

The Life of Dr Mikao Usui

Mikao Usui was born into a family that had been practising Zen Buddhism for eleven generations. As a youth Usui developed a fascination for all things Western. However, he never travelled outside Japan. After leaving school he went on to study allopathic medicine with several western allopathic physicians who had graduated from Yale and Harvard University.

When a cholera epidemic spread through Tokyo, Usui was struck down with the disease. During his hospitalisation as he was close to death he had a spiritual experience. This inspired Usui to study the ancient teachings of his ancestors. He joined a Zen monastery and began reading the ancient Sanskrit and Sutras.

After many years of study Usui found references to an ancient form of healing. Further study revealed methods, formulas and symbols that detailed exactly how to practice and master this art of hands on healing. However, although he had the technical knowledge to practise healing, he lacked the wisdom to turn the teachings into reality. He needed the key to turn on and activate the power. Usui decided to seek the final piece of the jigsaw through meditation.

Taking leave from the monastery, Usui set off for the holy mountain of Kurayama. When he reached the top he picked up twenty-one pebbles and placed them in front of himself. He sat down and began his meditation. Each day he threw away one pebble. For twenty-one days he prayed, meditated, sang and read the Sutras.

On the last day as he prayed he ask God to show him the light. Suddenly, a bright light appeared in the sky and came rapidly towards him, hitting him on his forehead, at the third eye chakra. Usui was knocked unconscious, and whilst in this altered state he saw a vision of the same symbols he had earlier found in the Sutras.

This vision was the confirmation Dr. Usui needed. He now knew that he had found the keys to the ancient form of healing used by Buddha and Jesus. When Usui regained full consciousness, he proceeded to return down the mountain. On his descent, he stubbed and cut his toe, he instinctively placed his hand on the toe and the bleeding and pain stopped.

On arrival at a nearby village he stopped to rest and eat. He was able despite having fasted for 21 days, eat a healthy meal without any stomach pain. The girl who served Usui the meal was in great pain suffering from a toothache. Usui asked if he could place his hands on her swollen face, she agreed, and he was able to ease the swelling and the pain. Rested, Usui returned to the monastery. On Arrival he found his friend, the Abbot in bed suffering with severe arthritis. Once again Usui was able to alleviate the pain and suffering. Usui called this gift from God - Reiki, the Japanese word for universal life force.

These experiences became known as the four miracles. Having demonstrated his knowledge and new ability to heal the Abbott advised Usui to take this special gift into the slums of Kyoto to heal the beggars. He was reminded that it is not enough to heal the body, it is of equal importance to heal the spirit and mind also. This lesson was brought home to him very abruptly seven years later. Having spent the time giving Reiki to beggars in the slums of Kyoto to get them working, he found them returning to him with the excuse that it was easier to beg.

Usui had forgotten a basic doctrine. Mortified he retreated to meditate once again. This time he was enlightened with the five principles of Reiki. The rest of Usui's life was spent healing, teaching and developing the Usui Shiki Rhoyo

method of healing. Usui had nineteen major students who were all either western allopathic or traditional Japanese in their practice. He knew he would have to develop a method that could be understood and accepted by any religion or culture. Reiki was fashioned by Usui to have no dogma or religious beliefs attached to it. This made Reiki universal.

Tenno, the Emperor of Japan honoured Usui's work by awarding him a doctorate. By the time of his death in 1930, Dr Mikoa Usui had initiated all nineteen of his students to the level of Reiki Master/Teacher. Dr Chujiro Hayashi was chosen as the next Grand Master. It is important to note that Dr Usui taught all three degrees together. Dr Usui was cremated and his ashes placed in a Zen Monastery in Tokyo.

The 5 Principles of Reiki

Just for today I will not worry.
Just for today I will not be angry.
Just for today I will do my work honestly.
Just for today I will give thanks for my many blessings.
Just for today I will be kind to my neighbour and every living thing.

HOW REIKI CAN HELP YOU

There are a number of benefits to be gained, which occur without any effort from a daily Reiki self-treatment including:

- Reiki will relax you when you are stressed
- Reiki brings about deep relaxation
- Reiki centres your thoughts when you are confused
- Reiki energises you when you feel drained
- Reiki calms you when you are frightened
- Reiki focuses your mind and helps you to solve problems
- Reiki relieves pain
- Reiki accelerates natural healing of wounds
- Reiki improves health
- Reiki gradually clears up chronic problems
- Reiki helps prevent the development of disease
- Reiki detoxifies the body
- Reiki dissolves energy blockages
- Reiki releases emotional wounds
- Reiki increases the vibrational frequency of the body
- Reiki helps change negative conditioning & behaviour

HOW TO TREAT YOURSELF WITH REIKI

There is no right or wrong way to work with Reiki on oneself. As you become more experienced with the Reiki energy you will intuitively move your hands to wherever it feels right. However, if you are aware of a specific problem such as an injury or pain, then you should place your hands directly over that area to begin with, and follow up with a full self treatment.

