the start.

It is also thought to be that the truth of the universe makes humans matured.

Thomas Carlyle has once said that it's a shame for those who are living without knowing their abilities. And he said that only the ones who know the power of the truth can flourish strongly, genuinely and graciously.

Applying his idea to Reiki Therapy, we can understand that since the whole of nature is telling us that this therapy has a great healing power so why not use this when it's necessary and it's such a shame not to know how to use it.

Like the example in one of the episodes

“Chojakyushi” in The Lotus Sutra, not using this therapy is like you are just watching a box full of abundant gems which were given by your parents, ancestors and God because you simply don’t know how to open it.

We as members were given a method to have such a wonderful spiritual energy by Master Usui, so let’s take this opportunity and make use of this for your health (physical/mental), for other people and for the world!

The teachings of Master Usui

Master Usui was familiar with European affairs. Especially his medical knowledge impressed other doctors. He strongly believes, “since medicine and science developed fast, we should never ignore the benefit of medical treatments and medicines and we should use these when it’s necessary.”

However, he strongly advises and says, “If the doctors can’t find the treatments for your illnesses, then use Reiki Therapy. There isn’t an illness which you can’t fix if you keep trying Reiki Therapy with your faithful mind.”

He also teaches us a warning and says, “There is one thing that cannot be treated, even by Reiki Therapy, doctors or a prayer for God. That is when you die. Everybody, either adults or children, has a limit in their life. This is the truth and one’s destiny. So it cannot be helped. However, once we know that someone is dying then we should try our best kindly and faithfully to treat until the last minute. In that way any people who are suffering from incurable diseases can have a peaceful ending. This is true so do as much as you can.”

Case 1

There was a son called Mr, Suzuki, who owned his shop in Kobe Japan. His mother was told by her doctor that she had stomach cancer. After she had open surgery, the doctor said that it was untreatable and she was told to receive care at home.

Mr. Suzuki was a kind person and wished a peaceful end of her life. He sought help and came to Master Mine. His treatment lasted only for 2 weeks but she died peacefully. Mr, Suzuki was so thankful.

Case 2

In 1979, Mr, Yutaka Kogi (age 42) lived in Chigasaki, Kanagawa Japan was diagnosed

with a stomach ulcer and had a stomach operation. After the operation, his doctor found that he had had stomach cancer. After a 5 hour cancer operation, he had been receiving cancer treatment with little improvement. Then he changed to Reiki Therapy and he recovered to be able to go back to work in 1971.

However, in January 1972, he was admitted to the hospital again and had numerous treatments and fought for his life. In June 1972 he passed away but his family was thankful that he died peacefully because of Reiki Therapy.

Case 3

In May 1974, a family member (also a member of our association) of Master Nakagawa who worked in the Headquarters reported that he passed away peacefully at the age of 86.

When he went on a trip to Atami in Kanagawa with his friends, he felt different from usual so his friends treated him with Reiki Therapy in the car on the way back home. On that night he had a bath and went into a deep coma in his bed and died peacefully.

Although I can't mention enough examples here, many of our members have proven the beliefs of Master Usui.

Please tell us more for other members of our association, if anyone in the association has got many different experiences about the treatment.

Lectures of Spiritual Study

Existence of spiritual energy

Everything in the universe is said to have spiritual energy but no one knows or proved what

spiritual energy is like and where it comes from (even in the modern countries where science technology has developed).

Some people in our world might say that they have seen ghosts, fire ball of soul, UFO and so on.

As this short poem says,

“Yureino shoutai mitari kareobana”

This literary means; the ghost you’ve seen was just a withered flower.

It’s common that most people cannot see or touch ghost like feature, however, everything in the world exists with this spiritual energy. In other words, nothing (things cannot be made into shape) still exists.

Modern science is pursuing the mystery of minute world at molecular, atomic, electrical level and developing and applying to many things.

Among many scholars, there are many who are seriously researching and trying to solve this mystery.

Each person has his own theory and establishes its names or functions differently in the world. Generally they call it “Body Radiation”

India “Brahman Yoga” (Prana)

Austria “Mesmer” (Animal Magnetism)

U.S.A. “Ghooms” (Animal electron)

Japan “The great spiritual Master Tanaka – Japanese oldest spiritual healer” (Reishi)

Japan “Master Usui” (Reiki)

At around 1916, it was published that spiritual energy was an equivalent of “alpha ray” released from the radioactive elements such as thorium and actinium or “anode ray” which was a positive ion that was created in the gas discharge tube.

We are amazed by the fast progress of science technology and it won’t be long before people find the mystery of spiritual energy.

Functions of spiritual energy

Humans are living ruled by three types of spiritual powers.

