

*** BOOK SAMPLE ***

誰にも出る
霊気は

小川 二三男

Reiki wa Darenimo Deru

Everyone
Can Emanate Reiki

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by
Fumio Osawa
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Introduction for the English Version

I first learned about Fumio Ogawa-sensei in a 1986 Japanese magazine article (see page 8) given to me by Shiya Fleming in 1997. She had been reading it while visiting a friend in her native Japan and knew it would interest me. Shiya and another Japanese student of mine, Emiko Arai, translated the main parts of the article which I immediately shared at my web site (www.threshold.ca). But it wasn't until 2005 when I had this book translated that I actually got to read the entire article.

Ogawa-sensei was the step-son of a founding member (and executive) of the Usui Reiki Ryoho Gakkai, Kyozo Ogawa. The Gakkai is the original Japanese Reiki support society founded around the time of Mikao Usui Sensei's death in 1926. Ogawa senior was also the Shihan or teacher of the Shizuoka branch of the Gakkai. After his father's transition, Fumio-san took over and was Shihan until his passing in 1998.

In his 1997 book "Reiki Fire", Frank Arjava Peter talked about one of his Tokyo students meeting a friend of the Ogawa family, Oishi-san, and sharing old Reiki documents and history with her. She passed this on to Arjava and some of his books were based on this information. Arjava told me that after Ogawa-sensei's passing, Oishi-san sent some more documents to Arjava.

In January of 2005, I was contacted by one of Arjava's Croatian students, N.S., who asked me if I could translate this book into English for him. He said he had received a copy in 1998 from Arjava, had already translated it into his own native language, but he was also eager to share it's contents in English with others. I agreed but cautioned him on copyright ethics as the Ogawa family would still own the rights to the book, even when translated.

I received a photocopy of the book from N.S. at the end of January 2005. I split it into sections and asked some of my Japanese students to help translate it. It took many months but eventually it began to come together. In return I compensated

them for their efforts. As I received translations, I sent the original versions back to N.S. Shortly after I sent what I thought the last translation, I discovered he had immediately published the translation thus far on the internet, but he did not give me or my students credit for the translation.

However, as it turned out, I had forgotten to get one large section translated, so I asked one more student to help with this. That section is now part of this book (but of course not the other version), as are the translations of two of the graphics added at the end.

The last few pages of Ogawa-sensei's book seem to include diagrams from anatomy books, so I didn't think these would need translation. They are presented as is.

I should note that I had a previous experience in 1999 getting a large part of my teacher Hiroshi Doi's book, "Modern Reiki Method for Healing," translated into English. It is the first Japanese Reiki book I know of to be translated into English (this is the second) and I also helped Doi-sensei get it published in 2000. That translation was initially done by several people and afterwards some readers felt this caused a certain lack of cohesiveness in the presentation. So I decided to acquire the help of one more of my Japanese students, one who had a lot of translation experience and who had also just completed a PH.D in Physics at an American university. She made many suggestions for changes, sometimes complete pages, and I used her version to make the final edit. The result is this book.

I also felt that some readers might appreciate the original Japanese text, so I have included images of the original page next to each English page. For this reason, some of the larger pages have been presented sideways (as in the case of the 1986 magazine article) so that the Japanese text can be more easily seen.

I have now asked the Ogawa family for copyright permission to publish this book, and I hope they will reply in the

affirmative. Copyright is internationally automatic with any work, whether it is stated in the text or not, and it survives the author for many years. Since I am trying to live up to Usui Sensei's ethics, I will not openly publish this book at this time. But I plan to share it privately with some of my students to see if there can be further improvements or suggestions in the translation. If I do receive the Ogawa family's permission to widely publish this translation, in return I would agree to send any profits to them or some charity they recommend. This would be my way of honouring the efforts of Fumio Ogawa-sensei for bringing traditional Reiki knowledge to more and more people.

I hope you enjoy the book and that it sheds a bit more light on the traditional Usui Reiki Ryoho Gakkai way of practicing Reiki in your daily life.

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Translation Credits

I would like to extend my sincerest gratitude to the following people for their extensive efforts in helping to translate and edit this document. It truly was a Sharing From the Heart.

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PREFACE

The late heads of my family had been involved in Reiki therapy for 40 years. They treated a lot of people everyday and they were cured by the 'magical' power. Some patients said that they had to have Reiki from them everyday. They devoted themselves to familiarizing Reiki by giving Reiju every month to a lot of members.

They were pretty healthy after they began practicing Reiki. They hadn't seen a doctor since then and received awards from the National health insurance agency.

Even if they felt something was wrong, they cured themselves or cured each other. They were fine by the next day most of the time and left to treat other people. They had such a surprising vitality. I heard that if they cured other people by Reiki, Reiki would flow into their body naturally and their illness would be healed too.

I think when my father died it was the only time when he saw a doctor. He died as if he was going to sleep, without any pain. I guess it was his age. This was such a mercy for the family.

After his death, his body was not rigid even the next morning. The hands and feet were soft and they didn't feel cold. All the students held his hand and they were surprised.

He used to tell us about his experiences from the treatments.

- One can cure the injury very fast if one treats it immediately. It is thus easier for beginners to see the effect of what they have done.
- Only 15 minutes of Reiki treatment popped one patient's shoulder back in.
- A middle aged woman who had fibroids used to come for Reiki treatments. She was told to have surgery from the doctor.

はじめに

私の先代が約四十年間ほど霊気療法に携わり、毎日々々大勢の患者の治療に当り、その不思議とも言える効力に、多くの人が助かり、中には半ば信者のように、一日一回は霊気をかけてもらわぬと気が済まないと言う人も何人が居ました。

また大勢の会員に毎月霊授をして、霊気療法の普及に一生涯命でした。

先代は二人とも病氣しらずで霊気をやるようになってから医者にかかった事もなく、国民健康保険から表彰されたほどでした。

どこか具合が悪くなっても、自己治療したり、夫婦で互いに治療しあって治していました。ほとんど一夜で治して、けろりとして、翌日は又治療に当たると言う驚くべきバイタルティーンだったと思います。

