

A

TAKATA

**'REIKI TREATMENT
GUIDE'**

James Deacon

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<http://www.aetw.org>

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Usui Sensei is said to have given *his* students a basic handbook / guide to treating various medical conditions.

So too did Hayashi Sensei.

Yet, for many years it was commonly suggested that, for Hawayo Takata, Reiki was a purely *oral* tradition.

In numerous books and on even more numerous web sites, we hear how Takata-sensei refused to let students take notes - or make recordings, during her Reiki classes; and also, how she *never* provided manuals or even handouts for her students.

However, while there may indeed be said to be *some* truth in this, it seems that, as with many of the stories about Reiki, this is not the *whole* of the truth...

For example, we know that on some occasions, Takata-sensei did indeed permit recordings to be made.

She allowed John Harvey Gray to keep recordings he made (one of which - a recording of part of a level 2 class, I, and many other people, have a copy of.)

And while it is certainly true that, in a *great many* classes over the years, Takata-sensei did not permit note-taking, we now know that this was not an *absolute* rule.

For example, in an interview with Takata-sensei in the book: *We Are All Healers*¹, at one point Takata-sensei mentions:

"I like teaching in groups of 10 to 12 because there's more competition,.... *and they can compare notes.*"

And in 2009 in the summer edition of Reiki News magazine, an article discussed a woman named Alice Picking who had attended a Level 1 class with Takata-sensei in 1975. In the article it mentioned how Takata-sensei had permitted course attendees to take notes; and more importantly, how she had also provided them with instructional handouts...

And then there is the 'treatment guide' presented here.

Some time ago I was gifted a well-worn and quite heavily discoloured mimeographed copy of a three-page handout, said to have been provided by Takata-sensei during one of her 'Introductory Level' courses in the mid Seventies.

(This particular handout is somewhat different from the one received by Alice Picking)

However, as the person I received the handout from had in turn received it from a third party, I had no way of knowing for sure if this handout was indeed 'the genuine article'.

So, I simply filed it away with the many other snippets of interesting Reiki-related history I have been fortunate enough to acquire over the years; and, well - as they say: "Out of sight, out of mind"...

Until ...

Just recently, another copy of the same handout surfaced in a collection² containing other Reiki-related materials including handwritten material from Takata-sensei herself.

A fact which, I feel, greatly increases the likelihood of my own mimeographed copy of the handout being something actually provided by Takata-sensei rather than something created by one of her students.

And so, I believe I can now confidently present it here as indeed being a genuine Takata 'Reiki Treatment Guide'

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The Handout:
(Re-typed, with minor typo's corrected)

REIKI – JAPANESE PALM HEALING

Always treat basic #1, 2, 3, 4, and kidneys.

Head

Hair - Falling hair - Treat #1, 2, 3, 4, Kidney long time then head.

Headache - Treat eyes, side and back of head, ear, gall bladder and liver.

Migraine - Women - Treat #1, 2, 3, 4, and 4 (Ovaries) longer. Also check sinus, All of head. No ovaries, treat gall bladder, Thyroid.

Migraine - Man - Treat #1, 2, 3, 4, then prostate. Also check sinus, Treat all of head. No prostate, treat gall bladder, Thyroid.

Eyes

Cataract - Glaucoma Etc. Treat #1, 2, 3, 4, Kidney, Eyes ½ hour.

Almost blind - Treat #1, (Pancreas) long time, then #2, 3, 4, treat eyes for ½ hour

Squint or Cross Eye - Exercise - Look to left top corner till eyes get tired, then straight ahead and close eyes. Next right top, lower left, lower right. Do that five times each. Treat eyes ½ hour.

Dizzy - Out of balance Put hand on both side of head, one inch above an one inch forward of ear. (Pituitary) Also for growth.

Ears

Anything - Buzzing, Ringing, Draining. Treat chest (Upper) two side Blood pressure point, all of head. Treat ear ½ hour.

Sinus

Upper - Apply fingers over eyes and at the same time on forehead. Also treat side of head by ear and back of head.

Lower - Apply hand on cheek, both side.

Nose

Bleeding – Pinch bridge of nose, tilt head slightly back, treat back of neck at base of skull.

Broken blood vessel – Put ice in towel and hold in back of neck. Same time treat bridge of nose.

Plugged nose - Treat nose and chest.

Hay Fever - Treat two side of chest, throat, nose and eyes.

Mouth

Tongue - Cold sore, burn or anything in mouth. Treat sole of feet.

