



Universal Reiki Center

“Restoring the Power of Belief”

Usui Sensei's Memorial

"Someone who studies hard (*i.e. practices meditation*) and works assiduously to improve body and mind for the sake of becoming a better person is called a man of great spirit. People who use that great spirit for a social purpose, that is, to teach the right way to many people and to do collective good, are called teachers. Dr. Usui was one such teacher. He taught the Reiki of the universe (*universal energy*). Countless people asked him to teach them the great way or Reiki and to heal them.

Dr. Usui was born in the first year of the Keio period, called Keio Gunnen, on August 15th (1865). His first name was Mikao and his other name was pronounced either Gyoho or Kyoho. He was born in the village of Yago (*Taniai*) in the Yamagata district of Gifu prefecture. His ancestor's name was Tsunetane Chiba. His father's name was Uzaemon. His mother's family name was Kaweai. From what is known, he was a talented and hard-working student. As an adult, he traveled to several Western countries and to China to study, worked arduously, but at one point, did run into some bad luck. However, he did not give up and trained himself arduously.

One day, he went to Mount Kurama on a twenty-one day retreat to fast and meditate. At the end of this period, he suddenly felt the great Reiki energy at the top of his head, which led to the Reiki healing system. He first used Reiki on himself, then tried it on his family. Since it worked well for various ailments, he decided to share this knowledge with the public at large. He opened a clinic in Harajuku, Aoyama, Tokyo in April of the 11th year of the Taisho period (1922). He not only gave treatments to countless patients, some of whom had come from far and wide, but he also hosted workshops to spread his knowledge. In September of the twelfth year of the Taisho period (1923), the devastating earthquake shook Tokyo. Thousands were killed, injured, or became sick in its aftermath. Dr. Usui grieved for his people, but he also took Reiki to the devastated city and used its healing powers on the surviving victims. His clinic soon became too small to handle the throng of patients, so in February of the 14th year of the Taisho period (1925), he built a new one outside Tokyo in Nakano.

His fame spread quickly all over Japan, and invitations to distant towns and villages started coming in. Once he went to Kure, another time to Hiroshima prefecture, then to Saga prefecture and Fukuyama. It was during his stay in Fukuyama that he was hit by a fatal stroke on March 9th, of the fifteenth year of the Taisho period (1926). He was 62 years of age.

Dr. Usui had a wife named Sadako; her maiden name was Suzuki. They had a son and a daughter. The son, Fuji Usui, took over the family business after Dr. Usui's passing.

Dr. Usui was a very warm, simple and humble person. He was physically healthy and well proportioned. He never showed off and always had a smile on his face; he was also very courageous in the face of adversity. He was, at the same time, a very cautious person. His talents were many. He liked to read, and his knowledge of medicine, psychology, fortune telling, and theology of religions around the world was vast. This lifelong habit of studying and gathering information certainly helped pave the way to perceiving and understanding Reiki. Reiki not only heals, but also

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amplifies innate abilities, balances the spirit, makes the body healthy, and thus helps to achieve happiness.

To teach this to others, you should follow the five principles of the Meiji Emperor and contemplate them in your heart. They should be spoken daily, once in the morning and once in the evening:

1. BE not angry today.
2. BE not worrisome today.
3. BE grateful today.
4. BE hard at work today (*meditative practice*).
5. BE kind today (*to yourself and others*).

**Sounds alot like the BE-attitudes of Jesus and the saying by Gandhi: "BE the change you wish to see in the world". (sentence added by me, NOT Usui-Sensei).*

The ultimate goal is to understand the ancient secret method for gaining happiness (*Reiki*) and thereby discover an all-purpose cure for many ailments. If these principles are followed, you will achieve the great, tranquil mind of the ancient sages. To begin spreading the Reiki system, it is important to start from a place close to you (*yourself*); don't start from something distant such as philosophy or logic.

Sit still in silence every morning and every evening with your hands folded in the "Gassho" or "Namaste" position. Follow the great principles, and be clean and quiet. Work on your heart and do this from the quiet space inside you. Anyone can access Reiki, because it begins within yourself.

Philosophical paradigms are changing the world. If Reiki can be spread throughout the world, it will touch the human heart and the morals of society. It will be helpful for many people, not only healing disease, but the Earth as a whole. Over 2,000 people learned Reiki from Dr. Usui. Even more learned from his senior disciples, who carried Reiki further. Now, after Dr. Usui's passing, Reiki will continue to spread far and wide. It is a universal blessing to have received Reiki from Dr. Usui, and to be able to pass it on to others. Many of Dr. Usui's students converged to build this memorial here at Saihoji Temple in the Toyotomi district.

I was asked to write these words to help keep his great work alive. I deeply appreciate his work and I would like to say to all of his disciples that I am honored to have been chosen for this task. May many understand what a great service Dr. Usui did for the world."

~This concludes the inscription on the Usui Memorial~

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