

Healing Guide  
Hayashi Reiki Institute

Complete Notes from a Reiki First Degree  
Class with Mrs. Takata Class

Complete Notes from a Reiki First and  
Second Degree Class Taught by Ethel  
Lombardi



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## Table of Contents

Healing Guide Hayashi Reiki Institute .....	5
Chapter 1: The Head .....	6
1. Head.....	6
2. Eyes .....	6
3. Ears .....	6
4. Teeth.....	6
5. Oral Cavity .....	6
6. Tongue .....	7
Chapter 2: Diseases of Digestive Organs .....	8
1. Stomatitis.....	8
2. Thrush.....	8
3. Saliva .....	8
4. Esophagus Diseases.....	8
5. Stomach Diseases .....	8
6. Intestine Diseases .....	9
7. Liver Diseases .....	9
8. Pancreas Diseases.....	9
9. Peritoneum Diseases .....	10
10. Anal Diseases .....	10
Chapter 3: Respiratory Diseases.....	11
1. Nasal Diseases .....	11
2. Maxillary Empyema .....	11
3. Nosebleed Epistaxis .....	11
4. Sore Throat and Tonsillitis.....	11
5. Tracheitis and Bronchitis .....	11
6. Pneumonia Catarrhalecroupous .....	12
7. Asthma; Chronic and Acute Asthma .....	12
8. Lung Diseases.....	12
9. Pleura Diseases.....	13
Chapter 4: Cardiovascular Diseases.....	14
1. Heart Diseases .....	14
2. Arteriosclerosis.....	14
Chapter 5: Urinary Organ Diseases .....	15
1. Kidney Diseases .....	15
2. Cystitis .....	15
3. Enuvesis .....	15
Chapter 6: Neurological Diseases.....	16
1. Cerebral Anemia .....	16
2. Hysteria .....	16
3. Nervous Breakdown, Insomnia.....	16
4. Meningitis .....	16
5. Epidemic Cerebrospinal Meningitis.....	16
6. Myelitis.....	17

7. Cerebral Hemorrhage .....	17
8. Polio .....	17
9. Neuralgia .....	17
10. Beriberi .....	18
11. Graves' Disease.....	18
12. Epilepsy.....	18
13. Convulsion .....	19
14. Chorea .....	19
15. Sea Sick .....	19
16. Food Poisoning .....	19
Chapter 7: Infectious Disease .....	20
1. Typhoid, Paratyphy.....	20
2. Dysentery .....	20
3. Measles .....	20
4. Scarlet Fever .....	20
5. Varicella .....	21
6. Influenza .....	21
7. Whooping Cough .....	21
8. Diphtheria .....	21
9. ??? .....	22
10. Malaria.....	22
11. Tetanus .....	22
12. Articular Rheumatism, Muscular Rheumatism.....	22
13. Rabies .....	23
Chapter 8: Whole Body Diseases.....	24
1. Anemia, Leukemia, Scorbutus .....	24
2. Diabetes .....	24
3. Dermatological Diseases.....	24
4. Obesity.....	24
5. Scrofula .....	24
Chapter 9: Other Diseases .....	26
1. Infantile Convulsion.....	26
2. ??? .....	26
3. Wrong position of fetus .....	26
4. Pregnancy.....	26
5. Delivery.....	26
6. Death of Fetus .....	26
7. Cessation of Mother's Milk .....	26
8. Morning Sickness.....	26
9. Erysipelas.....	27
10. Hyperhidrosis .....	27
11. Burn.....	27
12. Cut by a Sword.....	27
13. Unconsciousness; by falling, an electric shock, etc. ....	27
14. Drowning .....	27
15. Menopause, Period Pains .....	27

16. Hiccup .....	28
17. Stuttering .....	28
18. Pain at the tip of fingers .....	28
19. Vomiting .....	28
20. Splinter .....	28
21. Gonorrhea .....	29
22. Spasm of Pain, Stomach Cramps .....	29
23. Hernia .....	29
Footnotes .....	30
Complete Notes from a Reiki First Degree Class with Mrs. Takata .....	31
Reiki Healing Class - Second Night .....	34
Reiki Healing Class - Third Night .....	38
Reiki Healing Class - Last Night .....	41
Class Notes from a Reiki First and Second Degree Class Taught by Ethel Lombardi.....	43
Reiki First Degree Class .....	44
Reiki Second Degree Class.....	49

**Healing Guide**  
**Hayashi Reiki Institute**

## **Chapter 1: The Head**

### **1. Head**

Brain Diseases, Headache.

1. front of jaw
2. temples
3. back of the head and back of the neck
4. top of the head.

(NOTE) With any disease you can include head treatment as a part of the disease treatment. In the case of headache, you should treat very thoroughly the place on the head that is aching.

### **2. Eyes**

All kinds of eye diseases, conjunctivitis, trachoma, leucoma, nearsightedness, trichiasis, ptosis, cataract, glaucoma, etc.

1. eye balls
2. inside corners of eyes
3. outside corners of eyes
4. back of the head

(NOTE) Even though one eye has a problem, you treat both eyes. You also treat the kidneys, liver, wombs, and ovaries.

### **3. Ears**

All kinds of ear diseases, tympanitis, external otitis, ringing ear, hard of hearing, etc.

- 1, auditory canal
2. depression just below the ears
3. high bone behind the ears
4. back of the head

(NOTE) Even though one ear has a problem you treat both ears. In the case of diseases which follow colds, such as tympanitis and parotitis, you must treat bronchi, and hilar lymph. Also pay attention to the kidneys, womb, and ovaries.

### **4. Teeth**

1. In the case of a toothache, treat from the outside at the root of the tooth

### **5. Oral Cavity**

1. Shut the mouth, and then treat the lips by holding the palms on them

(NOTE) cf. Diseases of Digestive Organs

## **6. Tongue**

1. Press on or pinch the diseased part of the tongue
  2. Treat the root of the tongue from outside the mouth
- (NOTE) If you find this technique difficult, then press both arches of the feet forward.

## **Chapter 2: Diseases of Digestive Organs**

### **1. Stomatitis**

1. mouth
2. esophagus
3. stomach
4. intestines
5. liver

### **2. Thrush**

1. mouth
2. tongue
3. esophagus
4. stomach
5. intestines
6. liver
7. heart
8. kidneys

(NOTE) To heal the tongue, treat the arches of the feet.

### **3. Saliva**

1. mouth
2. root of the tongue
3. stomach
4. intestines
5. head

### **4. Esophagus Diseases**

Stricture of the esophagus, dilation of the esophagus, esophagitis

1. esophagus
2. cardia (solar plexus)
3. stomach
4. intestines
5. liver
6. pancreas
7. kidneys
8. blood exchange

(NOTE) In the case of esophagus cancer, the prognosis is most likely not very good.

### **5. Stomach Diseases**

Acute and chronic gastritis, gastric atony, gastric dilation, gastric ulcer, stomach

cancer, gastroptosis, neurologic stomach ache, neurologic dyspepsia, gastrospasm

1. stomach
2. liver
3. pancreas
4. intestines
5. kidneys
6. spinal cord
7. blood exchange

(NOTE) If the condition of the cancer is obvious, the prognosis is most likely not very good.