常々 霊気の治療をしてやっていると、自然に霊気が自分の身体にまで回って、自分の身体の病氣も治ると申して居ました。

お医者さまにかかったのは死ぬ時だけだったと思います。寿命と申しますか、苦しむこともなく、眠るが如く往生しています。こういうことは、家族は本当に救われます。

死後、翌日になっても、身体は硬直せず、手も足も柔かで、しかも、冷たく感じません。した。お弟子さん達も、死人の手を握り、不思議だねえ！と言っておりました。

生前によく治療の体験談も話しました。

怪我は、すぐ治療すれば即効し、初心者でも、その利目が一番よくわかる。

肩の脱臼が十五分程の治療で、ガクンと音がして元に戻って治ってしまった。

子宮筋腫の中年の婦人が霊気治療をしていたが、医師のすすめでいよいよ手術をするこ

となり、切開したところ、筋腫がすでに取れるばかりになっていて、手術の医師が不思議だなあ！と漏らしていたと言うことです。この婦人はその後九十何歳までか健康で長生きしました。

七転八倒の苦しみを訴えている中年男子、かかりつけのお医者さまも、色々手をつくしたが、原因不明で手の施しようもなく、家人も困りはてて、電話で私の父のところへ治療を依頼してきました。早速霊氣をかけたところ、一時間足らずで急に尿意をもようし、大量の小便を排出して、たちまちけろりと治ってしまった。この方は後年私に、あの時は、お宅のお父さんに助けてもらったと、述懐して居りました。

このような体験談は枚挙にいとまありません。私自身も何回か霊氣のおかげをいただき助けてもらっています。

先代の長い体験の中から教えられた数々の治療法やら、発霊法を、どこまで文字に表すことが出来るか一抹の不安はありますが、壘祖並びに諸先輩の教えを基本にして、私見を加えながら書いてみる決心をしました。

こうした藝術は、もともと、口伝と言う形をとるのが建前のようになっていますが、私の考えでは、自己修養と信念によって、誰でも霊氣はでる、しかも、霊氣は自分の身体からでるのではなくて、自分の身体は靈の媒体にすぎないと言う結論に達しました。

私もすでに八十四歳、現在健康も取戻して、年の割には至極元氣と言えます。しかし常識的にも、かぎりある人生です。私の丈夫の内に、霊氣術の大綱をまとめあげて、すくなくとも、私の身近の人だけでも、心ある人たちが発奮努力し、この術をマスターして、その家族、周囲の人々の治療に当たられることを念願する次第です。

- The surgeon opened her up and the myoma was just ready to come off. He was so surprised by that. After that, the woman lived long and healthy until around 90.
- A Middle-aged man who was struggling with an enormous unknown pain asked for a treatment from my father on the phone. His family doctor tried everything to cure him but in vain. When my father gave him Reiki, he felt the urge to urinate within an hour. He urinated a great quantity and was cured after that. He reminisced about this to me many years later.

There are more stories like this than we can count. I myself, was also helped by Reiki.

I feel a little uneasy about how much I can describe Reiki Therapy and Hatsurei-ho from the many experiences of my parents, but I decided to write this based on the lessons from Usui-Sensei and my mentors, along with my personal opinion.

These kinds of arts are normally passed on by word of mouth, but in my opinion, Reiki will flow from anybody through self-practice and belief. Reiki doesn't come out from our own body. Rather, our body is just a medium for Reiki.

I am already 84. Now I am fine again and I can say I am quite healthy for my age. But life is limited. I would like to collect my thoughts for Reiki while I am fine. I hope at least the people around me who are interested in this will work hard and master this art and treat their families and people around them.

After I had finished writing this manuscript, I received a magazine * with a piece of paper inside saying "Excuse me for sending this to you so late". I realized that it was an interview about Reiki from a magazine writer from the beginning of this year. I decided to include the entire article as a reference since it describes precisely the roots of Reiki in detail. According to the article, Reiki is spreading in America now.

* Twilight zone 1986 Oct

Since this version (of my book), written in August 1991, is a modification of the one written in Oct. 1986, please note that there are some contradictions with the dates in the contents.

Author

Ogawa Fumio

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(私がこの稿をかき終えたとき、一冊の雑誌が届きました。何だろうと思ってみると、一枚の紙がはさんであって、中に、遅れて申しわけありませんと、ありました。私は、すっかり忘れていたのですが、本年初頭に雑誌記者の訪問を●受け、レイキに就いてお話したことを思い出しました。この文はかなり詳しくレイキのルーツを書いてありますので、参考として、雑誌の全文をも紹介することにしました。これによりますと、今アメリカでも盛んにレイキ治療が行われていることがわかります)

トワイ ライト ゾーン 1986 10月号

「この稿は昭和六十年十月に書いてあったものを今回(平成三年八月)補筆して自分でワープロ印刷しコピーしたものですから、内容に多少年代の矛盾があるかも知れませんが御承知下さい」

著者 小川二三男

MY EXPERIENCES

It was around the year Showa 16 (1941) when I treated other people with Reiki for the first time. In those days, the war was getting serious and all the materials and medical equipment were getting scarcer in Japan.

One day, one of my co-workers asked for my father's help since his wife, who had pneumonia and whose heart was weak, was in critical condition. My father was too busy to visit her and asked me to go there instead of him.

After I got there, I treated her with Reiki for about an hour and decided to see what would happen. I stopped after that much time since I was told that a heart is a very sensitive organ for Reiki treatment.

Fortunately, I heard the next day that her condition had stabilized and the doctor was surprised by her condition. They asked me to continue giving treatments, so I tried three more times. She got better day by day. They were very pleased with my treatment.

It was at that time that I realized "Reiki works!". I knew that Reiki had treatment effects since my father and mother treated a lot of patients everyday, but this was the first time that I confirmed the effect by using my own hands. I felt confident since I had cured such a serious disease and I now treated my family with Reiki every time something happened.

I myself also had jaundice twice, when I was 36 and 46. The second time, I had white stools like a cat does. The doctor ordered me to rest completely since my liver was in the worst possible condition.