1. Power of life (power which gives energy to your life) = Spirit
2. Power of mental strength (power which moves your soul/mind) = Mind

3. Power of self-healing (power which saves body) = Body

These are the powers given by the truth of Mother Nature (as Buddha in Buddhism, God in Christianity, and the universal energy in science technology) and they radiate. In science, we call this “body radiation”.

As I mentioned earlier that ordinary people cannot see this energy, but if you learn and train the method of releasing energy with us, you are sure to see this power.

This body radiation, which is the spiritual energy shared in all living things moves humans and all other creatures. It controls us harmoniously in balance.

Since the progress of physics, merits and demerits of man-made radio activities have become an issue. If it's used appropriately in medical practises it is helpful but it could also be harmful to people if you use it wrongly.

Medical practises: X-ray, cobalt, infrared ray, isotope, etc.

Armaments: nuclear atomic bomb, hydrogen bomb etc.

Hiroshima and Nagasaki were exposed to a nuclear atomic bomb for the first time in history.

Though science has progressed quickly, we still receive the blessing of Mother Nature and must appreciate the generosity of it. If we use science too much, we might deny the existence of Mother Nature and destroy the blessing of it.

Humans are the leaders of spiritual powers. So we possess so much more power than anything else. Especially the Japanese are better at this. You can use this power the same as God depending on your hard training. It's not too much to say that there is nobody else but humans who can be like God.

The paintings and the statue of Christ and Buddha always have an aura. This is because our ancestor knew that the spiritual energy can be released depending on your discipline and tried to show us by these art forms.

Many stories are often passed on, where monks and Christ healed people's illnesses by touching. This is because those who have good virtue radiate more energy and the stronger the power they have the more miracle healings they can produce.

We tend to be confused and worried by unnecessary thoughts, desires, impatience, angers and sorrows which were caused by competing to survive in this world. Also, we tend to forget that we have the same power as God and this power is easily neglected and we often lose sight of this. What a waste!

If you stick to these “Five Principles” and improve yourself with hard training, our members can make this power, which is already there, effective and utilise for yourself and others. So let's work hard and improve ourselves to be able to have the same power as God

and become a better spiritual healer!

Body moves in accordance with Soul (Be Pure minded)

Improving the health of your mind and body is the purpose of our association. Thus, members need to improve themselves physically and mentally.

The major reason of joining our association is to treat illnesses, which is, of course, important. Here we are going to think about improving yourself physically and mentally.

How are we able to heal people's diseases with Reiki Therapy? We can heal simply by giving our spiritual energy to the parts of illnesses. It's not scientifically proven yet but diseases (include wounds) occur where the cells are destroyed for some reasons and their energy become less. Therefore if spiritual healers charge energy to the parts (like you recharge a battery), their function starts again.

The way to release spiritual energy is to get rid of what you see in reality and put yourself in the heart of Mother Nature like a baby. Mother Nature will accept you and give you a strong spiritual energy. It is important that you get rid of your knowledge and reasoning, become foolish and give whole yourself to Mother Nature.

It is true that people who are religious and practising meditation have stronger energy.

Being sceptical does more harm than good. Surely when you start learning you may doubt but as the training progresses, you will be more convinced. So please treat many patients as soon as possible and realise this through experiences. Try training hard without any reasons until then.

The world famous philosopher, Immanuel Kant taught ever- lasting theory of the knowledge of existence. Since his childhood, he has had rickets. When he was 17, his height was the same as that of 5 to 6 years old child and he was physically weak. His parents were concerned about him and took him to the doctor and they were told that he could only live for several months. The doctor felt sorry for him and told him that he could live another 6 to 7 years depending on the care. However, he immediately said, "I can't die until I succeed" and shocked people. Since then he lived until the age of 75 and became a great philosopher. This is the result of the continuation of his strong will and as a philosopher he finally mastered to acknowledge the existence of mind. Mind and Body are parts of your life and Kant showed to the world that if you have a strong mind your body functions according to it.

To be a great spiritual healer

To become a great spiritual healer, there is nothing else you can do but to keep training and improving yourself.

There are many ways to improve yourself, however in our association, we use Meiji Emperor's poems to purify our mind and stick to Five Principles every day to practise mind-focusing and mental training

I must point out that it's not easy to keep Five Principles. We get angry, worry, complain, become lazy and fight with others over trivial things. It's not easy to change these attitudes let alone the thoughts that keep coming up.

Some may ask, "Can't we have spiritual energy until we can perfectly keep Five Principles?" As long as you keep trying and work hard, you are able to be a great spiritual healer and able to release spiritual energy.

Everybody has a different mentality however all of our members who have learnt our method managed to release the spiritual energy.

If you don't stick to Five Principles or stop working hard even though you have the spiritual energy, you may lose it. So be careful!

You wake up in the morning, sit straight, put your hands together in front of your chest and read out Five Principles. Also, late at night no matter how tired you are, you sit on your bed and read out Five Principles. If this becomes a habit then you feel that you can't help doing it. Your action each day is important.