In the beginning, it is always best to follow a set procedure as shown in the following illustrations marked "Self Treatment Hand Positions".

When you have mastered the hand positions you can then leave each self treatment up to your own intuition. You may wish to work with music to add the right relaxing mood. Find a place where you won't be disturbed if possible. Normally you would spend three to five minutes on each position.

However, time is often short, but remember ***a little Reiki is better than no Reiki***. On completion of the self treatment drink a large glass of purified water. Close your eyes and go inside and pay attention to the thoughts and emotions that have arisen during the session. You may feel light headed, and if you need to rest, or sit down for a short time, allow yourself this time.

If you feel you need to continue to work on a specific area of the body, even if you have completed a full self treatment, then go with your intuition, always listen to your mind and body.

SELF TREATMENT HAND POSITIONS

Position 1



- Cup your hands and gently rest them over your eyes, cheekbones and forehead (third eye chakra).
- Stress, eye problems, asthma, head colds, allergies, sinuses, pituitary gland, pineal gland, cerebral nerves.

Position 2



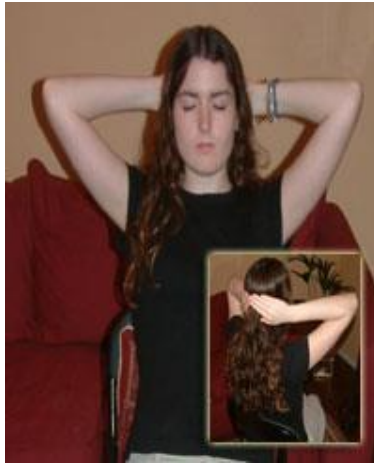
- Place your hands on the top of your head fingertips touching (crown chakra).
- Migraine, headaches, eye problems, multiple sclerosis, stress, bladder, digestive disorders, flatulence, emotional problems.

Position 3



- Hands on either side of your head with fingers covering your temples.
- Balance, tinnitus, hearing & ear problems, colds, flu, balances the functions of the right & left brain.

Position 4



- Place your hands on the back of your head covering the occipital ridge.
- Headaches, eye problems, stress, hay fever, sinuses, digestive disorders, fears, phobias, shock, depression, stroke.

Position 5



- Hands covering the top of the shoulders and the bottom of the neck.
- Aches & pains, stress, neck, tight muscles, nerves, spinal injuries and shock.

Position 6



- Place your hands around the neck with the heels covering the throat (throat chakra).
- Self expression, communication, breathing, voice and speech problems, bronchitis, flu, colds, anger.

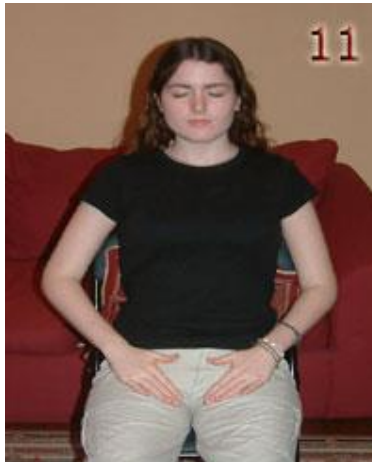
Position 7



- Hands form a T, left hand covering the heart (heart chakra) and the right hand over the thymus gland.
- Heart, angina, lungs, thymus, thyroid, weight problems, immune system, lymph, emotional problems, stress.

Positions 8,9,10 and 11





- Hands are positioned horizontally at the top of the torso with fingertips touching. Move hands down as shown until finally ending in a **V** inside the hip bone.
- All major organs and glands, disease, infections, stomach, intestines, reproductive system, anger, emotions.

Position 12 & 13



Positions 14,15,16 and 17



- Hands are positioned first at the shoulders/top of the back and then gradually moved down horizontally across the back with fingertips touching.
 - Move hands down as shown until finally ending in a **V** at the base of the spine.
 - All major organs and glands, disease, infections, back and spinal problems, stress.

Position 18



- Sit in the lotus position and hold both feet with your hands. Alternatively; if this position is too uncomfortable, you can sit cross legged with the right leg resting on the left leg and place hands on the top and underside of right foot, and then alternate and place hands on the top and underside of left foot
 - Leg pains, varicose veins, all major organs and glands (reflexology points).

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