## **6. Intestine Diseases**

Intestinal catarrh, constipation, appendicitis, vermiform process, ileus, invagination, intestinal volvulus, intestinal bleeding, diarrhea

1. stomach
2. intestines
3. liver
4. pancreas
5. kidneys
6. heart
7. blood exchange
8. lumbar vertebrae
9. sacrum

## **7. Liver Diseases**

Liver congestion, hyperemia, abscess, sclerosis, hypertrophy, atrophy, jaundice, gallstone, etc.

1. liver
2. pancreas
3. stomach
4. intestines
5. heart
6. kidneys
7. blood exchange

(NOTE) A few days after the treatment, gallstones will break into pieces by themselves and will be eliminated from the body. In the case of liver cancer, prognosis is most likely not very good.

## **8. Pancreas Diseases**

Liver cyst, ptosis, hypertrophy, etc.

1. pancreas
2. liver

3. stomach
4. intestines
5. heart
6. kidneys
7. blood exchange

(NOTE) In the case of pancreas cancer, prognosis is most likely not very good.

### **9. Peritoneum Diseases**

1. liver
2. pancreas
3. stomach
4. intestines
5. peritoneum area
6. Bladder
7. heart
8. kidneys
9. blood exchange

(NOTE) In the case of tuberculous diseases, treat the lung area.

### **10. Anal Diseases**

Hemorrhoid, inflammation of anus area, open sores of anus area, bleeding piles, anal fistula, prolapse of the anus

1. the affected part of anus
2. coccyges
3. stomach
4. intestines

(NOTE) In the case of anal fistula, do the same treatment as intestinal and pulmonary tuberculosis.

## **Chapter 3: Respiratory Diseases**

### **1. Nasal Diseases**

Acute and chronic nasal catarrh, hypertrophic and atrophic nasal catarrh

1. nose
2. throat
3. bronchi

### **2. Maxillary Empyema**

1. nose
2. depression of upper and front jaw
3. chest
4. throat
5. kidneys
6. stomach
7. intestines
8. blood exchange

### **3. Nosebleed Epistaxis**

1. nasal bones
2. back of the head

(NOTE) If menstruation is late and nosebleed occurs, treat the wombs and ovaries.

### **4. Sore Throat and Tonsillitis**

1. throat
2. tonsil
3. bronchi
4. kidneys
5. lungs
6. stomach
7. intestines
8. head

(NOTE) In the case of tonsillitis , treat the kidneys well.

### **5. Tracheitis and Bronchitis**

1. tracheas and bronchi
2. lungs
3. stomach
4. intestines
5. heart
6. Kidneys

7. head

## **6. Pneumonia Catarrhale**

1. lungs
2. bronchi
3. heart
4. liver
5. pancreas
6. stomach
7. Intestines
8. kidneys
9. blood exchange

## **7. Asthma; Chronic and Acute Asthma**

1. bronchi
2. lungs
3. liver
4. pancreas
5. diaphragm
6. stomach
7. intestines
8. kidneys
9. head
10. nose
11. heart

(NOTE) In the case of an acute attack, you may let your patient sit up and treat them in this position.

## **8. Lung Diseases**

Pulmonary edema, abscess, pulmonary tuberculosis, emphysema of lungs

1. lung area
2. heart
3. liver
4. pancreas
5. stomach
6. intestines
7. bladder
8. kidneys
9. spinal cord
10. head

(NOTE) In the case of women regardless of their age , always treat the wombs and the ovaries. Doing blood exchange is effective, but do not do it with very weak and very sick patients.

## **9. Pleura Diseases**

Both dry and moist

1. chest area in general
2. heart
3. liver
4. pancreas
5. stomach
6. intestines
7. kidneys
8. blood exchange

## **Chapter 4: Cardiovascular Diseases**

### **1. Heart Diseases**

Endocarditis, heart valve diseases, various symptoms of pericardium, various symptoms of the heart itself, palpitation, angina pectoris, etc.

1. heart
2. liver
3. stomach
4. intestines
5. pancreas
6. kidneys
7. spinal cord
8. blood exchange

### **2. Arteriosclerosis**

Aneurysm, cardiac asthma, etc.

1. same as treating heart problems
2. bronchi and chest area

## **Chapter 5: Urinary Organ Diseases**

### **1. Kidney Diseases**

Kidney congestion, anemia, atrophy, sclerosis, hypertrophy, abscess, wandering kidney, pyelitis, kidney stone, uremia, filariasis

1. kidneys
2. liver
3. pancreas
4. heart
5. stomach
6. intestines
7. bladder
8. head
9. blood exchange

### **2. Cystitis**

Urinary retention, uremia, urgency, pain when urinating

1. kidneys
2. bladder
3. urethra
4. prostate gland
5. wombs
6. same as treating kidney diseases

### **3. Enuvesis**

1. bladder
2. intestines
3. stomach
4. kidneys
5. spinal cord
6. head
7. blood exchange

## **Chapter 6: Neurological Diseases**

### **1. Cerebral Anemia**

Cerebral hyperemia

1. head
2. heart

### **2. Hysteria**

1. wombs
2. ovaries
3. stomach
4. intestines
5. liver
6. kidneys
7. head
8. eyes
9. blood exchange

### **3. Nervous Breakdown, Insomnia**

1. stomach
  2. intestines
  3. liver
  4. pancreas
  5. kidneys
  6. eyes
  7. head
  8. blood exchange
- (NOTE) Be careful with maxillary empyema.

### **4. Meningitis**

1. head, mainly back of the head and back of the neck

(NOTE) Mainly treat the head in order to heal the cause of the disease, such as the nose, forehead, and inflammation of the head; also in order to heal remote organs' diseases, such as gastritis and pneumonia caused by erysipelas. Same for tuberculous.

### **5. Epidemic Cerebrospinal Meningitis**

1. spinal cord
2. back of the head and back of the neck
3. heart
4. stomach
5. intestines

6. liver
7. kidneys
8. bladder

(NOTE) Mainly treat the spinal cord, back of the head and back of the neck.

## **6. Myelitis**

1. spinal cord in general
2. stomach
3. intestines
4. liver
5. bladder
6. kidneys
7. head
8. blood exchange

## **7. Cerebral Hemorrhage**

Intracerebral bleeding, cerebral thrombosis, etc.

1. head
2. heart
3. kidneys
4. stomach
5. intestines
6. liver
7. spinal cord
8. paralyzed area

## **8. Polio**

1. spinal cord
2. stomach
3. intestines
4. kidneys
5. sacrum
6. paralyzed area
7. head
8. blood exchange

## **9. Neuralgia**

Palsy, neural spasticity, migraine

1. affected area
2. liver
3. pancreas
4. stomach

5. intestines
  6. kidneys
  7. head
  8. spinal cord
  9. blood exchange
- (NOTE) Pay attention to the womb and ovaries.