Meiji Emperor and Dr, John Batchelor

Dr John Batchelor went to Hokkaido, Japan in 1893 as a missionary and built schools and nurseries for Ainu people and published his work on the language and culture of Ainu people. He devoted himself working for Ainu people in Hokkaido for 17 years until 1909.

When Meiji Emperor visited Hokkaido, he heard the rumour of his work and gave him an honour. The next year, John was honourably invited to the cherry blossom party at the emperor's palace.

When he shook hands with the emperor, during the party, he felt the shock of awesome spiritual energy from the Meiji Emperor.

This shows that a spiritual energy was given to John Batchelor, who already has great

quality, by the Emperor who has even more superior quality.

Since then, it is said to be that he became a great spiritual healer and healed the illnesses of Ainu and other people by touching them with his hand.

Self – healing ability

Originally, humans should be able to heal illnesses by their own spiritual energy (self-healing ability) without relying on doctors or medicine too much.

The wild animals in nature are able to heal their illnesses by themselves.

Often, as you can see in dogs and cats, if they have cuts and wounds they heal them by licking. If they have something wrong with their internal organs, they start eating plants or stop eating instinctively.

When the mice eat poison they eat rockfoils to detox.

How come that we, as the leader of spiritual animals, cannot heal diseases by our self-healing ability, which has been given already?

Isn't it that because when we compare modern medical practices with self-healing, we don't know what to do? Since we rely too much on doctors and medicines, our spiritual energy that we have in ourselves gets hindered by the idea of what people think and say about.

Primitive people used to live in accordance with the truth of Mother Nature and lived simply without many ideas. So they learnt the ways to survive in nature instinctively and acquired the healing skills.

If you have a pain somewhere, instinctively you will put your hand onto the part where the pain is. The action of this is inherited subconsciously and customarily since the old time of our ancestors and through the evolutions of human beings.

It is thought to be that our ancestors managed to control illnesses simply by touching the parts. However, modern people get paranoid and worried by their illnesses and start seeking doctors and medicines.

When Master Usui was fasting, he found this truth and taught the method of this treatment to everybody.

He taught us that the truth never changes even though the generation moves on.

Now we live in the world of modern science technology and have a chance to learn Reiki Therapy. Let's be grateful, train and improve ourselves mentally and physically to become a wonderful spiritualist and achieve mastering the self-healing ability for yourself and others.

Thing to remember for the treatment

It is important to be strict, pure minded and kind when you treat people. It is grateful to see people, whom doctors have given up hope, to become happy again so go and help those people as often as you can. It is necessary to treat many people to become a better healer.

Things to remember when treating

1. Patients should be relaxed as much as possible during the treatment. They can lie down, sit down or whatever the easiest.
2. Decide which hand you are going to use for the treatment and use only that hand for the whole time. Close the other hand lightly and charge the spiritual energy from Mother Nature. However, you can use both hands when you treat the parts where there are two - such as ears and kidneys.
3. Touch the wounded part with your palm but do not press hard.
4. Touch with the second joint of your finger and treat without an effort. Be careful not to let your hand or arm be twisted here.
5. Treat for about 15 minutes each part and the whole treatment should finish in about an hour. The longer you treat the better but it's not effective if the patient becomes fed up or suffers. Although you can treat as long as the patient requests, it's more effective if you do 20 to 30 minutes treatment 2 or 3 times with a break rather than a constant 2 hours treatment.
6. Keep your mind free. Do not treat if you become sleepy. Take a break and start again. While treating, you can chat, have tea or smoke, but refrain from having a deep conversation using your brain too much.
7. It is best to touch the patient's skin when you treat. However, it's not necessary if the patient doesn't want to be touched or the patient has an infectious disease. It doesn't matter if the patient is wearing clothes or covered in blanket because the spiritual energy penetrates anything.
8. If the patient has an eye disease, cover his eyes with a gauze or a handkerchief.
9. Treat with caution if you are a male person treating a female patient by touching the skin unless you are related or have a mutual understanding.
10. You have to do detoxification for every patient. With the detoxification, you can see different reactions from the patients depending on their diseases. (Usually the patients with serious diseases respond well.) So if the patient is a very sensitive person, it's better not to tell him directly that you are going to do detoxification.

11. Carry antiseptic solutions all the time wherever you go to treat patients.
12. All spiritual healers will not catch any infectious diseases because they have enough spiritual power to cure those. (You mustn't fear about treating infected people.)

Characteristics of Reiki Therapy

1. *Byosen* (Disease radiation)

When you touch a part of the illness you feel something which is coming from the actual disease. We call this "Disease Radiation".

The strength of this radiation varies depending on the disease, the level of the disease, and the level of the recovery of the patient. You have to learn this from your experiences.