私の体験

私が初めて人様の靈氣治療をしたのは靈氣を覚えてから間も無い、昭和十六年頃戦争が激しくなってきたり日本の国内の物資も医療関係も段々悪くなってきた頃でした。同じ職場の友人の妻君が肺炎を煩ってそれが悪化して心臓が衰弱して危険状態だから何とか助けてくれと言うことでしたが父がどうしても手が空かないので、お前いつてやれとのことで父の代わりに、そのお宅に伺ったわけです。

その時は一時間位治療しまして様子を見ることにして帰りました、この靈氣治療では心臓は大変に敏感な臓器だから慎重にやるように教えられていましたので、それくらいにして様子を見ることにしたわけです。

運のよいことに、その翌日知らせがありました、お陰様で大変落ち着いてきてお医者も往診して驚いていると言うことでした。そういう訳だから是非もうすこし続けてやって欲しいとのことですから三回やったと思います、日増しに目にみえて元氣になり全快して大変に喜ばれたことがあります。

その時なるほど靈氣とは効くものだなあ！という実感を味わったわけです。

父や母が毎日大勢の患者さんの治療をしていましたから靈氣治療が効果があることはわかっていましたが自分が手を当ててみてその効果を確認したのはこれが初めてでした。

大変な重病が治ったのですから自信がついたわけで、それからは家族の治療は事ある毎に行っております。

私自身も三十六歳と四十六歳の時と二回ひどい黄疸にかかりました、二回目時は大便が白便といって丁度猫の便のような白い糞が出て、お医者さまも肝臓が最悪の状態だから

絶対安静にするようにとの注意を受けました。その時は父が真剣に治療してくれまして、数日後にびろうな話ですがコルタールの様な真黒で、大変に臭い鼻持ちならない悪臭の大便が出ましてそれから以後身体も軽くなり皮膚の色も黄色もどんと取れて参りました。それ以後はずっと健康で過ごしております。

靈気で丹田の毒下しをすると思臭の便が出るということは前々から聞いておりましたがその時私自身で体験したわけです。

三十八歳から四十歳（昭和十九年三月から昭和二十一年六月まで）中国漢口で軍隊生活中に無理が祟り痔の手術やら、その後不用意に生水で口を濯いだけで赤痢になり大変くるしみましたが、その都度自分で出来る限りの靈氣治療をして来しました。

おれには靈氣がでると言う自信は人には申しませんが大変心の支えになっていた事は大変有難いことで、いろいろの場でも潜在的に心の支えになっていた事は今日も変わりありません。そのほか二三の治療例を記しましょう。

三十代の男子でギックリ腰で三日も前から身体が棒のようになり曲げることが出来ない注射もはりもなかなか効目がないからと言う事で、では靈氣してみましようかと、本人をうつむかして寝かして胸柱と腰骨の接点のあたりを中心に掌を当てますと、すぐに私の手の中にビリビリと強い病脈が感じて来ましたので、これはすぐ治るなあ！と思いました。患者も背中を電気が走っているようだとももらしていました。四十分位たつてから病脈が軽くなつて治って行くのがよくわかりました。五十分位で略々ヒビキが消えたので手を離して、立ってごらんと申しましたら、先程まで棒のような身体がほんとうに自然に楽々と立上がり、ああ！治ったと言って屈伸運動をして見せました、傍らにいたその人の奥さんや

My father treated me very extensively. It is an indelicate thing to mention, but I had stools as black as tar with an extreme stench a few days later. After that, my body felt much lighter than before and the yellow color on my skin came off. I have been pretty healthy since then.

I had heard that one gets foul-smelling excrement after one gets rid of the poison of the Tanden (under the navel) by Reiki, and I experienced it myself then.

While I was in the army in Kanko, China from the age of 38 to 40, I had hemorrhoids from the unmanageable life in the army. After that, I got dysentery from the water I rinsed my mouth with. There were great pains and I treated the conditions by myself with Reiki.

I didn't tell the other people about my confidence that Reiki came out from me, but it was always a comfort, anytime in my life. Now, I'll tell you a few more examples of my treatments.

A man in his 30's was struggling with pain. He had a strained back and couldn't bend for 3 days, as if he had become a stick. He tried acupuncture and injections but neither worked, so we decided to try Reiki. I turned him over on his stomach and put my palm at the joint of his spine and hipbone, and I felt the Byosen as a tingling on my palm right after that. I had the impression that I could cure it right away.

The patient mentioned that he felt as if electricity was running through his back. After 40 minutes, the Byosen became lighter and I could tell he was getting better. After about 50 minutes, the Hibiki was gone, so I took my palm off him and asked him to stand up. He, whose body used to be like a stick, stood up so naturally and said, "Oh, I'm cured!" He showed us by flexing his body and surprised his wife and the other person there.

もう一人の人も見ていまして皆驚いて、ほんとうかね！と念を押しているほどでした。これらは典型的な即効の実例であると言えます。靈氣は急性のものほど早く効くといわれていますから、打撲とか突然の怪我などはその場で直ぐにちりょうすることが肝要です。医者へ行く間でも自分に来ることは手をあてて治療することが病気を悪化させないことになり快癒を早めることとなります。

その時人により病気により感應の早い人、遅い人、靈氣の感受性の強い人、鈍い人など個人差はあるのではないかと感じました。

妊婦の逆児も三十分程の治療でゴクツと音がして胎児が大きく動いて治ってしまいました。翌日お医者さまが見て正常の位置に戻ったとのことでした。

逆さ児、臍の緒のまきついたもの、その他胎児の不自然の状態などを正常に戻すには靈氣は特によく効くようです。

やはりうちの家族ですけれど腰の辺りにわけの分らない痛みを訴えて急に苦しみだしました。無理に寝かして背骨からだんだん下の方へ探ってゆきますと私の掌に強い病脈を感じるところがありますので、そこに手をあてていますとたちまち痛みが取れて一時間たらずで、けろりと治ってしまいました。原因不明のままその後そういう症状は出ないようです。

ギックリ腰も何人が治療しましたが先程のような例は希で大抵三四回はかかります、病氣の原因が複雑ですと一度でけろりと言うわけにはまいりませんが靈氣をかけたら悪化するということとは絶対ありませんからあわなない薬のような心配はぜつたいにありません。

靈氣は受ける側と授ける側との呼吸が合うと言うか靈の波長が合うと言うか、靈氣の昔か

They said to him, "Are you sure?"

This is a typical example of a quick-acting treatment. Since it is said that Reiki works better for acute conditions such as bruises and injuries it is important to treat the condition immediately. While going to see a doctor you can use your palm and treat yourself, which prevents the illness from getting worse and helps you to heal quickly.

I felt that each person reacted differently at that time. Some have faster responses while others have slow responses. Some have a strong sensitivity for Reiki while others are weak, etc.

A breech was cured by a 30 minute Reiki treatment, when the baby turned around in her mother's stomach with a big noise. The doctor checked the baby the next day and found her in the right position. It seems that Reiki works especially well to make babies' conditions as they are supposed to be, such as turning breech babies or unwrapping the babies' umbilical cord from their bodies.

There was also a case of one of my family members, who started to struggle with unknown pain around his waist. I let him lie down and looked for the spot from his back down. I found it by feeling a strong Byosen on my palm, so I left my palm there and he was cured in less than an hour. We still don't know what was wrong with him, but it seems he doesn't have such a condition after that.

