

Reiki: Usui Ryoho Shishin (the Usui Treatment Guide)

Translation (especially for AETW.org)

by

Jiro Kozuki

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THE USUI TREATMENT GUIDE(LINES)

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The Usui Treatment Guide or *Usui Ryoho Shishin* is part of a brief document: The *Usui Reiki Hikkei*, which was compiled in the 1970's by Kimiko Koyama, sixth *kaicho* (president / chairman) of the Usui Reiki Ryoho Gakkai.

The Treatment Guide was *purportedly* written by Usui-Sensei himself.

Though it has on more than one occasion been suggested that the Treatment Guide itself may have actually been compiled by Chujiro Hayashi on Usui-Sensei's behalf, and it does bear similarities to Hayashi-Sensei's own Treatment Guide.

(Yet another theory is that the *Usui Ryoho Shishin* is in fact only slightly older than the 1970's compilation it is part of...)

Usui-Sensei is said by some to have given copies of his *Ryoho Shishin* to all of his students.

The Treatment Guide as it appears in the *Usui Reiki Hikkei* is divided into 11 sections or 'chapters' and is, as the name suggests, simply a guide - a brief series of prompts as to suitable areas for topical treatment.

It seems to have been intended primarily for first level students, as more advanced level students would have been expected to have developed the levels of sensitivity necessary to determine areas for topical treatment by means of Byosen, and Reiji.

Since author and Reiki Teacher Frank Petter received a printed copy of *the Usui Reiki Hikkei* from Tsutomu Oishi in 1997, several other researchers have also managed to locate copies from other sources and produce translations.

However, as the Treatment Guide section of the *Hikkei* is essentially just a wordlist, there is little variation between one translation and another.

One point commented on by many people used to working with the Chakra-based treatment practices found in many Western forms of Reiki is that in the Treatment Guide, there is absolutely *no* reference to the chakra system of energy-anatomy...

[I would also draw attention to the occasional and, perhaps, unexpected use of Cervical, Thoracic and Lumbar vertebrae as references for hand-placement.]

THE USUI REIKI TREATMENT GUIDE

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Section 1: Basic treatment of specific body parts.

Head - Treat: General head area, forehead (at hairline), temples, back of the head, throat [or back of neck], crown; stomach & intestines.

Lowering Fever -Treat: Head positions - let the hands rest on the head for some time, treat the source of the illness/disease itself.

Eyes - Treat: Eyes, point between the eyes, inner eye corner (tear duct), between outer eye corner and temples, cervical vertebrae C1, C2, C3.

Nose - Nasal bone, sides of nose, throat [or back of neck], between eyebrows, cervical vertebrae: C1, C2, C3.

Ear - Ear canal, front part and back part of ear, cervical vertebrae C1, cartilage in auricle

Mouth - Cover mouth without touching lips.

Tongue - Top of tongue, root of the tongue

Throat - Thyroid cartilage, throat [or back of neck]

Lung - Lung area, between shoulder blades, thoracic vertebrae T2, T3, T4, T5 T6.

Heart - Heart area, cervical vertebrae C5, C6, C7. thoracic vertebrae T1, T2, T3, T4, T5.

Liver - Liver area, thoracic vertebrae T8, T9, T10. (especially right side of body),

Stomach - Stomach area, thoracic vertebrae T4, T6, T7, T8, T9, T10

Intestine - Ascending, transverse & descending colon areas, small intestine area, thoracic vertebrae T6, T7, T8, T9, T10, lumbar vertebrae L2, L3, L4, L5, buttocks.

Bladder - Bladder area, lumbar vertebrae L4, L5.

Uterus - Uterus area and both sides of it, thoracic vertebrae T9, T10, T11, T12, lumbar vertebrae L1, L2, L3, L4, L5, sacrum, coccyx.

Kidney - Kidney area, thoracic vertebrae T11, T12

Back - Half Body Treatment: neck tendons & muscles, shoulders, back muscles, both sides of the spinal column, lumbar region, hips

Abdomen - Left hand on seika tanden right on back at same level. Visualise all toxins leaving the body

Section 2: Nerve Disorders

Neurasthenia (Nervous Weakness) - General head area, eye, heart, stomach, intestines, genitals, affected area, 'half body' treatment, treat the source of the illness/disease itself.