### **10. Beriberi**

1. stomach
2. intestines
3. heart
4. liver
5. pancreas
6. kidneys
7. paralyzed or edematous area
8. blood exchange

### **11. Graves' Disease**

1. womb
2. ovaries
3. stomach
4. intestines
5. liver
6. pancreas
7. heart
8. thyroid
9. eyes
10. kidneys
11. spinal cord
12. blood exchange

### **12. Epilepsy**

1. liver
2. pancreas
3. head
4. stomach
5. intestines
6. kidneys
7. spinal cord
8. blood exchange

### **13. Convulsion**

1. liver
2. stomach
3. intestines
4. kidneys
5. spinal cord
6. shoulders
7. arms
8. elbow joint area
9. wrist
10. head

### **14. Chorea**

1. liver
2. stomach
3. intestines
4. kidneys
5. spinal cord
6. spastic area at the legs and arms
7. head
8. blood exchange

### **15. Sea Sick**

1. stomach
2. solar plexus
3. head

### **16. Food Poisoning**

1. stomach
2. solar plexus
3. liver
4. pancreas
5. intestines
6. heart
7. kidneys
8. Head
9. blood exchange

## **Chapter 7: Infectious Disease**

### **1. Typhoid, Paratyph**

1. liver
2. pancreas (spleen)
3. stomach
4. intestines
5. heart
6. kidneys
7. spinal cord
8. head

### **2. Dysentery**

Cholera, children's dysentery and others

1. stomach
2. intestines
3. liver
4. pancreas
5. kidneys
6. heart
7. head
8. blood exchange

### **3. Measles**

1. throat
2. trachea
3. bronchi
4. stomach
5. intestines
6. heart
7. kidneys
8. spinal cord
9. head

### **4. Scarlet Fever**

1. throat
2. chest
3. kidneys
4. stomach
5. intestines
6. bladder
7. head
8. blood exchange

## **5. Varicella**

1. stomach
2. intestines
3. kidneys
4. blood exchange
5. affected area
6. head

## **6. Influenza**

1. nose
2. throat
3. trachea
4. bronchi
5. lungs
6. liver
7. pancreas
8. stomach
9. intestines
10. kidneys
11. head
12. blood exchange

## **7. Whooping Cough**

1. nose
2. throat
3. bronchi
4. apex of the lungs
5. stomach
6. intestines
7. kidneys
8. blood exchange

## **8. Diphtheria**

1. throat
2. trachea
3. nose
4. lungs
5. heart
6. liver
7. stomach
8. intestines
9. kidneys

10. blood exchange

**9. ???**

1. liver
2. pancreas
3. spleen
4. intestines
5. bladder
6. kidneys
7. spinal cord
8. head
9. blood exchange

**10. Malaria**

1. pancreas (spleen)
2. liver
3. heart
4. stomach
5. intestines
6. kidneys
7. spinal cord
8. blood exchange

**11. Tetanus**

1. jawbone
2. back of head
3. throat
4. lungs
5. affected area
6. stomach
7. intestines
8. kidneys
9. spinal cord

(NOTE) In the case of puerperal tetanus, treat the womb. In the case of primary child, treat the navel.

**12. Articular Rheumatism, Muscular Rheumatism**

1. affected area
2. heart
3. chest
4. liver
5. pancreas

6. stomach
7. intestines
8. kidneys
9. spinal cord
10. head

### **13. Rabies**

1. affected area
2. heart
3. liver
4. kidneys
5. stomach
6. intestines
7. spinal cord
8. throat
9. head
10. blood exchange

## **Chapter 8: Whole Body Diseases**

### **1. Anemia, Leukemia, Scorbutus**

1. heart
2. liver
3. pancreas
4. stomach
5. intestines
6. kidneys
7. spinal cord
8. blood exchange

### **2. Diabetes**

1. liver
2. pancreas
3. heart
4. stomach
5. intestines
6. bladder
7. kidneys
8. head
9. spinal cord
10. blood exchange

### **3. Dermatological Diseases**

1. stomach
2. intestines
3. liver
4. kidneys
5. affected area
6. blood exchange

### **4. Obesity**

The same as diabetes.

### **5. Scrofula**

1. affected area
2. stomach
3. intestines
4. liver
5. heart
6. chest

7. kidneys
8. spinal cord
9. blood exchange

## **Chapter 9: Other Diseases**

### **1. Infantile Convulsion**

1. heart
2. head
3. stomach
4. intestines

### **2. ???**

1. affected area
2. head
3. intestines

### **3. Wrong position of fetus**

1. womb

### **4. Pregnancy**

If you treat the womb continually, the growth of fetus is healthy.

### **5. Delivery**

1. sacrum
2. lumbar spine

(NOTE) If you treat these areas, after twelve labor pains the baby will be born very easily. If you keep on treating these areas after the birth of the baby, the afterbirth will be easy as well.

### **6. Death of Fetus**

If you treat the womb, the dead fetus will naturally come out on the same day or the next day.

### **7. Cessation of Mother's Milk**

If you treat around the breast and mammary gland, the mother will soon start having milk.

### **8. Morning Sickness**

1. womb
2. stomach
3. solar plexus
4. intestines

5. kidneys
6. head
7. spinal cord

### **9. Erysipelas**

1. affected area
2. stomach
3. intestines
4. liver
5. heart
6. kidneys
7. spinal cord
8. blood exchange

### **10. Hyperhidrosis**

1. kidneys
2. affected area
3. blood exchange

### **11. Burn**

Put one hand one or two inches away from the affected area. When the pain is gone, put the hand on this area.

### **12. Cut by a Sword**

Treat as you press the cut with a thumb or a palm to prevent bleeding.

### **13. Unconsciousness; by falling, an electric shock, etc.**

1. \*katsu
2. heart
3. head

### **14. Drowning**

1. let the patient throw up water
2. \*katsu
3. heart
4. head

### **15. Menopause, Period Pains**

1. womb

2. ovaries
3. cranium

### **16. Hiccup**

1. diaphragm
2. liver
3. pancreas
4. kidneys
5. stomach
6. intestines
7. spinal cord
8. head

### **17. Stuttering**

1. throat
2. head
3. practice song:

A. Mukou no Koike ni "Dojo" ga sanbiki nyoro-nyoro to.  
(There are three loaches wiggling in the pond over there.)

B. Oya ga Kahyo nara ko ga Kahyo. Ko-Kahyo ni Mago-Kahyo.  
(The parent is Kahyo, his child is Kahyo. Son, Kahyo and grandson,  
Kahyo.)

(NOTE) Those who can sing songs can be healed

### **18. Pain at the tip of fingers**

1. affected area

### **19. Vomiting**

1. stomach
2. solar plexus
3. liver
4. spinal cord at the back of stomach
5. head
6. kidneys

### **20. Splinter**

1. affected area

(NOTE) When the pain leaves, the splinter comes back. You pull the splinter out at this moment.

### **21. Gonorrhea**

1. urethra
2. Hui-Yin
3. bladder
4. wombs

(NOTE) If it is orchitis, apply your hand lightly on the testicles.

### **22. Spasm of Pain, Stomach Cramps**

1. stomach
2. on the back at the stomach
3. liver
4. kidneys
5. intestines
6. head

### **23. Hernia**

As you touch the affected area lightly, it will contract by itself. Treat stomach and intestines.