Although young people tend to feel this more sensitively, do not give up hope. You can acquire this sense more as you treat many people.

This feeling could be the feeling of electric shock, like a strong heartbeat, like the pain when you are stung by a needle like object, the feeling when a worm moves or bites or like a numb feeling.

Disease Radiation is always released where the diseases are. You can feel this radiation even if the patient is feeling physically fine and hasn't noticed that he has an illness. So usually you will find the illness 2 to 3 days before doctors diagnose. As long as you keep an eye on the patient carefully you should be able to treat the illnesses before it's too late.

Moreover, even though the doctor says that your illness is cured, you sometimes spot the disease radiation. If you don't miss this and treat well, then the illness won't come back.

Disease radiation is released not only directly from the ill part but also released from many other parts. For example, it appears on the sole of your foot if you have an oral thrush, on your forehead if you have a stomach problem, under your nose if you have parasitic diseases, in your eyes if you have a liver problem and so on.

2. *Dokukudashi* (Detoxification)

Put your hand on the stomach (three fingers below belly button), focus your mind and concentrate thinking, "getting rid of the poison" and keep doing this for 30 minutes. You can, then, get rid of all toxins: food poison, drug addiction, skin disease, problems after injection or acupuncture and so on.

Please make sure that you do detoxification for patients who have been taking drugs for a long time. When this works you will notice that their urine colour becomes white like the water after you wash rice or their stools become black and smell bad. The patients will feel refreshed as well as heavy.

Try a few more times if one treatment is not enough. It's recommended that you treat those who have blood shot eyes and skin problems.

3. *Koketsuho* (Blood exchange)

Blood exchange is a method of changing blood and makes people stronger, especially for those who are prone to become ill, not so long after they are discharged from hospital and elderly people. Keep doing this treatment for 2 weeks to 6 months.

There are two ways to do Blood exchange.

- Upper body Blood Exchange

Remove upper clothing and rub the patient's back 10 to 15 times from the middle to the right and to the left and downwards.

Next, put two fingers on both sides of the spine, slide down from top of the spine to the bottom of the hipbone and press hard at the bottom (there is a spot where you don't feel pain). Repeat this around 15 times without breathing. It's effective for children if you do this at the bath time.

- Whole body Blood Exchange

You start this from head, two arms, heart, stomach, intestines. For legs, rub from thighs to toes several times. The whole thing should last for 30 minutes.

4. *Nentatsu* (Transferring will power)

Transferring will power is a method to send what you are thinking to the patient. Send your spiritual energy to your front hair line and concentrate on what you want to say to the patient.

For example, send your will power of "the illness will be cured" and also "Five Principles" to seriously ill patients. You only need to do this for a couple of minutes. In the case of seriously ill patients, do this every time you treat.

As a whole, Reiki Therapy is a spiritual therapy. Whether Reiki Therapy works or not hugely depends on the state of patient's mentality. Therefore it is important for you to make the patient feel strong and good by sending your will power.

People's mind project. This is psychologically proven. If you have done a mental concentration, you can guess what the next person to you is thinking. There is no distance in terms of spiritual energy or spirit because they go beyond time and space. When you close your eyes, distance disappears and spiritual energy can go freely in the spiritual world. This is the work of sixth sense, which exists in your subconscious.

Since old times, when people feel something unusual they find out their parent's deaths. Also they feel something bad will happen because they feel uneasy. These are the examples of this sixth sense.

Transferring will power is a way of sending your thoughts into the patient's subconscious.

However, it's not necessary to do this all the time for the patient whose illness is not so serious. You only need to do this for a couple of minutes when you touch the ill part.

If the patients receive your will power they feel eased. If they are not sure about the treatment or if you don't treat them sincerely they will refuse to be treated. However, if you treat them sincerely, they feel assured and they trust and thank you.

It's not good if you treat with a disturbed mind. The way old monks and wise men treatment works is because their serenity of their mind is reflected to patient's mind.

5. Experience treating many people

Quite often in the first time of our lesson, there seem to be many people who already have a lot of spiritual powers. However, experience is more important than anything else because what you see is what you believe. Moreover, it's important for you to learn, what it's called "the secret". To do this, you need to treat patients as often as possible so that you can diagnose illnesses earlier.

Here you must keep in your mind that you don't treat people with arrogance like, "I am healing your illness" because it's not *you* that is healing but *the spiritual power* that is healing. It's foolish to doubt the treatment and also think that you have cured the illnesses. Being modest is important!

Even if you have many experiences and know how to treat patients, you mustn't compare yourself to others and criticise them. This is one of the reasons why we teach our members to train hard to improve your quality and virtue.

The spiritual energy is released from everywhere but the strongest parts which come out are mouth, eyes and palms. Generally the power comes out strongly from the tip of the

middle finger for some but it comes out more from the palm for the others. Please don't forget to concentrate your mind on your stomach all the time when treating.