I have cured strained backs several times, but such a fast recovery as I described above is rather exceptional, and it usually takes 3 to 4 times to be cured. If the cause of the disease is complex it is difficult to cure it at once, but you don't have to worry like you do with taking the wrong medication since it is absolutely impossible to make the condition worse with Reiki.

According to the tradition of Reiki, it works even if the receiver does not believe it, but I have a feeling that the effect differs with each person depending on ones constitution or body tissue, the harmony of breath or spiritual vibration between the giver and receiver, as well as if one believes it or not.

その後家族については危険だなあとと思われることも何度かありましたがその都度早期に手を当てて治療に当りました。最近では医療施設も整っていますから、お医者さまにすぐかかりますが、同時に靈氣治療もすぐやります。直接出来ない時は遠隔治療という写真による治療もやりますが、この方は私には直接治療のような自信はまだありません。そうした御陰かどうか私の家内が頭の故障で倒れた時も後遺症もなく全快して感謝したものです。

これは戦争前の昔の話となりますが私の記憶にあるとても印象的なことですから一寸参考に記載して置きましょう。親類の子供を預かっていました、その子が悪性の低熱肺炎にかかり、お医者さまはこれは大変だむずかしいと申します、当時は今日のように医療も発達していませんし、あとは靈氣にたよるほか方法がありませんでしたから私の先代の父母が二人して治療にあたりました。そのお陰で全快して以後大変丈夫に育つことが出来ました。その時お医者様が私に申しました、「これは私が治したではなくて、このおかげですよ」と靈気で手を当てる仕草をして見せました

そのお医者さまはかかりつけのお医者さままでしたので家の靈気のことでも多少の関心はあったとおもいますが当時の医業でも難しいと言われた病気が治ったのですから靈気のききめと言うかその信念というかとにかく大変な感動でした。

家族のことはながい間のことですから色々な体験がございますが、その都度大事にいた

There were a few times that my family members had some kind of serious condition, and I treated them each time in the early stage. These days we go to see doctors since medical facilities are well organized, and I do Reiki treatments at the same time. I use distance healing by using pictures when I can't treat patients directly, but I still don't have as much confidence in this as with direct treatment. I'm not sure if it is thanks to these treatments, but my wife recovered completely without any sequela when she fell ill from some trouble with her brain

This is an old story before the war, but I will describe this as a reference since it is so vivid in my memory. We were taking care of one of our relatives' children and he caught a malignant low-fever pneumonia. The doctor said it was very difficult to cure. As medical treatments weren't developed like they are now, all we could rely on after his comment was Reiki. Both of my parents treated him with it. Thanks to this, he became well and grew very healthy. The doctor said to me, "I didn't cure this, but this did.", gesturing by putting his hand on a patient's body with Reiki. As our family physician, he was curious about Reiki, and when he actually witnessed the treatment he was very impressed by the effect of this therapy, or simply my parents' strong belief and intention to heal, especially because the disease was considered to be difficult to cure with the medicine at the time.

There have been many such experiences in my family, and we've always been fine without having any serious problems.

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らずに済んでおります。

さて今度は少し怪我についての体験をお話しましょう。

日常誰でも一度や二度は経験することですが、戸に指を挟んだり、昨今は自動車のドアで挟んだりします。そんな時は直ぐに臍下に呼吸して自分の指先に念を集中して少し強めに押えますと内出血もおおらず十分か十五分でかならず痛みもとれて跡もつかずに治ります。それも一寸時間を置くと、もう内出血し血豆が出来てしまいます。そのあと靈氣しても痛みはとれますが跡はのこります。

打撲はうちどころによって臨機応変に押えてみたり又撫でてみたりします、とにかく怪我は早期治療が絶対に必要で先に靈氣をして置くと悪化しません。

これは昭和四十九年八月のことですが、大会の行事が終わって翌日から観光でバス三台で観光にまわったわけです。名勝地阿寒湖の近くに川湯ホテルに宿泊しました、その晩二時過ぎ熟睡中にたきおこされまして何事かと思ったら同僚の一人が四階の窓から転落して二階の看板の支えに引掛かっている、直ぐきてくれと言ったことでした。大変な事故で当時私がある大会の会長を勤めていましたので責任もあるし、さっそく救急車で病院へ運ぶわけですが何分にも広い北海道のことで、川湯温泉から弟子屈国立病院まで二十キロと云うことで気が気ではありません、私はホテルで救急車を待つ間、又救急車の中も付添って靈氣治療をしていたわけです。病院に着いた頃には意識もだいぶ戻ってきたようでした。私は後の行事がありますので二人ほど付添いに残して帰りましたが、その人も三週間ほどして退院し幸いに後遺症も全然なく帰ることが出来ました。

Now, I would like to tell you some of my experiences related to injuries. Once in a while everybody slams their fingers in doors, and now that there are more and more cars, there are even more doors for this to happen in. When that happens, breathe toward the area under your navel and concentrate your thinking to your fingertip while pressing it a little hard immediately, and you will find yourself without any pain or internal bleeding within 10 to 15 minutes. If you leave the injury as it is, you will bleed internally and get a blood blister. You can try Reiki after that but it only relieves the pain and the bruise will remain on you.

In case of contusion, the treatment should be flexible according to the circumstances. You can try pressing or patting the spot depending on where it is. It is essential to treat it with Reiki immediately for a fast healing.

This is a story when I participated in a convention for the business field that I belong to, in Monbetsu, Hokkaido in April 1973. The day after the congress, we went sightseeing in 3 buses around the Akan-ko (Akan-lake) area and stayed at the Kawayu hotel near the lake. It was two in the morning when I was woken up. Someone found that one of my co-workers fell from the window on the 4th floor to the pillar of a signboard on the 2nd floor. It was a very serious accident. I was the chairman of the congress and I felt responsible for this matter. We decided to bring him to the Teshikaga National Hospital by ambulance. It was 20 km away from the hotel, which was not so surprising in a place as huge as Hokkaido, and I felt uneasy while waiting for the ambulance. I treated him with Reiki while waiting and also in the ambulance. By the time we reached the hospital he had regained consciousness. I left two other people there and went back to the hotel since I had to run the rest of the event. Fortunately, he left the hospital after three weeks without any lasting effect.