## **Footnotes**

### **\*Katsu**

A technique to revive those who lost consciousness.

### **Blood Exchange** (also known as **Ketsueki-Kokan**)

A technique to get rid of dirty blood, or dirty substances from the body. You stroke along the back bone of the patient from neck downward.

**Complete Notes from a Reiki First Degree  
Class with Mrs. Takata**

**Note: The following notes are typed exactly as they appeared originally, except for a few spelling and grammar corrections which were felt necessary in order to make the notes more understandable. All illustrations are scanned from the original drawings contained in the notes. For purposes of anonymity, we will call the author of the notes, R.L.**

THE FOLLOWING ARE MISCELLANEOUS NOTES MADE TO RECORD VARIOUS HELPFUL REMARKS AND HINTS DURING A REIKI MEETING ON AUGUST 29, 1975

It is important to somehow motivate people to also help themselves and not rely totally on the healer. This can be done by neck exercises, and I would add, by foot and hand reflexology, by prayer, and above all a fierce desire to get well. They must learn to control their feelings and thus eliminate hate and fear and anger and greed. It is a medical fact that the above feelings release deadly poisons into the human body!

It is advisable, good and practical for two or more REIKI healers to work together, to heal each other, to strengthen their mutual faith, exchange experiences, and gain confidence. Furthermore 'Where two or three are gathered together in my name, there I am in the midst of them.' Since 'REIKI' means universal power and wisdom, the above quote is applicable. Jesus was not talking of Himself, but of Universal Love and Wisdom, with which He declared Himself to be one.

If you feel power only in one hand, you can hold hands with yourself and charge or warm up the other hand.

When encountering cold body areas, it is a sure indication such areas need healing (unless the man is an iceman!!) after a long enough period of laying on hands, one can then feel the vibrations and then proceed the normal way until the vibes cease, or until allotted time is up, and continue later with more treatments.

The patient does not necessarily feel tinkling where the hands are laying, the tinkling might be felt in an entirely different area. However the healer follows HIS or HER directions and feelings.

ALLOW LOTS OF TIME! don't become discouraged if results are not immediate. Relaxation or sleep are results of tensions vanished or diminished!

It is well to have an agreed starting and finishing time, especially when working with a number of patients.

Four of us were led into a room and asked to sit in straight backed chairs in a row. I was told to take my wrist watch off because the teacher's power would damage the watch. She then explained that it was unimportant just what we call the power nor that we know why it works, but she would show us exactly how to use it.

She then asked us to fold our hands in a prayerful way: flat palm to palm, with arms loose and relaxed, holding the hands with the thumbs about level with the third eye. We were then told to close our eyes in this position and she took up a position a few feet in front and to the left of us. We could then feel a tremendous power, almost like much static, especially in the face and the hands. While we could not see, I know she did move in front of us. Two or three times she touched our hands and perhaps she did bless or purify our fingers and hand. One time she blew strongly in our faces. Then she told us we could open our eyes. The past is over and done with. Your hands are now healing hands.

We then left the private room, and in the large living room she set up four straight backed chairs in a row, one behind the other, and we were told to sit in the chairs and begin healing another. She told us how to put our hands on the shoulders of the person in front: Put a slight pressure on the fingertips, let the palm also rest on the shoulder, and we should in our own fingertips feel vibration, and warmth in our shoulder from the contact of the person behind us. The person in front puts his or her hands in lap. After about five minutes we changed positions. All participants underwent this experience. She then went on to say that from now on we should begin to heal ourselves. Those who are overweight would lose the avoirdupois and those who are under weight would gain up to their right weight. I believe that I experienced a healing in my right ear while sitting in the 'chair line-up.' She outlined two healing series:

1. Put both hands over eyes, with slight pressure on the eyeballs for about ten minutes, then move hands to roughly above the ears, but a little more forward, for the same 10 minutes, then move hands on back of head, just above the neck for ten minutes.
2. This series is very similar to the 'chakra-method.' You put the hands over the solar plexus, then cover the spleen, then the reproduction area, then the heart, the throat, and the forehead.

It is immaterial what you think while healing yourself or others. It does not matter how you stand or sit, just so you are comfortable. Wherever there is 'disharmony' in the other person's body you feel a vibration in the hand.

She mentioned a black lady who was a diabetic and was about to lose her eyesight, she could no longer read the newspaper, and was vastly overweight. She regained her eyesight almost immediately and within 9 months lost a lot of weight.

The instructor said she no longer uses or needs glasses, even though she wore glasses most of her life.

For a while I was sitting in front of the chair-row with the four healers in it, and I could feel the power emanating from them. I could also see the strong auras of the people, even after they left the 'healing row' their aura stayed strong. On one fellow I could see the aura not only about his head, but around his entire body.

I have a feeling that there was a connecting 'arc' of spirit between the healers in the chair row, but could not very well ask about it.

The instructor at times is somewhat disconcerting in her answers, and I have a feeling that she does not want to give more away than she has planned.

There were about twelve in our group Paul James (**ed.: name changed to protect anonymity**), our host, is among them.

It was announced that tomorrow (second night) all healing pertaining everything from the neck up will be covered, including mental disturbances.

She urged that we practice healing tonight yet. (What better way to make stick what she told us. She did not want us to take notes, but rather to watch her closely. 'Distant healing' will be a graduate course, for those who have mastered what she is teaching in the basic course)

This promises to be an interesting four days! Bless the little woman.

### **Reiki Healing Class - Second Night**

Tonight's subject was everything pertaining to the head, from the shoulders up. We again had our 10 to 15 minute private charging period. This time we were told to place our hands immediately in the praying position mentioned last night: hands flat together, arms free, especially at the body, at about the height of the 'third eye.' I felt my hands getting warmer from the wrist up, almost as if they were being filled with heat. When the heat reached my fingertips I had a tingling sensation.

Healing the EYES: anything to do with the eyes, including glaucoma, cataracts, sties. Place a napkin (paper) over the eyes, and put fingers over the eyes, then move to the side of the head, and then back of the head. She had success in all eye diseases, some take months, others only a few treatments. It is always advisable to treat daily, for 15 to 20 minutes.

Healing of the nose: place napkin over the nose, but do not obstruct the nostrils, place hands over nose, then over cheekbones, and finally over forehead, and top of head.

Healing of asthma: Place hands at root of throat, where it joins shoulders, then on underside of jaws and on cheeks, then nose as noted above. Also treat ovaries if female, or prostate if male, also solar plexus.

Healing of ears: Place hands over ears, put finger in ear, then put patient on side and place hand behind the ear, then turn around and do same behind other ear, also treat solar plexus and throat, for ear trouble may start with wrong nutrition. Clean out ears, after treatment. Wash eyes after treatment, but don't rub them.

Healing voice box and build up voice: Place hand (and finger) in indentation where throat joins shoulder, then treat throat all around.

Healing migraine headaches: They are frequently caused by wrong nutrition, and thus the stomach and kidneys require treatment (see tomorrow's lecture). Then treat as if for asthma and hay-fever, also top of head, back and sides and throat. It was also pointed out that the feet should be treated, naturally with the shoes off.