6. Three causes of disease

1. Inheritance: diseases which are caused from the blood of your parents and ancestors. (I feel sorry for this.)
2. Mind: you worry so much that you become ill. This is a sick mind but not a disease. This happens as a result of that you forget the preciousness of life given by the Mother Nature and also you are confused by many concepts and thoughts
3. Surrounding environment: diseases caused by other people over treating you although you don't have such a serious illness. These people tend to say that "you are not strong built" or "you look down, you must have something wrong" and make you feel that you are sick. And you get convinced that you have a serious disease.

Both your mind and the environment could create illnesses. You, as our members, are all spiritual healers so you need to have a strong belief and a spirit in order to increase your spiritual energy. In other words, try to keep your Mind, Body and Spirit healthy!

7. Reaction

When you start treating patients with Reiki

Therapy, it may seem that the symptom of their illness get worse temporarily. Don't get worried. It's rather a good effect of your treatment. Often chronic diseases get worse acutely and get gradually better afterwards. For example, the pain of neuralgia and rheumatism gets worse for the first 2 or 3 days, the pus of the ear infection increases and red spots of measles get worse. You can tell these symptoms are not bad because you feel good. These symptoms can be seen because Reiki Therapy brings all the diseases out. If you see these reactions, don't worry because the diseases usually recover relatively quickly.

Attention for doctor's treatment

Doctors use drugs to help fight disease by making metabolism work more vigorously and wait till its function goes back to normal. This idea is generally the same as Reiki Therapy in the sense that they both have a self – healing process. So it's not harmful using both treatments at the same time.

I think it's natural to go and see a doctor when you get ill since medical science has so much progressed.

Doctors have knowledge and experience and should be respected. It is a legal requirement for a death certificate to be issued by the doctor when you die. Thus you should never omit doctors. This is also written in the teachings of Master Usui. You should rather treat Reiki therapy modestly after you follow the doctors diagnose and treatment.

It's perfectly fine to use Reiki Therapy when the symptoms of the patient is not serious or when the doctors gave up treating the patient. Also, if the symptoms seem to get worse, then you should refer the patient to the doctor. Please choose a good reliable doctor. Don't judge the timing too late!

Reiki Therapy works not only for human beings but also all the other living things

Reiki Therapy has an effect on animals like horses, cats, gold fish, birds, trees, seeds and so on.

1. If you give your spiritual energy to a dying goldfish from outside the tank or take the fish out from the tank and hold in your hand, then, it will recover.
2. If you give your spiritual energy to a chick, which is just about to die, in your hand then it starts walking the next day.
3. If you give your spiritual energy to a bird either from outside of the cage or in your hand then it starts chirping. (Tried with a budgie.)
4. If you give your energy to the silkworm egg, a healthy silk worm is hatched and it makes a large cocoon. (Master Tsumura tried at Nagurikeikoku.)
5. If you give your spiritual energy to a cut flower it last a lot longer.
6. A lotus flower doesn't suck water very well but if you give your spiritual energy, it can last longer.
7. When you do flower arrangement with a tree, put your spiritual energy into the tip of the cut, then it won't wither. (Tried with cleyera)
8. If you give your spiritual energy to the skin of rice, the quality of rice gets better. (Tried in Gunma)

I have heard numerous events from many other members and it's proven that Reiki Therapy works on many other things as well as humans.

Guideline of Reiki Therapy

What you have to do is all explained in the book, "Reiki Therapy Manual". All you need to do is to follow the book.

Even if you are still a learner and not sure where the disease radiation is, you just need to put your hand on to the ill part and then feel it. Don't be nervous and be brave to try!

Make sure you put your hand on around the hairline and send your mind.

I'm going to explain "the spots" in details following step by step.

For the parts above neck

Head:

No matter which part you have illnesses you should treat the head first.

The order of the treatment:

1. Front hair line
2. Beside the both eyes
3. Back of the head
4. Back of the neck (in the middle of the back neck)
5. Top of the head

Treat these five parts for around 30 to 40 minutes.

Fever: Treat the top of the head.

Insomnia and Neurosis:

1. Eyes
2. Back of the head (treat stomach for men and womb for women as well)
3. Heart
4. Stomach / Intestine
5. Possibility of nose problem
6. Problems of sex organs

Cerebral haemorrhage and Cerebral thrombosis:

1. Left side of the head if right hand side of the body is paralysed/right side of the head if the left side of the body is paralysed
2. Heart
3. Stomach
4. Kidneys (Clean the blood)
5. All the other parts that are not functioning

Arteriosclerosis and High blood pressure:

1. Head
2. Heart
3. Kidneys

Eyes:

1. Treat both eyes even though one is fine. (Put a handkerchief or a gauze to protect from germs.)
2. Eyeballs / above the eyes / outside tip of the eyes
3. Massage around the eyes with your finger.
4. Do the detoxification for the blood shot eyes
5. Don't forget to treat the liver.