いつも私思うのですが、靈氣治療と言うのは薬を使うのでもなし、もんだりおさえたり又道具を使うわけでもないのので治ってしもうとけろりとして忘れてしもうもの様です。

この事故のような場合、靈氣をしなかつたらどうなったか、と秤にかけてみる訳には参りませんから、事故のていどの軽重をうんぬんすることはできませんが、先程のドアの指のようなものでも、実証できるようにかならず大きな効果があることを信じています。

旅先でこのような事故にあつてた、どうたえているのと、靈氣治療するのは精神面だけでも大変な違いになりますし、またその効果は先程らい申している通りであります。

もう一つ私の体験談を話しましょう。

昭和五十九年十月のことです。私の七十七歳喜壽の祝いということで子供たちから近いところの温泉にでも行つてくるようにとのことで私が好きなのところなものですから、修善寺と嵯峨沢温泉をセットしてくれましたので、妻と共に掛けたわけです。修善寺の菊屋は何事もなくゆっくりして二日目に嵯峨沢に入りました。嵯峨沢館もとてもいい宿で、まだ明るいうちでした。妻が湯に入つてくるといつて出掛けたのですが、なかなかもどつて来ない。そのうちに顔を血だらけにして部屋へ戻ってきました。途中で階段でころんでしばらく気をうしなつていたら、いいんです。見ましたところ、顔中は打撲だらけです。宿の者に連絡して担架で運び、幸いに近くによい整形外科医がありましたので、そこで応急処置をしてもりました。そのときそのお医者様が、明朝は顔の腫れで目がみえなくなるでしょうといっていました。私は妻が部屋へ戻込んでから、お医者さまに治療を受けて帰つてからも、その夜ずっと靈氣治療を続けました。その御陰か翌朝心配した腫れも、薄らいで芝居に出てきたお岩の幽霊のような昨日の顔も、だいぶ治つてきていました。心配した目も

I think that we tend to forget about Reiki once we become well since we massage and press but do not use any tools or medicine to cure.

It is hard to comment about the injury since I can't compare what would have happened to my co-worker if I hadn't treated him with Reiki, but I believe that it does work like the injury from the door that I mentioned. There is a big difference in one's attitude - between simply panicking vs. treating someone with Reiki when you come across an injury during your trip. The effectiveness of the Reiki treatment itself is as I testified above.

I will tell you one more experience.

It was in October 1984. I went to Shuzenji and Sagasawa Onsen with my wife as my 77th birthday gift from my children. We spent the time at Kikuya-Hotel in Shuzenji at first and went to Sagasawa the next day. The hotel in Sagasawa was also very nice. It was still a bright afternoon when my wife went out to take a bath in a hot spring. She left the room and didn't come back for a while. I was wondering what had happened to her when she came back to the room with blood all over her face. She said she had been knocked unconscious when she had tripped on the stairs. When I checked her face, I found a lot of bruises on it. I asked for a stretcher in the hotel and brought her to an orthopaedic doctor, whom I luckily found near the hotel. She received first-aid there, but the doctor warned that she wouldn't be able to see because of the swelling in her face the next day. I had continued treating her with Reiki since she came back from the stairs and after we got back from the doctor until midnight. I'm not sure if it is thanks to this, but the swelling from the day before became much better. Her eyes, that we were worried would be closed from the swelling, were fine.

ふさがりませんでした。怪我には早期治療がどんなに大切かと言うことをしみじみ感じただけです。

日常生活の中で私たちはいろいろな突発的な事故にぶつかりますがそういう時ただ慌てふためくだけでなく、心のよりどころとしても、この靈氣療法を覚えて置くことは大変に心強いことだと思います。

頭が一寸重い、胃が痛む、腰が痛い、そのたもろもろのことで靈氣を心得ていれば臍下に息を吸い手を当てているだけで直ぐ治ることが多いものです。

ただし重病は自身に氣力がたりませんからその場合はむりです。

昔から病は氣からと言いました。全くその通りで胃痛などは七分が頭からくると靈氣では申しています。ですから最初に頭の天停に手を当てて治療をはじめます。

どんな病気も先に頭の治療をわすれてはいけません。頭からやったほうが治りが早いようです。今までは成功した例ばかり申しましたが100%なんでもなおるなぞとはどこかの新興宗教家のような事は申されません。ガンは治癒例がありません。しかし、靈氣治療をしてあると苦痛が全然ないと言っていることはむかしから言われております。それから寿命によるものは治りません。しかし、いずれも治療すると手には感じはつたります。私もいくつか経験をもちますがこんな感じができるのに何故治らないのかと不思議におもったことがあります。又最近長野県にお住まいのこの会のひとでご主人の病氣の治療をしておられたおくさんが電話をかけてきて、すいぞうガンの主人の靈氣をやるのだがとても反応はあるのだが治ってこない、どうでしょうと言うわけでした。まったくそのとおりで反応はあるがお氣の毒でも靈氣治療でも治療例がございません。せめてくるしまないはずですから

The incident drove home for me how important it is to treat injuries immediately.

We come across all kinds of accidents in our daily lives. When that happens, it is good to know Reiki so that you won't panic and will have the emotional support to handle the situation.

If you know Reiki, you can treat a headache or stomach ache, back pain, etc. by yourself by putting your hands on the spot and inhaling towards the spot under your navel. However, it is impossible to cure serious diseases since you don't have enough life energy when seriously ill. There is a saying that 'all illness comes from the mind, and this is very true. It is believed in Reiki that 70% of stomach aches come from the patient's mind, so we should start the treatment from the top of the patient's head. Never forget the treatment of the head in any kind of illness. It seems patients get better quickly when we start the treatments from their head, so far. I have mentioned successful examples, but I won't assure you that any kind of illness will be cured 100%, like some new religion charlatans do. There is no example for cancer being cured, but it is said that if you keep treating with Reiki, the patient won't have any pains. Also, it is impossible to cure things caused by their age. In both cases, you will sense the feeling on your palm. I remember having wondered why I couldn't cure these conditions in spite of having sensations in my hand. I had a call from a person who lived in Nagano Prefecture and who had tried to cure her husband. She said, "I feel a strong reaction while treating my husband who has pancreatic cancer with Reiki, but he isn't cured. I wonder if I'm doing anything wrong." I felt sorry for her but that was exactly what happens with some Reiki treatments - some reaction with no cure.

