

# Reiki Daily Practice Manual

(Chants and Practices, in English)

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# Introduction

This daily practice manual is intended as part of a daily Reiki practice; Reiki, from its inception, was based upon the Reiki Precepts grounded within those of Buddhism, specifically the Tendai Buddhist Lineages. However, in keeping with current understandings here in the West (and thereby removing the more esoteric aspects of Tendai Buddhism), I include here a format mostly based upon that of the Jodo Shu / Jodo Shinshu Schools of Japanese Pure Land Buddhism.

Included are the Precepts, to be chanted in Japanese 3 Times, mindfully and meditatively, with much reflection. This is done daily, morning and evening.

# Daily Practice Outline

All enter in Noble Silence

Make three bows toward the Gokai

Find your seat

Gokai is recited.

Hatsurei ho (With or without symbol meditation)

Reiki Blast, if a Master present

Gokai is repeated

Closing Recitation (unless additional practices are added)

# The Daily Practice

Enter the practice space in Noble Silence...to be maintained throughout the practice.

All make three bows, to the ground if able or from the waist if not.

Find your seat and or cushion.

The Gokai Leader sounds the Temple gong / bell slowly three times.

He / she then recites the following, slowly with gongs...all others being in noble silence. All hold hands in Gassho.

The Gokai Leader: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

All Recite: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

The Gokai Leader: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

All now recite the Gokai, in unison

All Present: Kyo dakewa (Bell)

Ikaru na (Bell)

Shinpai suna (Bell)

Kansha shite (Bell)

Gyo ohagame (Bell)

Ito nishin setsuni (Bell)

The Gokai Leader: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

All Recite: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

The Gokai Leader: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

All with hands in Gassho sit in silence, contemplating the Gokai.

All now perform Kokyu Ho and all in Noble Silence.

Step I: Kenyoku Ho

Step II: Joshin Kokyu Ho

Step III: Seishin Toitsu

Step IV: Hatsurei Ho

Step V: Slowly open your eyes, shake your hands up and down gently for a few seconds, and focus back upon the Gokai, in Gassho.



The Gokai Leader: The Temple Bell is sounded. The Gokai is again recited.

The Gokai Leader: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

All Recite: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

The Gokai Leader: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

All now recite the Gokai, in unison

All Present: Kyo dakewa (Bell)

Ikaru na (Bell)

Shinpai suna (Bell)

Kansha shite (Bell)

Gyo ohagame (Bell)

Ito nishin setsuni (Bell)

The Gokai Leader: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

All Recite: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

The Gokai Leader: Kyo dakewa (Bell)

Kyo dakewa (Bell)

Kyo dakewa (Bell)

Additional period of Noble Silence / Meditation, in full Gassho.

The Gokai Leader sounds the Temple Bell, and all recite the closing recitation.

The Gokai Leader, with all others following:

The Gokai Leader: Shoufuku no hihoo

Manbyo no ley-yaku

Kyo dake wa

Shimpai suna

Kansha shite

Goo hage me

Hito ni shinsetsu ni

Asa yuu gassho shite, koko-ro ni nenji, kuchi ni tonaeyo

Shin shin kaizen, Usui Reiki Ryoho

Chosso Usui Mikao

(Bell)

Kyo dake wa

(Bell)

Kyo dake wa

(Bell)

Kyo dake wa

Everyone now recites in unison: The secret art of inviting happiness

The miraculous medicine of all diseases

Just for today,

Do not anger,

Do not worry,

Be humble

Be honest, (maintain integrity in all dealings with  
others)

Be compassionate towards yourself and all beings.

In every morning and evening join your hands in prayer (Gassho), pray these words to your heart and chant these words with your mouth: "Usui Reiki Treatment for improvement of body and mind."

Temple bell is sounded three times. All take a moment, in Gassho and Noble Silence, to contemplate the Gokai.

The Gokai Leader now recites:

(Bell)

Kyo dake wa

(Bell)

Kyo dake wa

(Bell)

Kyo dake wa

All leave in Noble Silence.



招福の秘法

萬病の靈藥

今日丈けは 怒るな

心配すな 感謝して

業をはけめ 人に親切に

朝夕合掌して心に念じ

口に唱へよ

心身  
改善 白井靈氣療法

肇祖

白井甕男