

# Takata's Handouts

BY WILLIAM LEE RAND

After receiving her training from Hayashi Sensei during a yearlong internship at his clinic in Japan, Mrs. Takata brought Reiki to Hawaii in 1938. She became an accomplished healer, practicing and teaching Reiki until her passing in 1980, a period of over 40 years. This was a great accomplishment, as her work prevented Reiki from falling into obscurity after World War II, and allowed Reiki to become established as a popular practice. It has since grown to include millions of practitioners worldwide.

After World War II, circumstances in Japan greatly curtailed the availability of information about Reiki. Takata became the main source. Takata changed the system of Reiki from what she was taught by Hayashi Sensei. According to John Harvey Gray, one of her Master students, Takata told him she had simplified the system, making it easier for Westerners to learn.<sup>1</sup> This included eliminating the hand position system she had been taught and replacing it with seven or eight positions, which she called the foundation treatment. She also left out many of the important healing techniques she had learned from Hayashi Sensei.

Even though she had changed Hayashi's system, the dominant idea she promoted to most of her students was that she was teaching the unaltered system created by Usui Sensei. There were also factual errors in her version of Reiki history. Not having any other source of information about Reiki, students were inclined to believe her. This idea continued to be promoted by some of her students after her passing, thus perpetuating misinformation and discouraging research into how Reiki had been practiced by its founders.

Fortunately, curiosity prevailed and in the 1990's several researchers including Toshitaka Mochizuki, Frank Arjava Petter and Hiroshi Doi began providing professionally researched and verifiable information about how Hayashi and Usui had practiced Reiki. This information included the location of Usui Sensei's grave and memorial stone, and contact with the Usui Reiki Ryoho Gakkai in Japan. We now have a much clearer picture of the history and practice of Reiki. Today, most of the original methods are being taught by various Reiki schools.

Despite the myths she created, it's important to remember that Takata was an excellent healer and that she accumulated invaluable experience over her 40 years of practice. In addition, the system she created, though different than what she had been taught, is an effective healing system. It's important that we have a clear idea of how she practiced for historical reasons, but it also

has value because of the usefulness of her healing and teaching methods. Therefore, it's important that we forgive her for the confusion some of her methods created and honor her for the value of her legacy.

One of the myths that Takata created is that Reiki is an oral tradition. Although she herself had been given a manual by Hayashi,<sup>2</sup> she made it a rule that students not be given anything in writing and should not be allowed to take notes or tape-record Reiki classes. This requirement prevented accurate records from being created about how she taught. Since her students had only memory to rely on, over time, changes developed in how Reiki was practiced and taught. In addition to variations in how her students remembered information, Takata sometimes changed what she taught from class to class.

All of this has created confusion within the Reiki community about the history and practice of Reiki and has allowed many conflicting ideas and systems to develop. Only through careful research, including interviews with her few surviving students and information from her two biographies has it been possible to discover how she did actually practice and teach. This information is provided in an article researched and written by Marianne Streich: "[How Hawayo Takata Practiced and Taught Reiki](#)" (Spring 2007).

However, I recently learned that Takata didn't always teach the oral tradition. This fact came to me by the way of a packet I received in the mail from Alice Picking. Alice had taken a Reiki I class from Takata in June 1975 in Cherry Hill, New Jersey. In this class Takata mentioned nothing about an oral tradition. Instead, she provided instructional handouts to her students and allowed them to take notes. The packet I received included Alice's copy of the handouts Takata had given students, along with the notes she had taken. She also sent her Reiki certificate signed by Takata, several handwritten letters from Takata, along with a postmarked envelope, and the class list of 20 students. I talked with several of the students on the class list, and they verified the information Alice had sent me.

<sup>1</sup> John Harvey Gray and Lourdes Gray with Steven McFadden and Elisabeth Clark, *Hand to Hand: The Longest-Practicing Reiki Master Tells His Story* (Gray 2002), page 93.

<sup>2</sup> After Takata's death, Takata's daughter, Alice Takata Furumoto, gave this manual to John Gray. See Gray's book, pages 183-195.

## REIKI HEALING

Just for today:   Thou shall not anger  
                      Thou shall not worry  
                      Thou shall count your blessings  
                      Thou shall revere your parents, teachers, and friends  
                      Thou shall earn an honest living  
                      Thou shall be kind to all living things

REIKI brings health, happiness, security, and long life.