Ears:

1. Put both of your middle fingers into the ears and hold the ears with the rest of your fingers.
If you feel a strong pulse at the tip of your fingers, often the ear is getting better.
2. The spot right under the ears. The spot where you feel the bone is sticking out behind the ears. (Especially for ear infections)
3. Blow into the ears when you take your fingers out
4. Make sure you treat the kidneys since ears and kidneys are strongly connected.

Nose:

1. Pinch the nose with your thumb and middle finger and rest your index finger between the eyebrows.
2. Back neck
3. Spleen (Left side of the body)
15 minutes is enough for the blocked nose.
It takes longer to treat adenoids and empyema but if you persist they'll be recovered fully.
Nose and Gynaecology is strongly related.

Toothache:

1. Treat from outside of the mouth where there is a pain and also where the lymph glands are besides the jaw bones.
2. If there is a pain in the gum, the disease radiation is usually coming out from under the ears.
3. You also feel the disease radiation at the root of the ring finger and the little finger.

Mouth:

1. Pinch the mouth from the top and the bottom with your two fingers.
2. A disease radiation for the mouth ulcer appears on the sole of a foot where there is a dent

Tongue:

1. Put gauze on the tongue and touch with your finger.
2. Touch the throat where the root of the tongue is.
It's effective if you treat the dented areas of the foot soles.

Throat:

1. Throat. 2. Back of the neck
3. Put your hand hooking on to the jaw to treat tonsillitis. It will recover quickly but also treat the kidneys in case of a high fever.
4. For a thyroid problem, touch the throat around where the thyroid gland is sticking out.
5. Touch the throat or the chest for a cough.
If it's a cold, touch the throat. If it's asthma, whooping cough and chest infection, touch the chest. If it's really bad, treat the pit of a stomach.

Refrain from eating potatoes.

For internal organs

Lungs:

1. It's effective for pleurisy and lung infection.
2. For lung disease, ask the doctor where the disease is rooted from and treat patiently for a long time at least half to three quarters of a year. Don't forget to treat the back as well.
3. Touch above the collar bones for a bronchus,

Heart:

1. Treat the heart with extra caution because it's very sensitive.
2. Touch under the left chest and the spine. Treat for a short time at first and do longer each time.
3. Try to avoid treating heart directly. Touch at the side or from the back of it.
4. If you have a reaction from the treatment and the heart beat is strong, then you put a wet towel onto the heart.
5. Weak children usually have heart problems so treat them well.

Breasts:

1. Cover the breasts with your hand.
2. Treat from under the bust for breast feeding.

Stomach:

1. Touch the pit of a stomach for acute stomach pain.
2. For chronic pains, put your thumb on the pit of the stomach and rest the rest of your fingers.
3. Treat the people with gastro ptosis, whose stomach usually lie lower in the same way as the normal chronic pain.
4. The stomach pain could be caused by the liver problem.
5. Do the Blood Exchange
6. Treat between the shoulder blades.
7. If the patient has a pain at the left bottom of the stomach, be cautious because there could be a case of stomach cancer or a stomach ulcer.
8. Treat the head well for the case of a stomach ulcer.
9. As you get used to the treatment, you observe the patient well and treat them according to their level of symptoms. Treat the head and the stomach for the minor cases and include kidneys for the serious cases.
10. It might be effective for the slender people if you treat their back first.

Spleen:

1. Spleen is an organ which produces blood and is located in the left side of your body and left side of your stomach.
2. This part works well for the problems related to the nose.

Intestines:

There are many diseases relating to intestines such as diarrhoea and constipation. Blood is produced in the intestines so do not neglect the treatment of this part.

1. When the patient has constipation, treat the lower stomach and also around the sacral bone for about 30 minutes. It has an immediate effect on the baby's constipation.

2. Treat the large intestine especially around the corner of the intestine for the intestinal catarrh.
3. For the small intestine, treat just below the belly button. Don't forget to treat the spine as well.
4. You feel many disease radiations at the belly button but if you feel stiffness around the belly button, it is a sign of something wrong with internal organs, such as heart, lungs, liver, kidneys, spleen and pancreas.

Liver (including gallbladder) and pancreas

1. The liver is located above the top right of the stomach and its top half is inside the rib. Treat the liver when you feel tired. You'll feel better.
2. Treat the liver especially when your eyes get tired.
3. It's effective to treat for the gallstone and jaundice.
4. Treat the liver when you have a stiff muscle only on your right shoulder.
5. Treat between the pit of a stomach and the belly button for a pancreas and diabetes.
6. People who suffer from a liver problem tend to trip over. Treat the liver and the heart from their back.

