

白井靈氣療法

Usui Reiki Ryoho

Essence of Shoden -

by Japanese Reiki Master Hiroshi Doi (presented by Richard Rivard)

(Note: Shoden means "the entrance". This Shoden material and the accompanying URR Gakkai Techniques are a few excerpts from Japanese teacher Hiroshi Doi's Gendai Reiki Shoden class. The material was first presented at the Vancouver 1999 URRI conference I hosted, and then the following conferences from 2000 to 2003.)

Source: Essence of Gendai Reiki ho - Sensei Hiroshi Doi; translation by Yukio Miura; editing by Richard R. Rivard, Tom Rigler.

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Reiki-ho Introduction – Level 1 guide

What is "Reiki-ho"?

It involves techniques to utilize Reiki (Energy of higher dimension) for healing

- Mind and body health (Healing by "Ki") Energy Healing
- Spiritual growth (Healing by "Rei") Spiritual Healing

Purpose of Reiki-ho

Accomplishing the purpose of life (Reaching higher level of spiritual dimension)

- Establishing "self" (Becoming aware of the true meaning of life and being part of the universal life)
- Exercising love (Spreading the vibration, mingling with people, growing together)
- Exercising harmony (Raising your level of vibration, contributing to the world peace and the happiness of human beings)

The meaning of healing

Healing expresses one's personality and level

- Transmit vibratory energy corresponding to the channeler
- Try to establish one's self as a clear channel of light

Reiki-ho Overview

Three steps of Shoden, Okuden and Shinpiden in the traditional Japanese Reiki

1. Usui-sensei taught that Reiki Ryoho is a spiritual healing technique and an energy healing technique. Spiritual healing brings fundamental healing by becoming part of universal consciousness while energy healing centers around removing symptoms of mind and body disorder.
2. Phenomena like becoming ill have important meanings in one's spiritual growth

as a message for one's awakening. Energy healing alone can make a disorder of your mind or body to disappear but true healing will not happen unless you also get the message. You will only find that you get another disorder of your mind and body. Reiki-ho brings harmony to your energy state and truly fundamental healing of your mind and body by causing changes in your consciousness.

3. Reiki-ho in Japan now is learned usually through four steps. Level 1 and 2 are for healing mind and body (level 1 is for physical level and level 2 is for psychological and emotional level) , level 3 for spiritual growth and level 4 for becoming a reiki teacher.

Gendai Reiki-ho

The lineage in energy

Very close to Usui-sensei's original Reiki energy since it was passed on through "Reiju" by Kimiko Koyama sensei who was the 5th chairperson of Usui Reiki Ryoho Gakkai.

The lineage in its theory and technique – four policies for "Gendai Reiki-ho"

1. Study the traditional Japanese Reiki and western Reiki and re-construct in view of mind & body healing and spiritual growth.
2. Avoid mystification, dogmatism and prejudice. Pass on what can be proved to have effects.
3. Incorporate techniques from other sources if they are effective and suit our purpose just as Usui-sensei did in trying to establish Reiki.
4. Make efforts to make techniques simple and standardized so they can be used casually in everyday life.

About Usui Mikao Sensei

- Born in Tani-mura (now Miyama-cho), Yamagata-gun Gifu-ken, on August 15th, 1865 (1st year of Keio) .
- Studied abroad in Europe and US, learning history, medicine, religion, psychology and shinsen jutsu.
- (Note from Sensei Miyuki Iwasaki: Shinsen-jutsu is a kind of alchemy, in my understanding, from China. It may include something like martial arts, but the main purpose is to obtain "ever young never die". They treat medicine, perform miracles, practice healing , and so on. "Shin" of Shinsen means "GOD". "Sen" means legendary wizard, living in the mountains in China and capable of performing miracles. "Jutsu" means method, technique, and skill.
- While fasting on Mt. Kurama seeking for enlightenment in March 1922, strong universal Reiki went through his head and he was awakened to know the universe is within him. At the same time he acquired the healing power of Reiki and named it Reiki Ryoho.
- Wishing to pass on this healing ability to as many people as possible, he founded Usui Reiki Ryoho Gakkai in Aoyama, Tokyo in April 1922. There he practiced Reiki healing and taught Reiki healing publicly.
- Helped heal many victims of the big earthquake in Kanto area hit in September 1923. He moved to a larger new place in Nakano in February 1925.