Religious people call this power cosmic energy.

Yoga defines it as prahna.

Hawaiian word is ~~ka~~akilima - meaning medicine of the hands.

The people you are helping need not believe in what you are doing.

CAUSES OF ILLNESSES: Things that we eat  
                              Our thoughts  
                              Accidents

TREATMENT:   Eliminate symptoms then go to the source of problem by  
                      using the basic positions.

BASIC POSITIONS:  1, 2, 3, 4, in front of body  
                          1, 2, 3     in back of body

\*\* There may be reactions to treatment. Worst can be slight fever and cold (or flu) symptoms. Keep treating.

Use basic positions for preventive, general health treatment.  
Approximately 10-15 min each position.

For relaxation in putting one to sleep: treat eyes, throat, just below voice box, positions 3 and 4 in front of body; about 5 min each.

For accidents, go directly to affected parts.

For illnesses, treat until symptom disappears or improvement seen. Go to cause and/or affected parts using the basic positions to find out cause.

Eyes - Treat eyes, temple, back of head.

For cross eyes, use exercise-trace a square with eyes.

For sties, also go to stomach, go to ovary for women.

Simus problems - Treat eyes but closer to nose bridge (pinch bridge), throat, and just below voice box.

Go to top of eyes for headaches just behind eyes.

Nose bleeding - Pinch nose bridge with one hand, other hand at nape of neck.

Minor nose bleeding - Use eye treatment plus just below ear lobe.

Diabetes - Treat pancreas.

Ear problems - Treat front and back of ears (for aches resulted from flu, measles, etc.)

Tooth ache - Treat outside cheek (with fillings, pain may return if fluid is not drained).

Class Handouts. Alice included several pages of class handouts Takata had given to her class. These include the one shown on this page and the next page, plus an additional page and a half of recipes. Her notes show that Takata taught only a few simple hand positions.

(2)

Tongue(cold sores) - Treat bottom of feet (near toes) and diet (too acid).

Sores on lips - Stomach too acid; treat affected area.

Tonsil - Direct

Throat - Direct; if symptom returns, treat solar plexus.

If there is phlegm, cut out dairy products, take plenty of lemon juice (no sugar) and water.

Migraines - Women ovaries (liver condition)

Men Digestive system, too much good foods if pain occurs every night after dinner.

Other type - Treat liver(and testis (?) )

Tension - Treat solar plexus.

For shock - Treat adrenal gland

For Hemorrhoid - Treat tail bone (prostate gland)

Nervous Breakdown - 10 inches from left shoulder in back of body.

Gall stone -Treat front(basic positions), then 10 inches from right shoulder.

Rheumatism×Bursitis - Treat kidney and affected part; take plenty of lemon juice(no sugar).

Small of back (usually from labor for women) - Basic positions and back(plus ovary for women).

For proper elimination - Treat kidney.

Eczema (weep skin rash) - Caused when your garbage can(stomach) gets too full.

Goiter(enlarged thyroid) - caused by ovarian trouble. By the time it shows up, it is chronic, but it will go down in 20-30 treatments.

For fever, ovaries ( cramps or pain) - Treat chest.

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Lecithin - good for brains.

Peanut shell tea - good for diabetes(in addition to Reiki). Pour boiling water over peanut shells. Let steep, and then drink the tea.

For quick pick up - grapefruit juice, raw egg, 1/2 cup water. Whir in blender.

For general good health - soy bean milk. Soak soy beans overnight(1 cup of beans), blend with 4 cups of water. Drink for breakfast.