、それで我慢して下さいともうしました。そのごその方はまもなく亡くなったと言っしらせがありました幸いに何も苦しまずに終わったことがせめてもの諦めですともうされまし
た。こうした例は沢山あります。

私が七十七歳昭和五十九年十二月二十六日朝九時外出しようと思っていた矢先突如強烈な胸の痛みで救急車で済生会病院に運ばれ心筋こうそくと言うことで即刻入院治療にあたりました。十日ほどは絶対安静、心電図も点滴もつけばなしの治療が過ぎました。

生れて初めてのことでした、戦地の野戦病院での体験も辛いおもいでしたが、この時はだいぶ危険状態であったとのことでした。

話がごちゃごちゃになりますが悪い年には悪いことが重なるものでこの年は先程話したように伊豆の温泉で妻が怪我をして温泉保養どころではなくなり、今度は私が危ないと言っようなまことに辛い年でした。こんな時私はいつも運命学の運命の盛衰の循環をかんがえさせられます、これは余談でこの項とは別の話になりますからやめておきますが。

悪いところへ手がゆくのはながいあいだの私の習性になっていましたから、この時も無意識に右手が心臓のところへゆきます。そうすると看護婦室の心電図の映像に変化がでるそう看護婦さんが飛んで来ると。どうもおかしいと改めに来ると、手を当てることわかってから心臓の上に手をやらないで下さいと注意されました。

勿論この状態は危険状態を脱してからのことなんです、自分では靈氣との関係が何かあるのではないかとその時思いました。

とにかく現代医学のお陰で四十五日間の入院で退院しました。お医者さまから脈搏の不正は直らないと言われていますし、自分自身も八十年近くも使っているのだから大切に使

I said to her "At least he won't be in pain, please live with that." I heard that the patient died soon after and the wife told me he died with no pain. That was the only relief for her. There are many examples like this.

One occurred when I was 77, at 9 in the morning on December 26th in 1984. When I was going to go out, all of a sudden, I had a strong pain in my chest. I was carried to Saiseikai Hospital and was diagnosed with cardiac infarct, and was kept in the hospital for the treatment. I had to have complete bed rest for 10 days while having an IV and an electrocardiogram was on all the time. This was the first time in my life I experienced such a serious disease. I had a hard time at the field hospital in the battlefield too, but this time I was told that I was in danger.

Bad things happen one after the other in a bad year. My wife injured herself while traveling, as I mentioned, and I became seriously ill in the same year. I always think of the ebb and flow of life especially at times like this. This is just an aside and it is a different topic from this chapter, so I will stop talking about this.

Since putting my hands on certain places whenever I felt bad had been my habit for a long time, my right hand moved to my heart unconsciously. Once I started, a nurse came to me a moment later. She said the picture of my electrocardiogram in the nurses' room had changed. She tried to find out if anything was wrong but she couldn't. I was told not to put my hand on my heart after she saw me doing that.

Naturally I acted like that when I was out of the critical condition. I felt this was something to do with Reiki. Thanks to the help of modern medical science, I was discharged from the hospital after staying there for 45 days. I was told that they couldn't cure the abnormal cardiac rhythm. I had been using my heart for nearly 80 years, so I thought the only thing I could do was to use it gently and hope that it would keep functioning well.

っていくらかでも長持ちさせる以外にないと、まあ半ば諦めていたわけですが、ところが今年の春ごろから靈氣のことで色々問合わせがくる、東京の靈授会の本部に連絡もし、自分の病気で自己治療はなかなか大変でしょうと、私の心臓の遠隔治療の依頼等もしました、東京のTWIRIGHT ZONE（トワイライトゾーン）という雑誌社から記者がみえて靈氣の取材をするなど靈氣にたいして反省する機会が与えられました。同誌の1986 4月号の140頁に「レイキ療法のルーツをさぐる」と言う記事の写真入りで大きく掲載されました。私もびっくりしましたが反省する面もあったわけですが、こうすることがらが自然に起きてきたことは私に取っては福音だったかもしれません。そうだ靈氣があったんだ、くたびれた心臓でも一つ真剣に治療してみようと思いい立ちました、退院後一年以上たつてからのことです。

心筋こうそくも色々あるようで私のようなのは精神が不安定になりまして、いつも不安で下度水のかれかかった水車のようにゴトンゴトンといまにもとまりそうないやな気分になります、一日の中でもよい時悪い時とかかなりのむらがあります、一言でいいますと不安定症状で悪い時は字が全然かけません。お医者さまも不治と言いますし、こんなものと諦めていました。それがさきほどお話ししたような靈氣にたいする反省の機会が与えられましたので、一念発起といえますか靈氣の作法に従って自分で出来るかぎりのことをやって見様と自己治療を始めたわけですが、身体の体力もありませんから短い時間からだんだん長くして続けました。はじめのうちは疲れがひどくなると困るといふ不安が先行しましたが、それも杞憂で正座合掌していると身体がだんだん軽く、背筋も自然に伸びてくるように感じまして十分十五分と毎日くりかえしているうちに気力も出てきて日常の起拳動作も

However, several things related to Reiki occurred to me; I received many questions about Reiki and contacted the Reiju-kai in Tokyo, I explained my situation and they offered me a distance healing for my heart since they knew it would be difficult to cure the illness by myself. A reporter from a magazine called Twilight Zone came from Tokyo to interview me about Reiki. These incidents gave me a chance to reflect on my thoughts of Reiki. The article was published on a large scale in the August issue in 1986, on page 140 with the title "Searching the Roots of Reiki". I was surprised and reflected on my thoughts of Reiki again. The fact that these things occurred by themselves was like a message from heaven.

I realized I had Reiki with me so I decided to treat my heart seriously, even if it was worn-out. This was more than one year after my discharge from the hospital.

It seemed there are many different kinds of cardiac infarct, and my case made me mentally unstable. I was always unbalanced and I felt as if I were a water mill, with the water being stopped at any moment. My mood changed throughout the day. In short, I was unstable. I couldn't write a word when I was in a bad mood. I had been resigned to the condition ever since my doctor said my condition was how it was supposed to be with this illness. However, given a chance to reflect on my attitude toward Reiki as I mentioned, I made a firm resolution to try as best as I could using the Reiki method and started to treat myself with Reiki. Since I didn't have enough stamina at first, I started with short periods of time, and gradually increased them. In the beginning I was nervous about possible over-exertion, but it was just a needless fear. I felt my body becoming lighter and my spine getting straighter as I continued Seiza and Gassho. As I kept doing this for 10 to 15 minutes a day, I felt more life energy in the body and my behaviour improved accordingly.

Having had this disease, I realized the relation of writing (kanji) characters to the function of heart. When feeling bad, I cannot write the good shape of the letters. I simply cannot manage to write them the way I like. A letter is a barometer to my heart. I believe that the condition of the heart, whether good or bad, shows up in our handwriting. Miraculously, when I regained my health I recovered from sleeplessness completely. I often suffered due to nightmares in which I was groaning and writhing in agony and pain. I was dependant on tranquillizers, which disgusted me. I became more and more depressed even though I tried to endure those situations. All of this tremendous suffering was gone as if it was a bad dream.