Hysteria - General head area, eye, heart, stomach, intestines, genitals, affected area, 'half body' treatment, treat the source of the illness/disease itself.

Cerebral Anaemia - Head, stomach and intestine, heart.

Cerebral Vascular Congestion - Head, stomach and intestines, heart.

Meningitis - Head, stomach and intestines, heart.

Encephalitis - Head, stomach and intestines, heart.

Headache - Head area (primarily temples)

Insomnia - Head area (primarily back of head)

Dizziness / balance problems - Head area (primarily forehead/hairline)

Cerebral Apoplexy (palsy) / haemorrhage - Head area (primarily affected side) heart, stomach and intestines, kidneys, paralysed area.

Epilepsy - General head area, stomach and intestines

St Vitus Dance (Chorea) - General head area, heart, affected areas, palms, soles of feet, 'half body' treatment

Bulging Eyes - General head area, eye, thyroid, heart, uterus, 'half body' treatment

Neuralgia, Paralysis - General head area, stomach and intestines (to regulate bowel movement) affected areas

Hiccups - Diaphragm, forehead, cervical vertebrae C3, C4, C5

Aphasia - Forehead and temples, (primarily left hand side), throat area.

Writers cramp - General head area, elbow, thumb

Tinnitus - General head area, ears

Section 3: Disorders of the Respiratory system

Bronchitis - Bronchial tubes, windpipe

Coughing - Throat, chest area, affected areas

Asthma - General head area, chest area, point below base of sternum, heart, throat, nose

Tuberculosis of the lungs - General head area, affected area of lungs, stomach and intestines, heart, seika tanden

Pleurisy - General head area, affected area, stomach and intestines, seika tanden

Pneumonia - General head area, heart, affected area, seika tanden

Bronchial Haemorrhage / Hemoptysis - Affected lung area

Nose Bleed - Nose

Ozena (wasting of the bony ridges & mucous membranes in nose) - Nose, centre of forehead or middle of upper lip

Section 4: Digestive System Diseases

Diseases of Oesophagus - Oesophagus, point beneath base of sternum, stomach, intestines

Stomach diseases:

Gastritis, gastric ulcers, stomach cancer, stomach pain, gastroptosis, gastrectasis - General head area, point beneath base of sternum, stomach and intestines

Enteritis (Inflammation of the intestine) - intestinal ulcers, diarrhoea, constipation, etc - Stomach and intestines

Appendicitis - Affected area, head area, stomach and intestines

Intestinal Parasites - General head area, intestines, stomach

Haemorrhoids - Anus

Abdominal Oedema / Hydroperitoneum - Head area, abdomen

Peritonitis - General head area, affected area, seika tanden

Hepatitis (Jaundice) - General head area, stomach, intestines, liver, heart

Gallstones - Liver (where pain is), stomach and intestines

Hernia - Affected area (herniated protrusion), abdomen, genitals

Section 5: Cardiovascular-Circulatory Diseases

Myocarditis (inflammation of the heart muscle) - General head area, heart, liver, kidneys, bladder

Endocarditis (inflammation of the heart membranes) - Heart

Dropsy, Oedema - Heart, liver, kidneys, bladder

Calcification of the arteries (Arteriosclerosis) - General head area, heart, kidneys, stomach and intestines, seika tanden

Chronic High Blood Pressure - General head area, heart, kidneys, stomach and intestines, seika tanden

Pectoral angina - Head, heart, stomach and intestines, area of pain

Beriberi and resulting cardiac failure - Heart, stomach and intestines, affected region of legs

Section 6: Haematic & Metabolic Disorders

Anaemia - Treat origin of disease, head, heart, stomach and intestines, give 'half body' (back) treatment

Purpura (bleeding through skin) - General head area, heart, kidneys, stomach and intestine, affected region, seika tanden

Scurvy - General head area, lung area, heart, kidneys, stomach and intestines, half body treatment, seika tanden

Diabetes - General head area, heart, liver, pancreas, stomach and intestine, kidneys, bladder, half body treatment, upward 'brushing' of spinal column

Obesity - Heart, kidneys, stomach and intestines, half body treatment

Gout - Heart, kidney, bladder, stomach and intestines, seika tanden, painful area