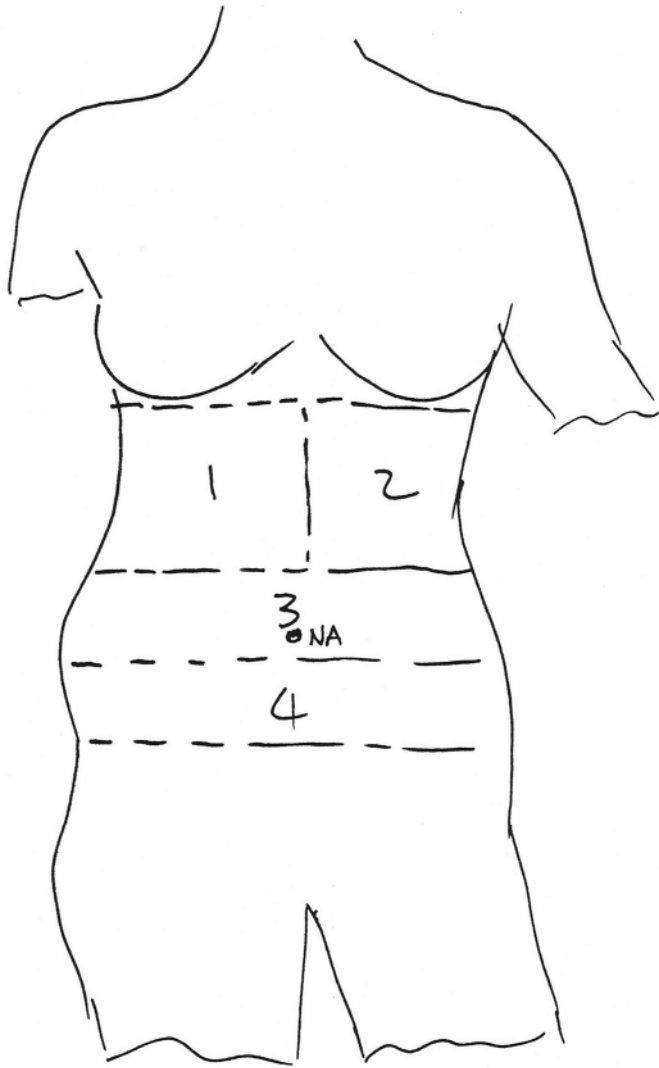
For washing system out - 1/2 lemon to 10 ounces of water, without sugar.

Hawayo's salad - eat a cup of this before dinner; it also makes you eat less.

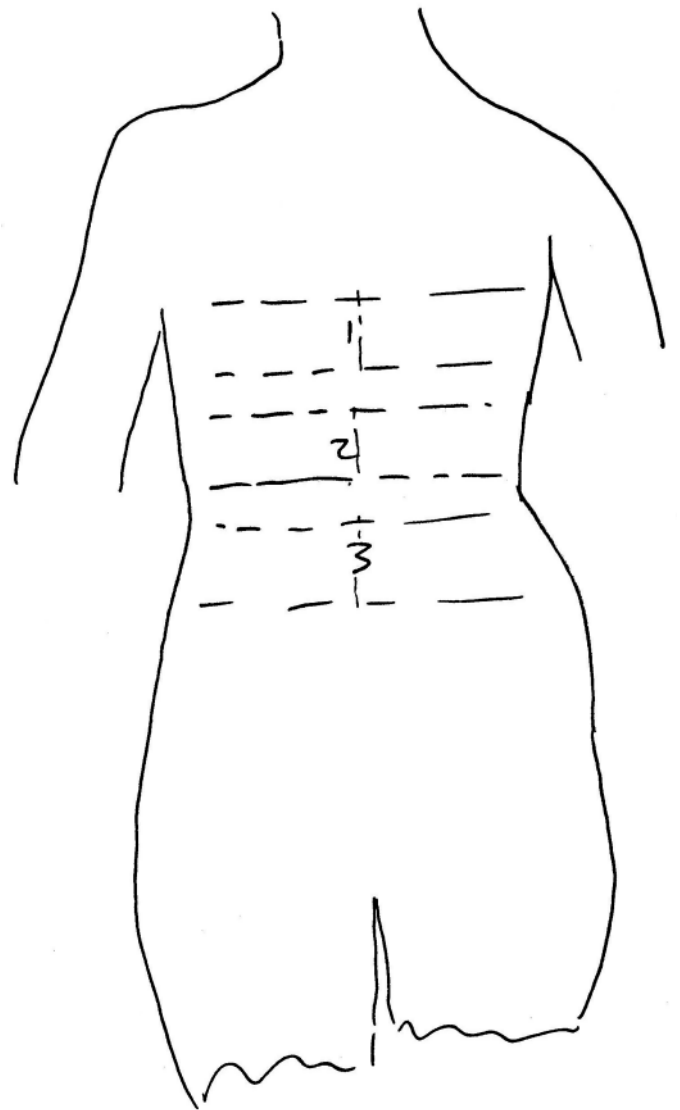
Cabbage, cauliflour, raw peeled beet, 1 apple. Grate the ingredients, Don't chop. Mix with a little mayonaise/ketchup and garlic salt. Mix with Reiki hands to give it ENERGY.