These days I sleep whenever I feel sleepy. Even at midnight, when I am awake, I sit on the bed and do Kenyoku Gassho. And then, I sleep if I become sleepy; but if I don't, I simply do not sleep until the next morning. I don't worry whether I can sleep or not. I have become not so concerned about sleep. I have changed my thoughts; I don't think in this way any more: "I have to sleep because it has become night time, it is still only midnight", or "I have to sleep until early morning."

Every day is a good day; every person is a true man; I go whenever I want to go; I sit on whatever I want to sit on; I have a meal if I become hungry; I sleep when I get tired. There is a great statement in Anshinsho, a scripture of Rinzaishu. It was fortunate that I realised the truth in this statement.

Although I sometimes read the Buddhist scriptures or have heard them chanted, I had never paid much attention to them until then. Since then I have memorized all the sentences of Anshinsho, which consists of five chapters, and chanted it. I noticed that I felt purified when I read it aloud.

かなり違つて参りました。

私はこの病気に罹つて気が付きましたことは、文字を書くことと心臓との関係です。

悪い時は文字の線がだめなんです。どうしても自分の意思のように運筆できません。字は心臓のバロメーターです、心臓の調子のよい悪いが文字の上に現れます。

眠るに苦勞したことも唾のように解消して悪夢に襲われて夢の中で苦しみ、呻き、もたえたことも度々あり、眠れないからついつい安定剤にたよる。そうして自縄自縛に陥り益々気分が暗く感^なつてくるのを意識して堪えていたことも、すっかり忘れたように苦痛がなくなりました。

いつでも眠くなれば眠る真夜中でも目がさめれば布団の上に座つて乾浴合掌します、また眠くなれば眠り、眠くならなければそのまま朝を迎えることも度々ありますが一切気にしません。夜になったから、夜中だから、朝まだ早いから、もっとねむらなければなどということはまったく考えなくなりました。

日々これ好日 人々これ真人 行かんと欲すれば即行き 坐せんと欲すれば即坐す
餓来たれば即飯を喫し 困じ来たれば即眠る 平常にして無事なれば貴人と悟るべし
臨済宗の宗門安心章の、この名言に気の付いたのも幸いでした。

今までときたま経文をよんだり聞くこともあつても腹のそこから読んだことはありませんでした。俗に言ううわのそらでしたがこんど初めて気が付いたわけです。それ以来この五章からなる安心章を一時は全文暗記しまして読経しました。声を出し^て読経しますと一層さわやかになることも覚ええました。

時と所に縛られているとますます神経質になります。腹が減ったら食い、眠くなったら

眠ればいいのであって、人間社会の習性にあまり囚われないうで自然のままの行動がいくらか身についてきたように思います。

目覚めたと言うと少々大袈裟になりますがそんな気分です。これこそ靈氣のお陰であると感謝しています。

さて自己治療とはどんなふうにしたか一応の説明をして見ましょう。

まず頭から始めます、あたま、とくにどこか痛むところがあれば、そこを先に治します、悪いときはそこに手をあてればかならず病脈を感じます、それから両肺に手をあてる、次に心臓、肝臓、胃、お臍、丹田、と下ろしてゆきます。次に右手で左肩から斜めに右腿の辺りまで軽くこきおろします左手で同じように左へこきおろします、足は股から爪先までなでおろします。両腕も肩から手の先まで撫でおろします。この動作は各十べん位づつ続けます。あとはその時に特に具合の悪いところがあればそれはそれなりにすこし長く時間をかけて治療します。日によって、ある箇所には病脈を感じるときあるいわ全く病脈が無いとき様々でしたが全部で二十分位毎日治療しました。

こういうふうにくりかえして治療をつづけていきましたが特に目立って気力が出てきたのは靈氣治療法の作法に従って正座合掌をするようになってからでした。

正座合掌は自然に自分の悪い所へ靈氣が回るといふことはつねに教えられていたのですがこのように顔面に現れるとおもいませんでした。

その御陰で前には脈搏も五十か一二で五六回毎に飛んでまことに心ほそかったのがこのころは多少の不正脈はありますが七十二三の脈ですから気分的にも全然違うわけです。

We become tense when we feel we must be in a certain place at a certain time. It is a proper way of life, when feeling hungry, to take a meal; when feeling sleepy, to get sleep, rather than being tied up too much with the habits of society. I will not say that I became enlightened, but well, that is the way I feel. I am deeply grateful to Reiki for this.

By the way, I shall explain how I healed myself. First of all, I started to do healing with the head. If I had a pain in the head, I treated the effected area first. Placing the hand on a bad place, I always felt Byosen. And then, I placed hands on both of the lungs. Next, I brought the hands down to the heart, stomach, navel and Tanden. Then, placing my right hand on the left shoulder, I lightly brushed the hand down diagonally towards the right hip. I did the same with the left hand and towards the left hip. For the legs, I slid the hands down from the crotch towards the tip of the toes. For the arms, I slid the hands from each shoulder towards the fingertips. I repeated this 10 times each. After that, if I had a particular area that troubled me, I treated the place as needed. Depending on each day, whether I felt Byosen at a particular place or felt nothing at the same spot, I treated myself 20 minutes in total everyday.

I had continuously treated myself, but my energy level noticeably increased after I started to do Seiza Gassho by following the way of the Reiki Chiryō no. Although having always been taught that the Reiki energy flows naturally to the problematical areas, I didn't imagine such an obvious effect. Even my pulse change. I used to be very concerned about my pulse being irregular at times. My pulse skipped a beat very frequently, with the beat being as low as 50 per minute. Now, I have almost a regular pulse, 72-73 beats a minute, except for a little arrhythmia, so I feel very much better about it.

One time, I felt Hibiki from the heart while placing my hands on the heart, and continuing the treatment I sensed the sound goo-goo and a little pain from the heart. I felt as if my heart was moving. When we get an intravenous injection, we feel the drug flow into the blood. I had a similar experience and felt that the warmth radiated to the fingertips and toe tips. Then I felt myself much lighter. You may think that I am exaggerating, but I actually experienced it. However, it did not always happen this way. The day after I experienced it, I repeated the same healing once again, but it didn't happen to me. Reiki is truly mysteriously marvellous. I think that such phenomenon happens in our body when the troubled parts are about to get better as the process of recovery.