Lip – Blister, sore, dry lip, rash around mouth. Treat mouth and stomach (Acid)

Stutter - Treat #1, 2, 3, 4, throat, head, mouth and sole of feet.

Tooth Ache - Pain - Apply hand on affected area.

Tooth Extraction – Bleeding – Try treating gum. If it doesn't stop, treat Pancreas. Person could be Diabetic.

Mumps - Woman - Treat #1, 2, 3, 4, and ovary. Treat neck to take away pain.

Man - Treat #1, 2, 3, 4, and testes. Treat neck to take away pain.

Thyroid - Lump - Treat #1, 2, 3, 4, Kidney, Thyroid, head and heart.

High Blood Pressure - Treat side of neck below ear ½ hour.

Low Blood Pressure - Treat same as above. Then treat down both legs.

Voice box - Treat voice box.

BODY

Pneumonia – treat #1, 2, 3, 4, Kidney, Heart area, Left chest. Treat back by right shoulder blade. Do not turn sick person.

Asthma - Treat #1, 2, 3, 4, Kidney, Heart area, Whole chest, side of ribs, all of back.

Breast - Tumor or lump - Treat #1, 2, 3, 4, Ovaries ½ hour and breast ½ hour.

Engorgement - Treat #1, 2, 3, 4, Thyroid, brain and breast ½ hour.

Heart - pain – Treat #1 long time then #2, 3, 4, then heart. Never at heart first. Could be gas trapped in chest cavity.

Stomach - Ulcer - Treat stomach. Cabbage juice for pain.

Gall Bladder - Treat gall bladder area (Right side below ribs) then treat right shoulder blade area.

Pancreas - Diabetic - Treat #1, 2, (Left side below ribs) then #3, 4.

Drink – String beans, watercress, cabbage, little water. Blender and drink.

Hernia - Pain - Treat #1, 2, 3, and #4 longer.

Uterus - Womb Cramp - Treat #1, 2, 3, and #4 longer. Five days before and five days during period.

Pregnant - Morning Sickness Treat #1 (Stomach)

Epilepsy - Treat #1 long time then #2, 3, 4, Chest, all of head and back.

Hiccup - To treat make person lay down and put arms straight above head and treat #1 till hiccup goes away.

Bed Wetting – Urinate - treat #1, 2, 3, and #4 longer. (Bladder) Treat Kidney.

Exercise Urinate – Urinate, stop, hold a while, Urinate, a little. Repeat 3 times then let it all out.

Leukemia - Treat #1, 2, 3, 4, Go back liver area (Below right ribs) and treat spleen.

Arthritis - Gout - Treat #1, 2, 3, 4, Kidney ½ [hour]³ or more. Then site last.

Water Knee - Treat #1, 2, 3, 4, Kidneys then knees.

Sweat - Hand - Treat #1, 2, 3, 4, and kidneys good.

Back

Back ache - Treat #1, 2, 3, 4, Long time. Then treat back and Kidneys.

Nervous Break Down - Treat whole body, Head. Then left shoulder blade area. All of back down to Kidneys.

Kidneys - Urinate often - Treat #1, 2, 3, 4, and bladder longer. Treat Kidneys ½ hour.

Prostate - Treat #1, 2, 3, 4, and apply hand over tail bone area.

Hemorrhoid - Man or Woman - Treat #1, 2, 3, 4, Then put fingers on rectum ½ hour or more.

Whip Lash - Treat #1, 2, 3, 4, Neck and complete head. Back. Treat adrenal for shock.

Broken Neck - Treat whole body and head.

Burns - Regular - Apply hand on burn.

Skin Peeling - Keep hand ½ inches or more above burn.

Bite Insect - Apply hand on bite for 15 to 20 minutes.

Skin Disease - Treat stomach, Kidneys and effected area.

Breath - Bad Breath - Treat stomach.

Mole - Treat mole with finger.

Wart - Treat wart with finger.

Shock - Treat adrenal gland right above kidneys ½ hour or more.

Stroke - Do not treat before 21 days to a month. After that treat whole body. Limbs and joint on affected side.

Lock Jaw – Treat #1, 2, 3, 4, till person can release gas. When jaw opens treat jaw to take away pain.

NOTES

1, See:http://aetw.org/reiki_takata_interview.html

2, See: http://www.aetw.org/reiki_Takata_Doris_Duke.html for more on this.

3, The word 'hour' does not appear in the original handout at this point. Though based on time-periods suggested in the treatment of several of the other conditions, it seems to fit.

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