Loss of hair, even bald-headedness, can be treated, and it is important that proper diet be observed. Lemon juice, seeds, etc. She did not say too much about diets, but indicated the importance of it.

Healing of teeth: Place hand over upper and lower jaws, move to cover all teeth.

Healing of gum troubles: same way. Do not be concerned if teeth become loose, for this is part of the cleansing and healing process. The gums will tighten up again as they heal.

Healing of the tongue and inside mouth: same way.

Healing of goiter: (there is a visible, outer, and also an inner goiter. Trouble is caused by wrong digestion, and solar plexus and kidney should be treated first, then place hands at root of the neck, where goiter would be, then treat eyes as outlined on page #1. Goiter will cause bulging eyes. Also treat heart, because Goiter is also a circulation problem.

Healing of warts and Polyps: same way, by placing hands over warts and over nose (if polyps) in due time they will simply fall off, fall out including their roots. Polyps are usually cut off or burned off, but the root remains and thus they grow back in.

Today our instructor did mention that healing takes place through the power of God, and our 'REIKI-Hands' are simply channels through which the power flows.

She squeezed out all 'blackheads' on the back of our 'model' and indicated that they are signs of a too rich diet, especially too much sugar and fat.

Today, also, after our 'private session, we were sitting in the 'four chair healing parade,' as outlined yesterday. In both, the private session and the healing chairs we alternated man and women. She said we would never lose our healing power, except if we were to try and teach REIKI to another.....

She said our sensitivity would improve as we practice what we learn. When we experience the tingling sensation we encounter an area to be healed. When it stops, it is time to move our hands again. "Heal yourselves! Heal yourselves! she said several times, you come first before others.

It was brought out that there is nothing wrong with charging people for a service received, especially so since the healer invested time and money to become efficient in the work. Also the healer may have to pay for services, which he or she would normally do him- or herself if time was not taken up with healing, not to speak of cost of table, a room set aside for it.

There may be other 'signs' of healing action such as diarrhea, weakness and feeling upset.

Meditation and prayer before beginning treatments is always a good way of 'focusing' the power.

It is well to check and calm the fear the patient may have. The healer may find that he or she has ups and downs in healing power, but by keeping on doing the work, this will eventually level out and up.

Sometimes one's own family simply refuses to believe that one of their own is a gifted healer, but then it has been discovered before that 'A prophet may not be welcome in his own country.' After all doctors don't treat their families either.

Heavy perspiration can also be an indication of healing taking place.

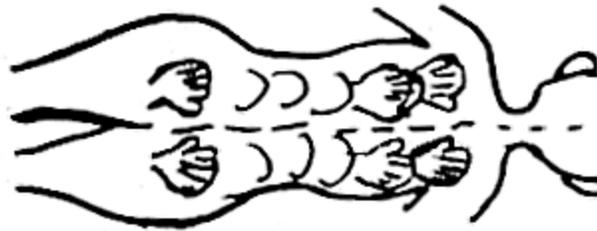
In healing, others have also had the sensation that there is no body where the healers hand is resting.

A good phrase for our type of work is SPIRITUAL THERAPY. That not only covers the laying on of hands, but spiritual counseling, even prayers and is 'non-committing.'



When both hands are placed together in this fashion a greater concentration of power is achieved.

In treating the back, place hands as indicated as keep them moving , down, down, down, on both sides, then treat the spine last, top to bottom.



A sort of X-ray healing can be achieved by placing right hand in front over disharmonious spot and the left hand in back. (if you can reach it) This is where two healers can do things one can't!



Added notes pertaining to second night (given on the third night):

Migraine headaches: Treat feet also.

Baby Drools: Treat head, teeth and also feet.

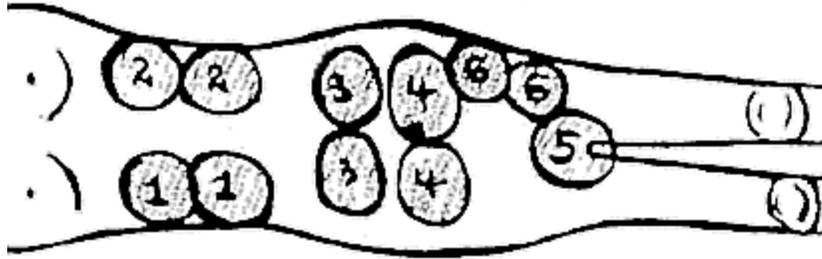
Eye disease: As noted, but also treat ovaries or prostate.

Nose Bleeding: If artery is out, pack of ice in nape of neck, pinch nose. May take 2 to 3 hours to stop.

Lesions on Tongue, Swollen tongue: Treat head and throat, but also feet.

## Reiki Healing Class - Third Night

The one, two, three, and four treatment:



It is an almost universal treatment, and since the hands cover a rather large area, one need not be concerned about exact locations. The instructor said the Solar Plexus can be compared to the main-motor of the body, it affects all other operations, therefore keep it in A-one operating order!

Bad breath is an indication of poor digestion (or bad teeth!)

(6) is location if constipated.

One can treat people, plants, animals and fish with REIKI.

Vitalize your food (bless it, see it as God-substance, thus every meal is partaking in God-substance or is a Holy and Wholesome supper- Unity)

Pneumonia, Tuberculosis, Cancer (anywhere), Gallbladder - always apply the 1 to 4 treatment.

Treat light cases first in order to gain confidence and to build up the healing - channel's own faith in Reiki. Never give up!

R E I K I = Universal Life Energy, God-Power, Creative Intelligence.

Food: Grapefruit juice, raw beets, grated raw celery, soy-milk.

(5) indicates healing location for colons and gall bladder.

Raw red beets are excellent for cancer and blood purification.

Stay away at first from third stage Hemorrhage treatments, but go ahead with second stage, however be prepared to see it get worse at first, add'l flow is indication that cleaning is taking place.

Pneumonia: Place arms of patient behind and under head. Then with patient laying face up, reach with both hands under patient and treat one side of lungs, then stand on other side and treat that same way.

Caution : Do not uncover patient, only enough to lay on hands. If patient perspires, wash gently, always rub UP towards heart, face and throat rub down. Give liquid food. Treatment lasts as much as two hours.

Hiccups: Put arms behind head and treat diaphragm (3&4) until it stops.

Perma-Sneeze: Treat same as nose bleeding.

Heart trouble is not a cause but the effect of trouble elsewhere! Treat 1 to 4, then treat the heart.

High blood Pressure: Treat 1 to 4, then head, throat and heart.

Emphysema: Treat 1 to 4

Arteriosclerosis: Treat 1 to 4 and head treatments.

Bed wetting: Treat 1 to 4 and bladder (5), then turn over and treat kidneys. Try to train not continuous urination but a sort of stop-go-stop-go-stop-go method.

Kidneys: self treatment = stand up, reach back with both hands. others: turn around face down and lay on both hands.

Stroke: lay patient flat on floor, ease all restricting clothing use 1 to 4 treatment, then head. If patient is lamed on one side: work downward to get blood down. Caution Left side head rules right side of body and reverse.