- He developed a good reputation and was often invited throughout the nation. He died abruptly in an inn in Fukuyama after travelling to Kure, Hiroshima and Saga. It was March 9th, 1926. He was 60 years old. He raised more than 2000 Reiki students.

Reiki and Reiki-ho

Reiki is universal energy in higher dimension

- Modern science concluded that everything that exists in the universe is made of vibration. Usui-sensei named the vibration of the highest dimension “Reiki” out of the vibration of universal energy.
- Reiki is an energy of consciousness radiated by beings of higher dimension and has characteristics of vibration of love, harmony and healing. Its true nature is pure light.

“Reiki-ho” is a way of utilizing universal energy

- Techniques for becoming a Reiki channel and harmonizing, healing everything You need to be in sync with the cosmic rhythm and transmit the Reiki vibration of love, harmony and healing as they are.
- The essence of Reiki-ho is to take on pure Reiki and keep it pure If your conscious level degrades, the quality of your Reiki vibration will be lowered or the energy may be replaced with something else.
- Reiki-ho is not a technique for developing psychic power or having a mysterious experience.
It is not only for removing or reducing pain and symptoms either. It is for being in phase with universal rhythm and resolving disorders at the deepest level through awakening, completing the process of learning needed for your soul.

Reiki-ho – the origin, past and now

Shinpi-den recipients from Usui-sensei

There are said to be 16 shinpiden recipients. Only three are identified

- Jusaburo Ushida (1865-1935)
- Kanichi Taketomi (1878-1960)
- Chujiro Hayashi (1879-1940)

Usui Reiki Ryoho Gakkai (Traditional Reiki Ryoho)

- 1st Chairperson – Mikao Usui (1865-1926)
- 2nd Chairperson – Jusaburo Ushida (1865-1935)
- 3rd Chairperson – Kanichi Taketomi (1878-1960)
- 4th Chairperson – Yoshiharu Watanabe (18?? - 1960)
- 5th Chairperson – Hoichi Wanami (1883-1975)
- 6th Chairperson – Kimiko Koyama (1906-1999)
- 7th Chairperson – Masayoshi Kondoh

Western Reiki

- Chujiro Hayashi (1879-1940)
- Hawayo Takata (1900-1980)
- 22 Reiki Masters

Brief History

- Chujiro Hayashi received Shinpiden in 1925 and opened up a Reiki Clinic at Shinano machi in Tokyo. Usui-sensei died in the next year. Hayashi-sensei left Usui Reiki Ryoho Gakkai and established “Hayashi Reiki Kenkyu-kai” based on Usui Shiki Reiki.
- Hayashi Reiki Kenkyu-kai was primarily taught and spread in Japan but Hawayo Takata, a Japanese American born in Hawaii, learned Reiki when she came to Japan to receive Reiki treatment. She taught 22 Reiki masters who greatly contributed to spreading Reiki world-wide from the USA.
- Reiki was imported back to Japan later in the 1980s and is growing in popularity.
- The traditional Japanese Reiki is also alive at the Usui Reiki Ryoho Gakkai founded by Usui-sensei.

Passing on and using Reiki energy

- Usui-sensei developed a technique called “Reiju” for passing on Reiki energy. Reiju turned into Reiki attunements in western Reiki.
- He also developed “Hatsurei-ho” as a way of empowering Reiki energy.
- He defined 5 Reiki principles for growing spiritually and becoming a clear channel of Reiki. He also selected 125 waka by Meiji emperor to be used as base for philosophy.
- He also developed a technique for healing beyond time and space by making use of symbols and mantras.