It was this spring. My daughter, who has grandchildren, had something strange in her body, and called me with urgency. Immediately, I went to see her. That was truly strange: her left hand's fingers were numb and she could not perform certain movements with them. I thought, hmm, this was a problem of the head. When I touched the right side of her head because she had symptoms on the left arm and leg, I felt Byosen strongly. I thought she would get cured and gave her a Reiki treatment for about 20 minutes. Because of her excuse for going to the bathroom, I let her. I watched her walk and she looked much better. I drove her to the emergency hospital. After a week of hospitalization and examinations she didn't have any disorders of the head and was discharged. She still goes to the doctor just as a precaution; she has been living without any head disorders. This is a good example of the early treatment that worked.

In such incidents, it is very helpful to have a Reiki practitioner within a family. Although it is not so difficult to learn this method, I think most people hesitate to learn Reiki by simply thinking about it too much. If we don't, we can't, naturally. Just do it.

あるときは心臓に手を当てていますと手にビリビリと響きますので、そのままつづけていますとグウグウと音がして心臓にかかる痛みのようなものを感じ心臓が動くように寛え下度静脈注射をした時血液に回ってゆくのがわかりますように手の指先足の先までほてってきました。そのあと大変身体が軽くなりました。少々大袈裟に思われるかもしれませんが実際に体験したことなんです。そんなだったら、いつでもそうなるかともうしますと、その翌日は同じ動作をしてもそういう現象は起こりませんでした。

靈氣とはまさに靈妙のものです。私の想像ですがこういう現象は身体の悪い箇所が元に復帰するときにおこるのでは無いかと思います。

今年の春の頃でした、娘と申しましたも孫がある年ですが、なにやらすこしおかしいから、すぐ来てくれというところで行ってみますと成るほどおかしい、左のてゆびが痺れ、ほんの一寸先にした動作もすぐ分らなくなる、私は、ははあ、これは頭の異常だと思いました。それも左の手足が酷いから右側の頭に手をあてますと、もくもくと病腺を感じます。これは直ると思いつ十分ほどつづけたら落ちてきました、小用を足したいといひますので一応手を離して用を足させました。足取りなど観察していますと大分よくなっていますのでそのまま車に乗せて救急センターへつれて行きました。一周間ほどの入院、検査後頭の検査も異常なく退院して、そのごも用心のため医者には雇っていますがあたまの異常もなく生活しています。これなども早期治療の好例だと思ひます。

こういうことは家族のうちはこの靈氣治療を身に付けている人がいなければなりません。この術を習得することは、なほほど困難の事ではないと私は思ひますが、皆さんは難しくかへんがえてなかなかに出来ないうつです。出来ないうつでなく、やらないうつだと私は断言します。

Next I shall talk about frozen shoulders.

It is very difficult to cure frozen shoulders, even being treated by an injection or acupuncture. Also, it is a sign of aging in a particular part of the body rather than a sickness, which requires a patient treatment over a certain period of time. It is necessary to do, repeatedly and patiently, the sliding of hands slowly down from the shoulder using Reiki hands, everyday. If you do, then condition that usually takes 6 months to heal, may get better in a couple of months, and the patient may not even notice when she got better.

Toothache is also a common problem. By my experiences, regardless if the problem is a cavity or gum disease, pain will be temporally removed by Reiki treatment. Fundamentally, a patient needs treatment from a dentist. A removed tooth will never re-grow; a rotten part must be removed.

As an old man, I also suffered enlargement of prostate gland. I consulted a physician and took medicine from the medical doctor, but I also did Reiki treatments. At first, I thought that treatment by medicine would be better than by Reiki. But I quit taking medicine; when I regained physical strength once I started Reiki self-treatment. In this method, I placed the hand between my legs, in front of the anus and in the rear of the testicles. Although it is more difficult than we think, holding it down, I began to urinate smoothly. When doing Reiki, I noticed the difference in effects of healing. Placing the hands on clothing differs from hands on the skin directly. Certainly, carrying out treatment on the skin directly is most effective. It is important to use a thinner cloth as long as the healthy condition of the patient allows it.

これは注射してもはりをしてもなかなか治り難いもののようにです。病氣と言うより一つの部分の老化現象のようですからある一定の期間がたたないと何をしてもあせってもだめなようです。ですから霊氣の手で肩のあたりからゆっくりと撫でて下ろすことを根氣よく繰り返す毎日行うことです。そうすると半年かかるものは二三か月で回復すると言われていす。おかしなものでその治療を繰返していきすと、何時治ったともいれずいつの間にか忘れたようになおります。

歯痛もよくあることですが私の経験では虫歯であれ、はぐきであれ霊氣をかければ一時的には痛みはとれますが根本的には歯の治療をしなければだめです。取れた歯は生えてはきませんし、くさったところはとってしまわなくては駄目です。

私も年をとっていきすから男の宿命である前立腺肥大になりましたお医者さまにもかかりくすりも頂きましたが、霊氣もやりました。はじめは霊氣するより薬で治るものならその方が薬だとおもっていたのですが、薬はあまり好きのほうでないので中途でやめまして自分の身体にたいぶ体力がついてきましたので霊氣治療をはじめました。

これは、こうもんまえからこうがんのうらに手をあてます、案外やりにくいですが、こいをおさえますとほんとうに小便の出がよくくなります。

霊氣をする場合衣類の上からと皮膚にじかに当てるのとは場所によってかなりの利目に違いがあることにきずきます。皮膚にじかにやるのが一番よく利くことは性ぢがいろいろ

Finally, I would like to talk about cancer a bit. Recently, a Shihan of the Gakkai presented an opinion in which the Reiki treatment could stop cancer from advancing in an early stage. This person must be a great master. As mentioned before, there has not been a case of cancer that was cured by Reiki so far.

I am finished with this chapter. From my few limited experiences, I'd like to say that the Reiki method is so valuable that it should not be restricted for specific people or organisations. Everyone can learn Reiki and should use it all the time.

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せん、具合がわるければなるべくうすもの一枚くらいにすることが肝腎のようです。

最後に「がん」についてすこしふれてみます、最近この学会のある先生はがんも早期に治療すればその進行を止めることが出来ると申していますが、余程の零能者だともいいます。まえにも申しましたように今までは「がん」の治療例はございません。

こうして書いてまいりますときりがありませんからこのへんでこの項はおえますが私のすこしばかりの体験からでも、この術は特定の人、枠の中に閉込めて置くべきものではなくて、万人が会得して常住座下これを利用すべきものであると思っています。