Another good rejuvenating fluid - Watercress, cabbage, celery, beet juice-blend with blender.

FRONT  
Basic Positions



Back  
Basic Positions



Alice Picking's Hand Position Drawings

Seasons Greetings for a Happy Prosperous 1977.

I wish to thank you all for the many kindness given me, with gifts, bouquets, invitations to your lovely homes to share the feasts you so kindly prepared with Love and Reiki Hands.

It is with gratitude and Aloha to you all, that I write this letter to say "Thank You," to let you know that time has come for me to retire this year. I have gained many friends and students during my Reiki Tours, these past years. They were a great joy, Inspiring receiving knowledge and Wisdom.

Wishing you the Best of Health, Happiness, to have Security and prepare for Longevity, Peace of mind and Success!!!

I remain, most gratefully yours,

Rev. Haruyo Takata  
I have created 3 Reiki Masters to carry on this noble work. They are trusting, Capable, kind and with humility serve God and mankind. They are :-

Master John Gray

Master Virginia Samdahl

Master Ethel Lombardi

Addresses and phone numbers have been removed to protect privacy

## Reiki in Japan

After Usui Sensei's transition in 1926, the practice of Reiki was preserved by the organization he started: the Usui Reiki Ryoho Gakkai. However, after World War II, strict laws were passed about healing that required one to have a massage or medical license to practice Reiki. Rather than conform to this requirement, the Gakkai decided to continue as a secret organization. They stopped giving public lectures and advertising, and the members talked about Reiki only among themselves. They would admit new members to join their group and study Reiki only as replacements for members who died. Once one became a Shinpiden or Master, he or she wasn't allowed to teach or even talk about Reiki outside the Gakkai. They also had strict rules governing who was allowed to be a member. Because of this, it was very difficult for anyone to find out anything about Reiki in Japan after World War II and almost

impossible to learn it. The Usui Reiki Ryoho Gakkai remains a secret organization even today, and no one outside of the Gakkai is giving the same attunement that Usui Sensei gave.

As a result of this secrecy, Takata became the main source for training and information about Reiki from 1940 until the early 1990's. Those in Japan who wanted to learn Reiki turned to Western Takata-style teachers who traveled to Japan to teach, or they took classes in the USA. Reiki sessions have been exchanged between Gakkai members and those from the Takata lineage, and these sessions indicate that both styles seem to provide a similar level of healing ability. Tadao Yamaguchi, who learned from his mother, Chiyoko, teaches a Reiki style whose lineage goes directly to Hayashi Sensei and attempts to closely follow his teaching. However, most Reiki teachers in Japan today are teaching a combination of Japanese and Takata-style Reiki. ■

**Opposite Page:** Takata Letter from 1977. Included in the packet from Alice Picking was a letter Takata sent out to those who sponsored her classes. In it Takata thanks all who helped her promote Reiki and states she will be retiring. Added at the end is the statement that she has created three Reiki Masters to "carry on this noble work." This is important because it indicates that she didn't appoint these three to be Grandmasters who would be in charge of Reiki, nor that they would be her successors in any official capacity, but that their purpose was simply to carry on the work of Reiki.<sup>3</sup> Apparently she changed her mind about retiring and about having only three Masters. She created many more (a total of 22) and continued to practice and teach until her passing at the end of 1980.

<sup>3</sup> The concept of Grandmaster of Reiki didn't develop until after Takata passed. Soon after her passing, Barbara Weber Ray, one of the 22 Masters, declared that Takata had appointed her as Grandmaster of Reiki. This title was not a part of the Usui system, and Ray offered no meaningful proof to support her claim. Shortly after this, a group of Takata's Masters asked Phyllis Furumoto if she would be the Grandmaster, and she accepted. Because there was little authentic historical information about Reiki at this time, many people accepted the concept of Grandmaster, but as research revealed the facts, this idea lost credibility within the Reiki community.