

The Founder of A Miraculous Therapy Monument to The Accomplishment and Virtue of Master Usui.

Virtue is to achieve inner fulfillment through cultivating one's life and training one's mind.
Accomplishment is to benefit society by paving the way, leading others to liberation.

One can be a great leader in a given field only if one's virtue is high and accomplishment great. All great and wise persons are able to build new creations upon the foundation of authentic knowledge that came before them because of their virtue and accomplishment. Master Usui was one of these.

He developed a new method to heal mind and body based on the Reiki that fills the Universe. The atmosphere around him was vibrant because so many people were drawn to the master to learn the method and to receive treatment.

Mikao (甕男) is his given first name and Gyohan (暁帆) his pen name. He was born in Taniai village, Yamagata City, Gifu prefecture and came from the lineage of Tsunetane Chiba (千葉常胤 1118 - 1201) [Author's note: Chiba was a samurai who supported Yoritomo Minamoto, the Shogun in 12th century].

His father was known as Uzaemon (宇左衛門) but his real name was Uzitane (胤氏), while his mother's family name was Kawai (河合).

Master Usui was born on August 15th 1865. Because he faced challenges during his childhood and worked diligently through school, his level of study became more advanced than that of his friends.

As an adult he visited Europe and the United States and studied in China. In society, his experience was different from his vision. His wish was unfulfilled and he was undervalued, occasionally reduced to poverty. In the face of such challenges, he did not give up and continued to discipline himself.

On one occasion, he climbed Mt Kurama and started fasting and meditating for 21 days.

One day he felt great Reiki energy on his head. Through this awakening and enlightening experience, he came to understand Reiki therapy. He explored its effectiveness by experimenting on himself and his family, then decided it was best to share the therapy widely, with all people not just his family.

In April 1922 (Taisho 11), he settled in Harajuku, Aoyama, Tokyo. He founded a society, taught Reiki therapy and gave treatments. So many people came to him from near and far that the entrance overflowed with visitors' shoes. [Author's note: In Japan, people take off their shoes at the entrance of a house.]

In September 1923 (Taisho 12), the Great Kanto Earthquake struck. In the disaster area [Author's note: The earthquake hit Tokyo] there were injured, groaning and suffering people everywhere. This made Master Usui's heart ache terribly and from that morning he travelled the area giving treatments and saving countless people. This was how he contributed during such a sudden disaster.

His school needed to expand after this, and he acquired land in Nakano, suburban Tokyo, chosen as a result of his divining skills. He built a new school there in February 1925 (Taisho 14).

As his reputation grew, he was often invited to provinces such as Kure, Hiroshima and Saga. On March 9th, 1926 (Taisho 15), during a visit to Fukuyama, he became unexpectedly ill and died at the lodgings he was staying in. He was 62.

His wife's name was Sadako (貞子); her maiden name was Suzuki (鈴木). They had a son and two daughters. The son, Fuji (不二) was successor of the Usui line.

Master Usui was a gentle, humble and unpretentious man. He was stocky and well-built. He always dealt with people with a smile, yet had deep concern when there was a problem and managed it using his strength and patience. He liked to read books about history, medical science, psychology,

biographies, Buddhist sutras and the Christian Bible. In addition he was well-versed in the hermit technique of Taoism and and in divination. His wide range of knowledge and vast learning were the key to developing this Reiho (靈法) [Author's note: The memorial stone uses the word Reiho, meaning miraculous method to talk about Reiki therapy.]

The essence of Reiho is used not only to cure diseases but also to become healthy in body and mind, and to use the heaven-sent, miraculous ability within us to enjoy the happiness of life. The master therefore told his pupils to carry out the teachings of the Meiji Emperor and to keep Gokai [the five principles] in their heart and mind by chanting it morning and evening.

The first principle is not to become angry [today]

The second is not to worry [today]

The third is to be grateful [today]

The fourth is to devote yourself to what you need to do [today]

The fifth is to be kind to people [today]

Gokai is truly a great teaching to cultivate one's life, in accord with the counsel of past wise sages. The master regarded Gokai as a secret method to invite happiness and mysterious medicine to cure diseases. This demonstrates his true ability.

When he taught Gokai, he used familiar examples and avoided complicated expressions, explaining it in simple terms. In this way, he led people to truth. Chanting Gokai morning and evening in seiza [Author's note: sitting on one's heels] and gassho [Author's note: putting ones' palms together] brings one to engage in daily life with a calm mind and a pure heart. In this way, everyone can easily practice Reiho.

The purpose of this Reiho is not solely to cure diseases or serious illnesses. In today's rapidly changing society, it can be challenging to maintain a peaceful heart and mind. The spread of this Reiho would help enormously to stabilize society and calm people.

Master Usui has more than 2,000 students and his leading disciples continue to gather in the Tokyo school and teach in areas all around Japan. Even after his death, Reiho will continue and the seeds sown will be widespread.

How wonderful that Master Usui acquired the truth of this Reiho within himself and chose to share it with others.

To commemorate and immortalize the accomplishment and virtue of Master Usui, some of his students decided to build this memorial at the graveyard of Saihouji Temple in Toyotama district, suburban Tokyo. I have been asked to write this epitaph. I appreciate the strong relationship he had with his students and I myself benefit from the great legacy left by Master Usui, so I happily accepted their request and here outline the Master's life and his exceptional work.

I hope that coming generations read this monument and do not forget what is written here.

February 1927 (Showa 2)

Composed by

Doctor of Literature, Masayuki Okada (岡田正之)

(Junior third rank of honor, awarded the third order)

Calligraphed by

Rear Admiral, Jyuzaburo Ushida (牛田従三郎)

(Junior fourth rank of honor, awarded the third order, awarded the fourth military order)

[Author's note: The official rank of honor was given by the Imperial court while the the third and fourth orders were medals presented by the government in the presence of the Emperor].

— Reiki and Japan: A Cultural View of Western and Japanese Reiki by Masaki Nishina (edited by Amanda Jayne) <https://amzn.eu/jk3dHbR>