

# Reiki: Usui Ryoho Shishin (the Usui Treatment Guide)

Translation (especially for AETW.org)

by

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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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