Polio: Use the 1 to 4 treatment, then turn over on face and treat like common cold.

Chickenpox: Use the 1 to 4 treatment plus head treatments (all).

Burns: Simply lay on hands.

Wrinkles: At young and healthy people it may indicate that the body needs more liquid!

Age-wrinkles: Lay on hands, push wrinkles up and , or , in. They will then be anchored inside.

Arthritis, Rheumatism, Dursitis, Sciatica: Use the 1 to 4 treatment, and massage the legs downward.

Instructor: ALWAYS HAVE FAITH IN GOD!

Conclusion: The REIKI Healing Method is a way of healing whereby man offers himself to be a channel for the flow of God-Power.

Initiation: No question there is tremendous power involved. Could it be sort of an initiation of the Holy or Healing Spirit, the 'Comforter,' through our instructor?....

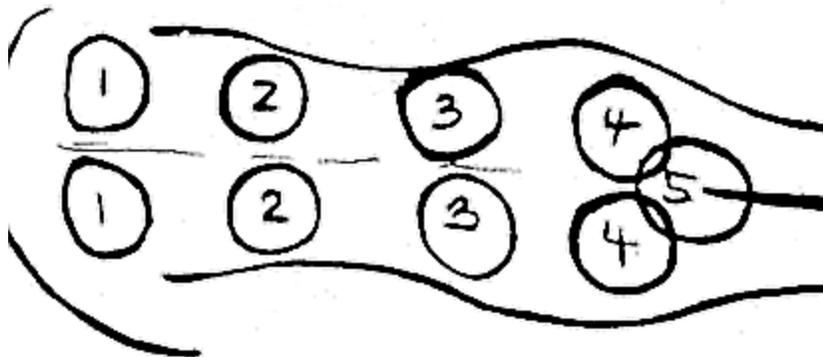
## Reiki Healing Class - Last Night

I was with the first group that went in for our usual private 'power-charge.' We were told to fold our hands in prayer and raise them as in other evenings, thumb about even with the third eye. This time I felt first a warmth in my wrist, which then slowly rose right up to my finger tips, as if my hands were forming a cup filled with heat or energy. When our instructor was standing in front of me, I felt as if my whole chest was open and a stream of gentle, but warm energy was flowing into my chest from her. She also walked behind us this time and sort of tugged at our heads, pulling it back. At the end we were informed that our healing power is permanent, we would never lose it, except if we were to try to teach or give it to someone else.

As we entered the meeting room, we again had our 4-chair line-up, healing one another.

This evening dealt with the back from the neck down.

While we learned the 1 to 4 of the front, we were shown today the counterpart for the back.



A good front and back treatment should last about 1 1/2 hours according to our instructor, and we are to stay long on the position 3 and 4 (front and back).

For sinus, ear and nose trouble also treat the lungs above at #1 position at back.

For whiplash treat throat, neck and back.

For nervous breakdown: treat especially left side pos. 1 & 2 . May take three to six weeks, daily application.

Instructor suggested that when healing is being done, that daily treatments be given.

Important to treat spleen, which she calls the timer of the heart, Left side position of 2, 3 and 4.

For piles and prostate gland trouble treat #5.

For ovaries etc. treat #5

Bleeding piles are dangerous, and cause much blood loss. Always give 1 to 4 treatment front and back and 5.

Heart Trouble could be gas trouble, pushing against heart. Give 1 to 4 treatment front and back, then give rubbing 'back towards heart.'

Varicose veins - treat lower body front and back and put hands right on veins.

Watercress is good for heart trouble.

Skin impurities have their origin in digestion, treat stomach first, then face.

Eggs can cause itchy skin.

Split nails - drink water-gelatin solution.

Raw tomato juice is all right, but not the canned kind.

Our instructor emphasized again and again the 1 to 4 treatment front and back.

It is important to think and use one's head: don't just treat the effect. Distinguish between cause and effect and where possible go to the cause, and I think that is why she emphasized the 1 to 4 treatment so much: it takes most everything in.

The rest of the evening was spent listening to the history of the REIKI healing methods, and while it was interesting, it did not give us any basic additional knowledge. There will be in due time an advanced course which will deal with absent healing, and more difficult propositions, however even the advanced graduates will not be allowed to teach REIKI. After course 2 there will eventually be a third course, whose graduates will then be qualified to teach REIKI.

Mrs. Takata emphasized that a right spiritual attitude should go along with the healing (during her history telling of REIKI).

**Class Notes from a Reiki First and Second  
Degree Class Taught by Ethel Lombardi**

**Note: The following notes are typed exactly as they appeared originally (including capitalization and other grammatical errors), except for a few spelling and grammar corrections which were felt necessary in order to make the notes more understandable. All illustrations are scanned from the original drawings contained in the notes. For purposes of anonymity, the we will call the author of the notes, R.L. Ms. Lombardi is a well known student of Mrs. Takata's and I feel that these notes serve to shed further light on Reiki as it was being taught in the mid 1970's.**

Reiki I and II as Taught by Ethel Lombardi, Reiki-Master, in 1976

### **Reiki First Degree Class**

1. Healer sits at person's head. Put tissue over patient's eyes, index finger in tear duct, middle and ring finger resting gently on eye lids, little finger on cheek.
2. Hands on side of face with fingers together.
3. Hands back of head, behind ears.
4. Hands on shoulders.

ALWAYS START WITH HEAD.

Sliver or splinter in eye will work toward surface.

Anything to do with eyes: always do 1, 2, and 3 positions.

Stye: do 1, 2, 3 positions also solar plexus and kidneys. A greening hair will work out of the stye.

Burn or cut: treat immediately, and there won't be any scar.

Cross eyes: Exercise 15-20 minutes, then treat eyes.

After working on eyes (regardless of what is wrong), if patient is female always treat ovaries.

IT IS A GOOD IDEA TO USE SOMEONE TO POLARIZE FEET. (hold feet)

Healer is simply a channel of energy, working on others will also energize the channel = the healer.

Cataracts should be treated daily.

Diabetic: always work on eyes.

Nose and sinuses: use #4 position, also treat Bronchial tubes.

Ear ache: Index finger in ear, rest of hand around ear.

Ring in ears: All positions, then both sides with hands doubled on one side at time.

Dizziness: Hands on both sides of head.

Unbalanced: Right hand in front and left hand in back. Start with root chakra, slowly moving up and work with each of the seven chakras. Then the left hand moves down each chakra in back, while the right hand stays at top of head. Deep-breathing and exhalation will break blocking of energy.