Heat Stroke - General head area, heart, chest area, stomach and intestines, kidneys, seika tanden

Section 7: Urinary Diseases

Nephritis (inflammation of the kidneys) - Kidneys, heart, bladder, stomach and intestines

Pyelitis - Kidneys, bladder, seika tanden

Kidney Stones - Kidneys, stomach, intestines, bladder, painful area

Uraemia/Urosepsis - General head area, eyes, stomach, intestines, heart, kidneys, bladder, seika tanden

Cystitis (bladder inflammation) - Kidneys, bladder

Bladder Stones - Kidneys, bladder, painful area

Bed Wetting - General head area, crown, bladder, kidneys

Anuria (where due to swollen prostate) - Kidney, bladder, urethra

Section 8: Surgical and Dermatological Disorders

Wounds - Injured area - treat non-contact till pain dissipates

Burns - Affected Area

Bruises, Sprains - Affected area

Inflammation of Lymph Nodes - Affected areas, seika tanden

Fractures/Broken bones - Affected area - through cast/bandages/splints

Splinters - Affected area

Dislocations - Affected area

Periostitis (inflammation of the surface of the bone), Osteitis (inflammation of the bone), Arthritis, Muscle inflammation - Affected area, seika tanden

Muscular Rheumatism - General head area, painful area, stomach, intestines, (to regulate the bowel movements)

Spinal Tuberculosis - General head area, painful/affected area, seika tanden

Scoliosis - Affected area

Spinal Syphilis - General head area, seika tanden, painful/affected area

Dizziness, Fainting, Unconsciousness - General head area, heart. If Unconsciousness is due to partial drowning - expel water from lungs before treating

Swellings, Rashes, Skin tumours - Seika tanden, affected area

Nettle Rash, Allergy - Stomach, intestines, seika tanden, affected area

Hair loss - General head area, stomach, intestines, affected area, seika tanden

Leprosy (Hansen's Disease) - General head area, stomach, intestines, seika tanden, affected area, half body treatment

Syphilis - General head area, stomach, intestines, seika tanden, affected area

Section 9: Childhood Diseases

Night Crying - General head area, stomach & intestines

Measles - General head area, stomach & intestines, heart, rash area

German Measles - General head area, stomach & intestines, heart, rash area

Whooping Cough (Petussis) - General head area, stomach & intestines, heart, lungs, throat, point beneath base of sternum

Polio - General head area, stomach & intestines, spinal column, areas of weakness /full or partial paralysis

Tonsillitis - Affected area

Section 10: Gynaecological Issues

Diseases in the Uterus - Uterus area

Throughout Pregnancy - Treating the Uterus will ensure healthy foetal development, and an easy birth

The Birthing Process - Sacrum, abdomen area

Morning Sickness - General head area, uterus, stomach, intestines, point beneath base of sternum

Mammary Sensitivity / disorders - Breasts

Extra Uterine Pregnancy - General head area, uterus, painful area

Section 11: Contagious Diseases

Typhoid Fever - General head area, heart, stomach & intestines, pancreas, seika tanden

Paratyphus - General head area, heart, stomach & intestines, pancreas, seika tanden

Dysentery - General head area, heart, stomach & intestines, seika tanden

Infant Dysentery - General head area, heart, stomach & intestines, seika tanden

Diphtheria - General head area, throat, heart, stomach & intestines, kidneys, seika tanden, (treatment to be used in conjunction with anti-diphtheria serum)

Cholera - General head area, stomach & intestines, heart, seika tanden

Scarlet Fever - General head area, mouth, throat, heart, stomach & intestines, kidneys, seika tanden, affected (reddened) area

Influenza - General head area, heart, lungs, stomach & intestines, seika tanden, half body treatment, painful area

Epidemic Cerebrospinal Meningitis - General head area, back of neck, eyes heart, stomach & intestines, kidneys, bladder, spinal cord, (primarily cervical vertebrae), seika tanden, paralysed / stiff area

Malaria - General head area, heart, stomach, intestines, liver, pancreas, seika tanden. Best if treatment given at least an hour before onset of fever

Erysipelas (St. Anthony's Fire) - General head area, heart area, stomach, intestines, seika tanden, affected area

Lockjaw (Tetanus) - General head area, heart area, stomach, intestines, seika tanden, wound area, painful area.

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