Kidneys:

1. Kidneys are located between the rib and the hip bone. Where you put your hands around the waist are the kidneys. Treat from the front and the back.
2. You can use your both hands.
3. If the liver gets worse, it affects the kidneys.
4. Treat the kidneys for beriberi, cerebral, haemorrhage and neurosis.
5. It is said to be that if you damage your kidneys, you lose desire for the bright future and your ambition. Treat the kidneys well.
6. The recovery is faster if you treat kidneys for the illnesses such as ear infection, tinnitus and anything related to the ears.
7. If you treat a pyelonephritis which has become chronic, then touch on the kidneys a couple of times and it will be cured completely.

Bladder, urethra, testicle

1. Touch on the pubic bone. Women tend to suffer from bladder problems in summer.
2. Treat on top of the clothes both for the urethra and the testicle.
3. Touch the bladder and the head for bed-wetting. Sometimes you feel disease radiation on the nose.

Women's diseases:

1. Women's diseases are usually the problems related to the womb and ovary but the majority is coming from the womb.
2. When the foetus' position is not right in the womb, treat for the period pain. (lower stomach, sacral bone, between sacral bone and lumber spine)
3. Irregular position of the womb should be fixed unless it was operated before.
4. The therapy works soon before and after the birth.
5. If you want to treat the womb from behind, treat the crevice of the bottom.

Birth:

1. If you treat mothers a couple of days a week during their pregnancy, the foetus grow extremely well. They may be born small but after 3 to 5 days, They grow bigger than the ones born big.
2. If mothers have severe morning sickness, treat their stomach and womb.
3. It is thought to be that if the mothers have an ectopic pregnancy, the chances of the foetus

survival becomes small after 5 months. This is because the blood inside the womb becomes dirty. If you treat with Reiki Therapy, all the dirty things will come out from the womb after 2 or 3 days and even mothers for whom all the doctors give up hope can have a healthy birth.

4. A breached baby and the baby with their cord wrapped around his neck will be fixed.
5. Giving birth is faster.
6. Fever after giving birth called puerperal fever is cured well.
7. Mothers recover quickly after giving birth. It normally takes 12 or 13 days for the womb to get back to normal however if treated after the birth, the womb will recover in 3 or 4 days.

Haemorrhoid:

1. This is common with Japanese. Put gauze on the anus or treat on the clothes.
2. Anal fistula will get better depending on how you treat it.
3. Touch the top of the head for anal fistula.
4. When you treat patient's anus it's easier if you make him sit and put your hand under his bottom from his behind.

Spinal correction:

1. The spine consists of 7 vertebral columns, 2 thoracic spines and 5 lumbar spines. Underneath, a sacral bone and a coccyx is joined.
2. This chain of bones like a bamboo tree supports the whole upper body.
3. The origin of a life and what develops first in humans' growth is the spine. The heart and the head follow afterwards. It's not exaggerating to say that "having a bad shape of spine causes all sorts of illnesses." It's important for all our members to have a good posture at all times.
4. Those who have dislocated their spine must be fixed immediately.
5. How to find out if the spine is dislocated or not is by observing by your eyes, rubbing with your hand or rubbing beside the spine with your fingers.
6. If you find a dislocated bone, place your three fingers on the bone and then the bone will move back. (Don't force!)

When you can't identify the cause of illness:

1. Head 2. Heart 3. Detoxification 4. Spine 5. Stomach / Intestine 6. Kidneys

Neuralgia and Rheumatism:

1. Head (especially the back of the head)
2. All the painful parts (The pain may get worse at first because of the reaction but continue treating. It will take time.)
 - If the patient has a fever, treat their head and the pit of their stomach. (detoxification)
 - If the patient has constipation, treat their stomach/intestine, lumbar spine and sacral bone.

Hiccups:

1. Hiccups are cramps of diaphragm. Lower the patients' arms and treat their stomach.
2. Treat in the middle of their head.

Asthma:

1. Nose as well as head. 2. Heart and upper chest.
3. Pit of stomach and stomach
4. Kidneys (kidneys could be the main cause for asthma) Once you start treating, the symptom might get worse. Keep treating. It might take a long time. When they have an asthma attack, treat them often. Forbid them from eating potatoes while they are treated.

Myelopathy:

1. Head 2. Spine 3. Kidneys

This disease takes very long time to heal but if you keep treating, it will be cured. This is a bone disease but there is a hope.

Diabetes:

1. Head
 2. Heart
 3. Liver
 4. Pancreas
 5. Kidneys
 6. Stomach / Intestine
 7. Whole body
- Check the sugar level before treating. Keep reminding the patients that the sugar level is reducing as you treat.

Beriberi:

1. Heart
2. Stomach / Intestine (Stomach becomes very hard if you have beriberi)
3. Numb parts in the leg (When the leg swells it often gets numb.)