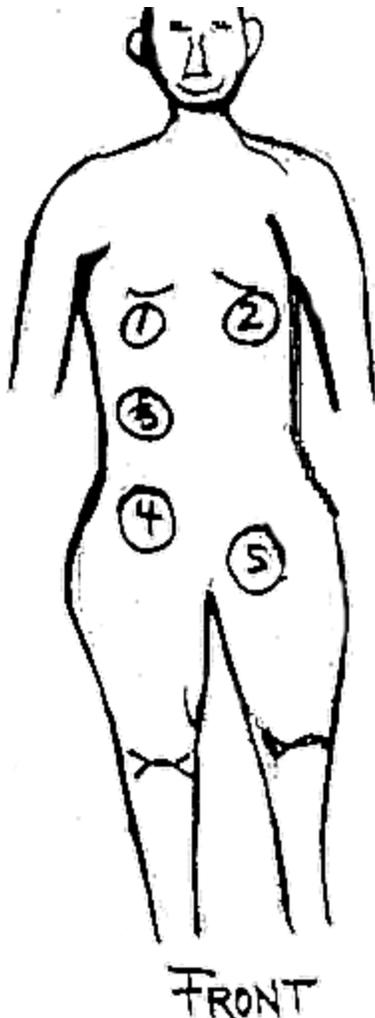
Headache: Use 1, 2, 3 positions. If female patient treat ovaries for seven days straight.

Mucus problem: Do without milk or orange juice.

Problem in mouth: Hand on lower jaw each side. If Pyorrhea, massage gently, also treat bottom of feet.

Infection: will draw more heat.

Bursitis: Will draw most vibration.



Wrinkle in neck: Hold neck.

Dizziness: Use #2 position, which also applies to ear sickness and seasickness (inner ear treatment)

Goiter: Both hands on neck, overlapping. Then treat solar plexus, kidneys and heart.

Baby that drools abnormally: give soy-milk and treat bottom of feet.

Mumps: Female - treat ovaries; male: treat prostate.

ALWAYS BLESS YOUR FOOD!

### **Reiki First Degree Class, Second Day**

Always treat the whole body, and then go to the problem.

Solar plexus extends two inches around navel.

Shock: Treat solar plexus.

Arthritis: Do not use aluminum pans. Don't eat cheese nor drink milk. Eat lots of vegetables and fruit. Eat more white meat (chicken, turkey, and fish) Treat entire body: head, solar plexus and spine.

Cancer : Spend extra time on gall bladder.

Recommended: white grapefruit (leave the little white membrane), raw red beet (good sized) , ten unroasted almonds, a handful of sunflower seeds, and one pint of water. Blend in blender. This makes a vitalizing drink for anyone.

Recommended: one head of green cabbage, one head of cauliflower, one or two large beets and an onion. With your hands put energy in food (Raw food will absorb energy). This salad is good for cirrhosis of the liver, ulcers and colitis.

Constipation: Treat all chakras for ten or 15 minutes, also do all 4 basic positions.

Scar tissue: Reiki can erase it by treatment.

Breast tumors: Spend forty minutes on ovaries. If person had Hysterectomy treat anyhow, as the divine pattern , the spiritual part still exists.

Bed-wetting: Use #4 position in front and #3 in back. Have person start and stop when urinating in order to strengthen muscle.

Epilepsy: Person generally has acid stomach. No milk, Cola or sugar. Treat entire body with extra time on head.

Hyperkinetic child: No milk, cola or sugar. Treat entire body.

Parkinson's disease: Treat entire body with much extra time on kidney area (#3 position in back) Person usually has cold thymus.

Multiple Sclerosis: Treat entire body. If patient has been crippled for a long time, he will pull a lot of energy. Good idea for healer not to eat for two to three hours before treating.

Heart Attack, Stroke: Do not give Reiki to person having heart attack or stroke; get immediate medical help. Then wait 3 weeks before treating with Reiki. Spend 40 minutes on solar plexus. Do the 1, 2, 3, 4 treatment first in front, then treat all of the heart area and #2 position in back. Give same treatment for stroke with much time on head and neck area first, then on limbs.

Varicose veins: much time on #4 and 5 positions, and then directly on veins causing trouble.

Ulcer: Eat salad finely shredded. Use #1 & 2 positions.

Leukemia: Give much time to spleen area. Drink the 'juice; and eat the 'salad.'

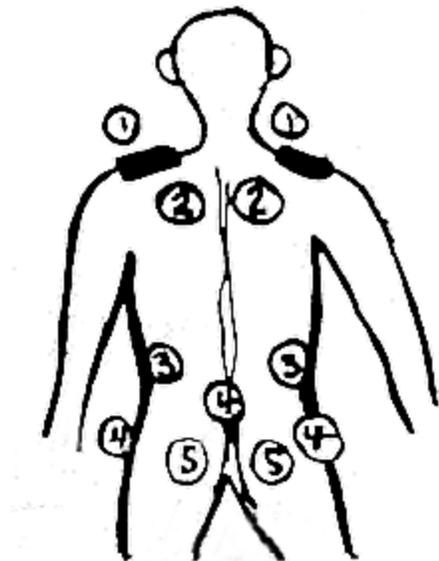
Liver: Do the #1 to 4 positions in front.

Pull energy down into legs: Put right hand on hips, and with left hand pull energy down into each leg.

NOTE: Reiki is a very high vibration (love vibration). There is no need to protect self for healer.

### **Reiki First Degree Class, Third Night**

Positions on backside.



#1 Hands on shoulders

#2 Between shoulder blades

#3 Heel of hand about at waist, covering kidneys and adrenals, located atop kidneys.

#4 Hands sideways and on tailbone, covers male prostate.

Pregnancy: #3, 4, & 5 positions.

Heart: #2 position

Left shoulder: Sleep button and calm down nervous system.

Right shoulder: Gall bladder

Whiplash, Shock: #1 to 3 positions to reach sympathetic nervous system, side of spine. Concentrate on #2 position.

Pleurisy: All of ribcage, both front and back.

Kidney and Backache: Much time on #3 position.

Prostate: #4 position.

Hemorrhoids: One inch away from rectum.

Sciatica: #5 position (also good for stroke victims and elderly people.)

Emphysema: Entire chest area, front and back (wherever there are ribs). Treat two hours daily for 1 to 2 months.

Parkinson's Disease: Treat kidney area.

Cancer of Bone Marrow: Treat spleen.

Any spinal problem: After revitalizing with #1 to 5 positions, have two people working on each side: start at base of head and work all the way down (about one inch each side of spine).

Diabetics: Start at bottom.

Finally for older persons on bed: put Reiki in feet by putting hands around ankle and shake.

Rule of Thumb: Spend 30 minutes on head, 30 to 40 minutes on solar plexus, and 30 minutes on back.

Bronchitis: #4 position, also thymus.

Have hands opposite to each other to concentrate more energy.  
Always pay attention to what your hands are telling you.

Affirmation: Father, into your hands I trust myself. Father, into your hands I give myself.

IDEALS:

- a) Just for today I will not anger.
- b) Just for today I will not worry.
- c) I will count my blessings and be grateful.
- d) I will earn my livelihood honestly.
- e) I will be kind to all life forms, to all creation: it is God.

## **Reiki Second Degree Class**

### **Day One**

A rolled-up, folded towel as a headrest is better and more practical than a pillow. It allows the healer more freedom and room to place the hands, and is not nearly as warm to the patient.

It is very important to memorize the three symbols and the codes as pictured and outlined below. They should be ready for instant recall, so that one can imagine and draw them and recall the code names at any time.

<SYMBOLS ARE OMITTED, BUT ARE THE STANDARD SECOND DEGREE SYMBOLS>

1. Now by using the CHO KU REI technique, one has ten times the power to give in less than half the time. Instead, of laying on the hands by the '1-2-3-4 method' front and back, it is only necessary to give one treatment on each side.

2. In order to change wrong habits and wrong mental concepts, also addiction to smoking, alcohol and drugs, one applies first the SEI HE KI formula by 'writing' the proper symbols over the head of the patient. Then the CHO KU REI power - concentration is applied, while talking to the patient that he or she will no longer like the habit, that he won't like the taste, that the habit is not a good one for him or her, etc.

3. For absent healing, one should either know the person by sight, or else obtain a picture. Then use the HON SHA ZE SHO NEN technique and write it over the face, saying I will now give you a treatment. This is followed by the SEI HE KI (if needed), or if only general treatment is desired the CHO KU REI is used.

4. One can also give the specialized treatment as follows: Sit upright in a chair. The knees represent the head, from the knee upward represents the body. The right side of the healer stands for the front of the patient, the left side for the back.

Reminders from the Reiki-I class:

One can never be quite sure just what is causing the particular or any other health challenge, therefore, to start with treatments, at first treat the entire body, torso, head and feet, and start with the 1-2-3-4 system:

- both hands parallel on the right side (1),
- both hands parallel on the left side (heart-side) (2),
- then one hand in front of the other, centered on the navel (3),

- finally one hand in front of the other [south of (3) taking in spleen and genitals (4)].

Watch for vibrations and stay longer where they occur. Then treat head: eyes (cover with napkin) also at side of head between eyes and ears. Treat ears by putting hands over them, by encircling them behind. Treat nose and sinus at side (cover nose).

Real sinus trouble: cover upper chest and forehead to hair line. Cover jaws and throat in front, Cover mouth and teeth. Cover cavity at voice box. Free shoulders and upper chest. Treat neck and back of head and top of head.

For deep hacking cough, treat sides at rib cage.

For swollen tongue, drink plenty of lemon juice (lemonade) and massage ball of feet.

Arthritic hands and wrists: cover with hands, also knees. They will after sufficient treatment begin to 'seep' moisture and small particles of crystallizations (cottage cheese).

A sensible diet is extremely important: fruit juices, vegetables, teas, little or no meat, no smoking, no alcohol. Do not use aluminum pots and pans, use stainless steel instead. Go easy on milk and coffee. Daily treatments are recommended until definite improvements are seen.

Glaucoma, even blindness can be healed successfully. In case of running ears, place one finger in each ear. Each healer should treat self for at least an hour a day.

She says holes in eardrums can't be healed, - that ain't necessarily so. There is only one Healer, and to Him, Reiki, all things are possible.

R.L's observations strictly, and no detraction of Reiki intended: Reiki (Universal or creative Energy, Godpower) is a system of steady practical application of faith, and by its nature also envisionment of healing, more than that: a dedication to Wholeness and practicing Love. It is right in line with Jesus' teaching, by its action it is practical prayer or love in action, as He Himself stated so clearly: **ACCORDING TO YOUR FAITH BE IT UNTO YOU!**

In case of Heart-Attack: use standard procedure 1-2-3-4, then treat head and shoulders. This also applies to strokes.

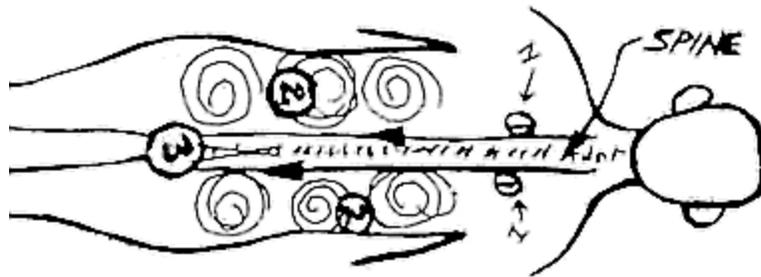
For Nervous Breakdown again use 1-2-3-4, and then treat especially the left side of the back.

It cannot be emphasized too much: always start with the standard 1-2-3-4 treatment front and back, then go to the head, and don't overlook the feet! As one proceeds thus treating the entire body one is bound to find the 'trouble' spots, where more time needs to be spent. Normally treat one location for about ten minutes, and let the average treatment be about an hour, unless healer has no other engagements, or it is an emergency.

The treatment of the feet is, in my opinion, quite similar but not as thorough as the foot reflexology treatment: Massage the nerve-endings, the toes, the ball of the foot: in short Treat and bend and move the entire foot.

The finishing touch: (At the back)

If the person is NOT a diabetic, bear down well with fingers on (1) either side of the spine (but not on the spine) from the neck downward to the end of the spine. If the patient is diabetic, then move from the bottom UPward to the neck. This



done first take one side of the shoulder and move hand in a rotating movement, then take the other side the same way. (2) Always include in the back-treatment the lower center (for men: the genital organs and prostate, for woman their respective organs). Also treat kidneys (3).

Where there is poor control of bladder function: give 1-2-3-4 treatment, then bladder and kidneys. When urinating, suggest it be not in one continuous flow, but in bursts, in order to exercise the bladder muscles in closing and opening, thus begin control-training of the bladder-muscles.

Always rejuvenate yourself first, before trying to help others!

Reiki is a spiritual - mental - physical treatment, takes care of the whole person, right in line with modern medical thinking.

Observe the five main points for correct living:

Just for Today:

1. Do not become angry!
2. Do not worry!
3. Be grateful and count your blessings!
4. Do an honest day's honest work!

## 5. Be kind to all and everything!

(In Unity we call that 'Living in the Infinite Presence', for wherever you are, whoever or whatever you meet, or confront, it is always God, for in Omnipresence, there is nothing else!)

The founder of REIKI was a college principal, administrator and also the college's spiritual leader, by the name of Dr. USUI (?) Confronted one day by graduating students, who challenged his belief (USUI was a Christian) and asked him 'Can you heal people, can you make the blind see, can you walk on water? After this he quit to learn more about Jesus' teaching. Studied at the University of Chicago seven years. Also studied other religions, discovered that Buddha also healed people, went back to Japan, studied ZEN Buddhism, then studied Chinese writing, in the hope of discovering the secret words of healing and knowledge. Then decided that perhaps Sanskrit, the oldest writing system, might yield the answers he was after. An old monk said they did not know but were working on it. Told USUI to go up in the mountains and fast for 21 days and meditate on the formulas he was seeking. He experienced a spiritual illumination 'he was struck by light' and saw symbols in white light ... He felt he had the answer he had been looking for and immediately hurried back to the monastery. On the way back (had to be back on the 21st day) he had an accident, stubbed his toe and discovered he could heal. When he got back to the monastery, the old monk was sick, but as he talked to him, again he (Dr. Usui) discovered he could heal. This story was by word of mouth related to Mrs. Takata by Dr. Hayashi, who succeeded the late Dr. USUI. This is the beginning of REIKI per se, even so Universal Energy has neither beginning nor end.

NOTE: All artwork in this Ebook was scanned from the original class notes.

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