Graves-Basedow's disease:

This is the disease where your eyes pop out because the thyroid gland swells.

1. Head
2. Eyes
3. Throat (thyroid gland)
4. Womb for women
5. Heart
6. Half – body treatment

Cuts and Wounds:

Treat where the injury is.

If bleeding from the artery, stop bleeding before treating.

Bleeding will stop considerably and pain disappears.

Burns:

It's painful if you touch the burn so treat 4 to 5 mm above. Once the pain goes away, put gauze and treat.

It won't leave a big mark after the burn is healed.

Chilblains:

If it's treated early, it will be cured quickly.

Thorn:

If you treat it, it will come out naturally. When a fish bone or something is stuck in your throat, treat the throat. It comes out with a cough.

Crying at night:

1. Stomach / Intestine when the baby suddenly starts crying.
2. Head when the baby continuously cries.
3. Head when the baby grinds their teeth.
4. Head (near the neck) and Nose when the baby snores.

Whooping cough:

1. Head (Whether it's a child or an adult, cough is neurogenic. So treat the head well.)
2. Stomach / Intestine
3. Throat
4. Chest
5. Pit of stomach
6. Kidneys

Diphtheria:

1. Babies and infants are prone to get this disease.
2. Symptoms are high fever, swollen tonsils, white lining in the throat and cough like a whistle.
3. First, treat with serum injection.
4. Head, Throat, Chest, Stomach / Intestine, Kidneys and below belly button

Measles:

1. In the early days of measles, the fever goes up.
2. You can assume that it's measles if the temperature doesn't go down after trying an alleviation of fever.
3. Alleviation of fever, Head, Stomach / intestine, Heart, Where the spots are

Dislocation of bones:

1. If you put your hand on the dislocated area, soon the bone is fixed.

Broken bones:

1. Treat the patient after he gets the bones joined by the doctor.

Treatment for propensity:

This is a treatment for habitual problems such as motion sickness (cars, boats etc), food preference and an inclination of stealing. Other examples are that you don't like studying and you can't get up in the morning.

1. Put your hand on the flat part of the head, slightly down from the top of the head, for 15 to 30 minutes and send your will power. (Nentatsu)

These are all the guidelines from me. Please check your manual book for the things I missed or ask your master and other people who have more experience if you have any questions. Anyway, start treating people as soon as possible.

It's clear that the atmosphere of your house becomes nice and enjoyable once a person knows Reiki Therapy because he can get rid of the evil of disease. So it would be more than better if you can improve your spiritual energy and help prevent other people from getting diseases than just making your family nice and healthy.

Please help others as much as you can and believe in yourself. Believing in yourself is the key to improve your spiritual energy (Reiki).

Try to do yourself as much as possible without relying on others help.

The longer you treat a patient in one treatment, the better Reiki Therapy is. Sometimes you may have to treat a dying person all day all night. If you try hard, sometimes without sleeping or without a rest, you can heal all sorts of disease.

Once you've learned Reiki Therapy, keep expanding your knowledge and experiences further and apply what you have.

Appendix

Master Usui has left us wonderful teachings of Reiki Therapy in this world. We, as members,

should feel grateful that we are able to succeed in such great works of our Master Usui and other great masters and be able to train ourselves in order to improve our health and that of others.

Master Usui strictly forbids us from advertising for expansion and development of our association”.

However, all that is left in Reiki Therapy is the truth of Mother Nature and is the most natural and superior therapy.

Only those who learn this method can know the pleasure.

Is it not true that the more complicated and confused the society becomes, the more unknown illnesses increase and the modern medical system treats us humans as materials or some sorts? That's because we race developing drugs against the increasing diseases.

Is it not urgently needed for us as members to train harder to improve the health of ourselves and the others' at such times?

I truly believe that the more you try to understand, recognise and have experiences of Reiki Therapy, “better things and better methods” will be automatically credited to you indefinitely.

In the history of our association, there were some people who weren't satisfied with our way, left to become independent and became very successful later on.

History keeps changing but the fact that our methods are spreading around the world doesn't change, despite that the form may be changed.

It's alright as long as we, as members, keep trying to leave “something good” and keep working on Reiki Therapy for ourselves, for other people and for the world. Let's believe that our great old Master Usui and other masters will be watching us all the time from the spiritual world.

Master Usui lies in the grave in Saihoji temple located in Koenji in Tokyo. We should not also neglect to visit the graves with some incense sticks and flowers and give respect for other great masters, such as the second chairman, Master Juzaburo Ushita, the third chairman, Seiichi Taketomi and other able members.

For the people who are working hard in other branches, I wish them to keep trying hard and keep improving themselves for their better health. Also, let's hope for the long prosperity of our association. This is our obligation as members.

If you have any questions or you find any faults in the book, please contact us.

Editor Koshiro Fukuoka (Headquarters)